

S.3 NOTES (Continuation)....

SEDENTARY LIFE STYLE (opposite of Manual lifestyle)

People with a Sedentary lifestyle need to pay careful attention to their energy input, as it can easily exceed their energy output, leading to weight increase.

Sedentary workers use less energy in doing work compared to the manual workers who use much energy.

Examples of sedentary worker.

Teachers, Secretaries, receptionists and many office workers.

Energy-dense snack foods such as chocolate dishes, pastries, cakes, biscuits, pizzas, cookies and other fast foods should be eaten in reduced quantities.

These can increase energy intake leading to obesity, coronary heart disease, diabetes mellitus and other complications.

Meals shouldn't be too bulky as they may take longer to digest in an inactive job.

Drinks shouldn't be alcoholic as these increase the energy intake

Activity

Give examples of manual workers.

ELDERLY (old people)

There are physiological changes that occur at old age which tend to affect the nutritional requirements of the elderly. These changes include lower volumes of gastric juice and acidity, lowered rate of absorption and metabolism and loss of teeth for chewing the food.

When planning meals for the elderly,

- (I) Avoid very hard foods but provide some for exercising their teeth.
- (II) Ensure the meal is well balanced with an emphasis on proteins and protective foods.
- (III) The foods should provide good amounts of calcium, phosphorus and Vitamin D to strengthen the teeth.
- (IV) The foods should be easy to digest like stews, soups, plenty of vegetables and fruit drinks.
- (V) The food should be well cooked to avoid food poisoning and appetizing.
- (VI) Avoid fatty, greasy and over sweetened foods as these can lead to obesity, coronary heart disease.
- (VII) Serve foods attractively in small quantities and at regular intervals.
- (VIII) Consider and cater for the likes and dislikes of the elderly person.
- (IX) It is necessary to increase intake of fibre to avoid constipation which is also a possible disorder in this age group.

Examples of foods suitable.

Eggs, fish, raw fruits, milk, brown bread and porridge, vegetables.

ULCERS

An ulcer is a raw area in the lining of the digestive tract, usually the stomach (gastric ulcer) or the duodenum (duodenal ulcer). They are caused by action of pepsin on an inflamed section of the stomach, and result in discomfort and pain.

Causes: Stress, overwork, erratic diet and especially skipping meals.

Treatment: The sufferer must learn to take life easy. He or she must be removed from the stresses which contribute to the condition and have plenty of rest.

Diet

1. Avoid highly seasoned foods and fatty foods.
2. Avoid foods containing cellulose like cereals, fruits and vegetables.
3. Avoid alcohol and smoking.
4. Eat small meals every 2-3 hours rather than a few large meals.
5. Drink plenty of milk especially at night.
6. The following foods are recommended: milk pudding, white fish, potatoes, jelly, sponge cakes.

PLANNING PACKED MEALS

Packed meals are usually for school going children, people going for picnics and those going on long journeys.

When planning packed meals, the following should be considered:

- All packed meals should be well balanced to provide all the nutrients.
- The foods chosen should suit the occasion. It could be lunch or a snack.
- Foods chosen should suit the person for example an office worker needs a light lunch
- The food should be the type that keeps well.
- If no special container is used, choose that can be eaten cold.
- The food should be easy to carry.
- The meal should include drink. Either hot beverage or fruit drink.
- The food should be easy to eat using minimum cutlery.
- The food should be easy to pack without disintegrating.
- Provide a variety of foods in various textures and flavours to avoid monotony.

Examples of packaging materials include:

Grease proof paper

Tiffin's and plastic containers.

Vacuum flasks

Biscuit tins and cake boxes

Silver packs

Examples of foods which are easy to pack.

- (1) Sausage rolls
- (2) Meat and fish cakes
- (3) Scotch eggs and potato eggs.
- (4) Cakes and biscuits
- (5) Fruit drinks
- (6) Meat and vegetable Pies
- (7) Tea, coffee and cocoa etc

When packing foods, the following rules should be put into consideration

- i. Pack foods carefully so that they do not spill in the container.
- ii. Pack foods to be eaten first on top.
- iii. Do not cut foods into smaller portions as the bigger chunks are easier to pack.
- iv. Wash fruits before packing.
- v. If food flasks are not available for use, cool foods before packing to prevent development of bad smells.

Diabetes mellitus

Glucose is carried in the blood to all body cells to supply them with energy. In order for glucose to enter the cells, a hormone, insulin, is required to act as a chemical 'key'.

Insulin is produced by the pancreas. If it does not make enough, the glucose will stay in the bloodstream and will eventually spill over into the urine. The lack of glucose in the cells means the y will have to obtain energy from the body fat stores which will result into loss of weight and general weakness.

This condition is called diabetes mellitus (diabetes for short), and the patient is said to be diabetic. It may be present at birth or present at any age

There are two types of diabetes;

1. **Insulin-dependent diabetics** do not make any insulin in their body. They must have daily injections of insulin and regularly, healthy meals to keep the diabetes under control.
2. **Non-insulin-dependent diabetics** do not produce enough insulin to control their blood sugar level properly. They must it regularly, healthy meals, and if necessary try to lose some weight. They may also need to take tablets.
The British Diabetic Association (DBA) gives advice to diabetics and, keeps them informed about developments in treating the condition. It currently advises diabetics to eat.
 - i. Regular, healthy meals including variety of different meals.

- ii. More high-fibre, starch carbohydrate foods e.g. whole meal bread, pasta, jacket potatoes, pulses, brown rice, and beans. The BDA recommends that at least 50% of the daily energy needs should be provided by these foods.
- iii. Less sugar and sweet foods, and to choose reduced-sugar or artificially sweetened alternatives.
- iv. Less salt, to help reduce the risk the risk of high blood pressure.
- v. Less high-fat and fried foods.

Diabetics are encouraged to attend regular clinics to check their blood sugar levels and general health. They also do tests at home to check how much sugar there is in their urine.

Special diabetic foods

A variety of foods including biscuits, germs, and chocolates, are produced specially for diabetics. They use sugar alcohol, sorbitol, instead of sucrose and glucose. Sorbitol is absorbed slowly and converted to fructose in the liver which prevents a rapid rise of blood sugar levels.

Revision questions

1. Why do people vary in their needs for food?
2. What affects a person's appetite?
3. Why is the diet of a pregnant woman important, and how can she ensure that she produces a healthy baby?
4. What are the dangers and the disadvantages of eating too many sugars and fried foods?
5. Why is breast milk important for a baby?
6. What points would you remember when preparing packed meals?