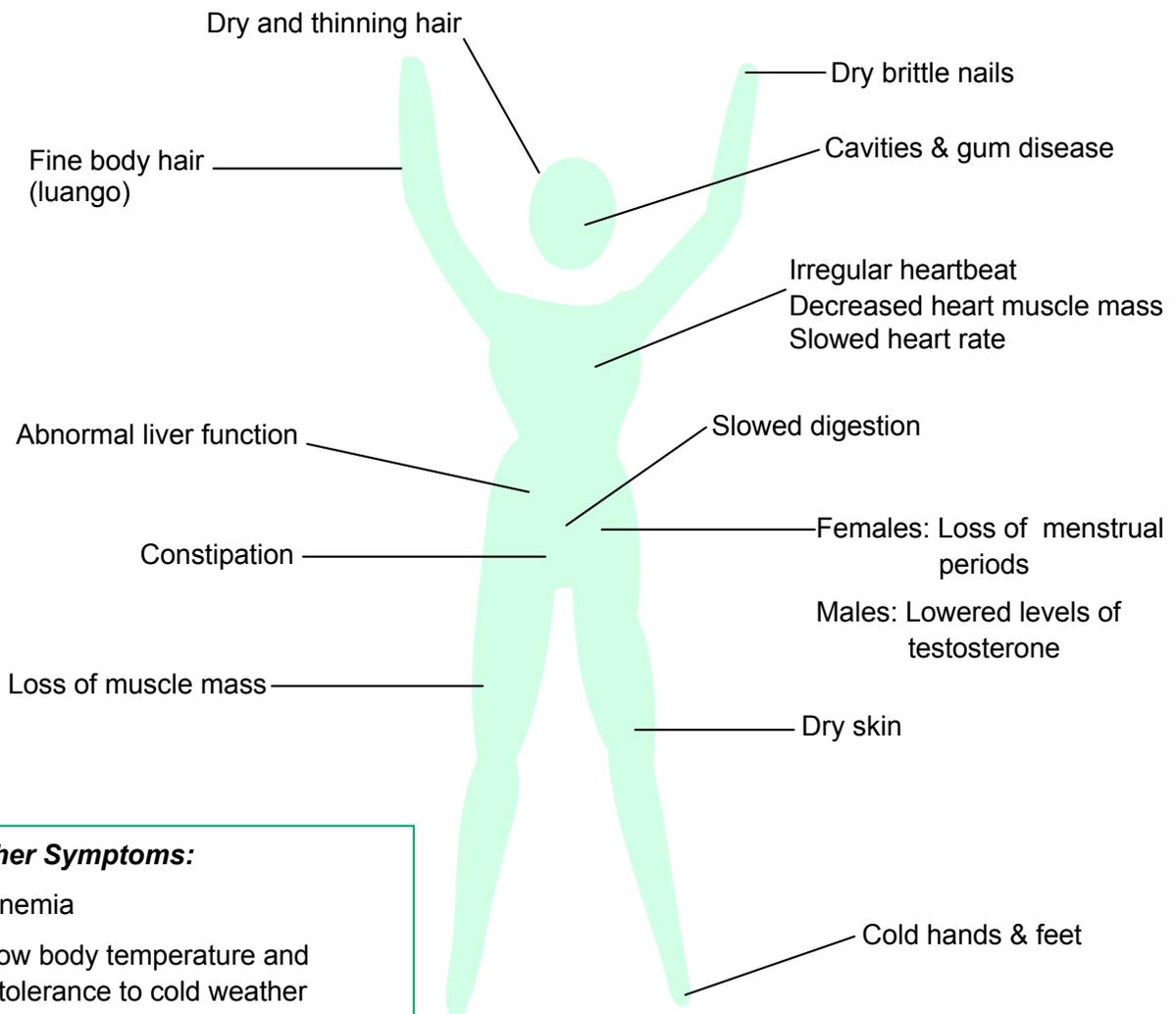


Effects of Dietary Restriction

Dieting not only affects the way your body appears from the outside – many changes occur inside your body. Some of these changes you can feel, others you can't. Most of them can cause a great deal of harm to your health. Can you relate to any of the following?



Other Symptoms:

- Anemia
- Low body temperature and intolerance to cold weather
- Kidney stones
- Disturbances to the nervous system
- Infertility
- Fatigue
- Depression

Every organ in the body becomes affected by severe dietary restriction.

Physical and Emotional Changes

Although a person may begin to diet, or restrict their food intake to become healthier, a very *unhealthy* situation may result. Both body and mind are affected.

BODY CHANGES

- ▶ Taking in too few calories and nutrients result in:
 - Loss of muscle
 - Loss of bone
- ▶ A person severely restricting calories may have a low pulse rate and low blood pressure. These are often the result of a decrease in the size of the heart muscle, not due to physical fitness.
- ▶ As a result of decreased food intake, the digestive process slows. Eating becomes uncomfortable because it makes the dieter feel bloated. In addition, constipation may occur due to decreased food intake, furthering the discomfort.
- ▶ When a person eats too few calories, protein is not available to form hair and nails. Often people find their hair and nails dull, dry and brittle. Some experience significant hair loss.
- ▶ As a result of low calorie intake, the body decreases its production of certain hormones:
 - Estrogen in females and testosterone in males are not adequately produced. Infertility may occur.
 - Bone loss occurs in both males and females
 - Puberty is delayed in pre-teens and teens
 - Growth may be stunted

EMOTIONAL CHANGES

- ▶ The brain requires fuel, just like any other organ. Many changes take place in a brain that does not receive adequate nutrition. They may result in:
 - Mood changes
 - Irritability, impatience
 - Depression
 - Hostility
 - Obsessive thoughts about food

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