

# Malnutrition Across Gastrointestinal Conditions

In certain GI disorders, areas of the tract can become impaired and cause malnutrition.

## What is Malnutrition?

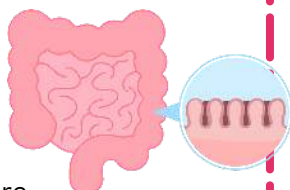
When your body receives an inadequate supply of nutrients and can lead to deficiencies.

Poor management of inflammatory bowel disease (i.e., Crohn's and ulcerative colitis), celiac disease, gastroparesis, and diverticulitis can result in malnutrition.

### 1 Celiac Disease

The presence of **gluten triggers your immune system to damage villi**, which are small, finger-like projections that line your small intestines.

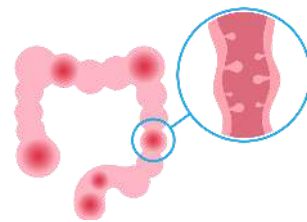
If the villi are destroyed, then nutrients cannot be absorbed and the risk of malnutrition increases.<sup>1</sup>



### 2 Diverticulitis

Diverticulitis is a disease that happens when **small pockets in the inside of your large intestine, called diverticula, become inflamed.**<sup>2</sup>

Inflammation may impair the absorption of electrolytes like sodium, potassium, and chloride.



### 3 Inflammatory Bowel Disease (IBD)

- **20-85%** of individuals with IBD develop malnutrition because these disorders are life-long and have the potential to relapse.<sup>3</sup>
- Typically, **malnutrition is more commonly associated with Crohn's disease** than ulcerative colitis.
- It may be recommended to adhere to a low fibre/low residue or liquid diet to lessen symptom severity and allow food to pass comfortably.



### 4 Gastroparesis

Gastroparesis is a disorder that is characterized by **delayed gastric emptying**. Gastroparesis can be managed with dietary interventions to prevent the onset of malnutrition and dehydration.

**You may be asked to:**<sup>4</sup>

- consume foods lower in fat and fibre
- eat smaller and more frequent meals
- drink plenty of fluids containing electrolytes and glucose
- consume well-cooked soft foods & more



## Managing Malnutrition

- **Moderate to severe malnutrition may require the use of invasive feeding procedures.**<sup>5</sup>
- Those able to take foods orally may focus on calorically and nutrient-dense foods if significant weight loss has occurred.
- **Bloodwork can be used to monitor for refeeding syndrome & vitamin and mineral deficiencies.**<sup>6</sup>
- **IV therapy and/or oral rehydration solutions may be considered if fluid and electrolyte imbalances persists.**

A registered dietitian can provide guidance to help you optimize your nutrition while managing your GI symptoms.



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