

Diet- Related Disorders

What is Undernutrition?

What is Overnutrition?

‘The major causes of death in Australia are linked to diet and lifestyle. Some people consume a well-balanced diet while others don’t. Poor nutrition and lifestyle are related to many disorders. Making the right food choices can significantly reduce the risk of developing diet related disorders’.

Diet- Related Disorder	Overnutrition OR Undernutrition?	Healthy Foods
• <u>Alcoholism</u>		
• <u>Anaemia</u>		
• <u>Anorexia Nervosa</u>		

• **Bulimia**

• **Dental Caries**

• **Diabetes**

• **Coronary Heart Disease**

• **Obesity**

