

ACTIVITY HANDOUT: NUTRITIONAL CONCERNS MATCHING (ANSWERS)

[MODULE 3: Nutrition Considerations for Children with Disabilities]

NUTRITIONAL CONCERN	SYMPTOM	RISK FACTORS
Constipation	Infrequent, hard, or difficult-to-pass bowel movements	• Limited mobility • Low muscle tone • Low fiber intake • Difficulty drinking fluids
Gastroesophageal Reflux Disease (GERD)	Pain or heartburn after eating	• Delayed gastric emptying • Low or high muscle tone • Long periods of lying flat • Constipation
Celiac Disease	Abdominal pain, diarrhea, or constipation after eating gluten	• Has Down syndrome • Eats wheat, rye, or barley
Poor Oral Health	Tooth pain, gum discomfort, or plaque buildup	• Sensory sensitivities affecting tooth brushing • Reflux causing dental erosion • Keeps food in mouth • Dry mouth
Micronutrient Deficiencies	Frequent infections or poor immunity, fatigue, or pale skin	• Diet low in nutrient-dense foods • Restricted diets due to food allergies • GI conditions that lower nutrient absorption
Poor Weight Gain	Falling below expected growth patterns	• Diet low in energy/protein • High muscle tone increasing energy needs • Recent surgery • Chronic stress/neglect • Difficulty signaling when hungry
Unintended Weight Gain	Overweight or obesity	• Difficulty signaling when full • Takes medication that increases appetite • Low physical activity or mobility, reducing energy expenditure • Overfeeding