

Nutrition: Yet a Growing Branch???

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Yesterday one of my student asked, "How do you find scope of Nutrition as a subject?"

I told her Nutrition therapy/therapeutic nutrition is required by anyone who eats!... I found sparkle in her eyes.

Requirement of nutrition starts once you come into existence in mother's womb, because if mother is healthy baby is healthy.

It is said, Food is needed to live life. But "nutritious food is needed for healthy life".

It is said, "Prevention is better than cure".

The signs you should consult a nutritionists are if you have

- No bounce in hair.
- No glow on face or skin.
- Gets fatigued fast.
- Weight not maintained.

Consult a clinical nutritionist if you have lifestyle disorders like –

- Hypertension
- Diabetes
- Cancer

The above are managed if not permanently cured.

Consult a nutritionist, if you are at vulnerable stage of life, like pregnant, lactating, at childhood stage or elderly (lying on bed because of bed sours, not able to chew and has to consume proper calories and nutrients.).

Consult a nutritionist if you are undergoing surgery and had blood loss, convalescence...and are recovering... and needs to replenish the losses.

Nutrition becomes most important supportive therapy if you have fistulae, cachexia or CVA.

Last but not the least; PEM is sign that tells you have to visit a nutritionist...to replenish your body with calories and nutrients.

Whether its hospital malnutrition, where two out of every three patients are malnourished. Either they enter malnourished or get malnourished during length of hospital stay.

Quick facts to consult a nutritionist for regimen that provides, proper

- **Macronutrients:** these are proteins, carbs and fats. They are required in large amount.
- **Micronutrients:** these are vitamins and minerals. These are required in small amount.
- **Water and fibers.** These do not provide any calories.

So, when it was said...in yesteryears, "let food be thy medicines. "Means Hippocrates was RRRright!!!

Today nutrition is much more specialized and has entered a new era, with disease specific and tube feeds based. Where there is actual collaboration of triangle that includes doctors, dietitians and nurses to take complete care of patients.

For holistic care of patient it's definitely medicines but nutrition is strong supportive therapy.

Figure

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