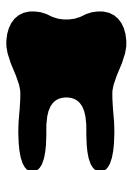
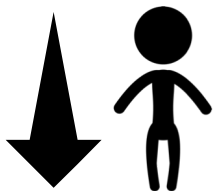
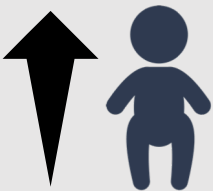


HANDOUT: COMMON NUTRITIONAL CONCERNS IN CHILDREN WITH DISABILITIES QUICK GUIDE

[MODULE 3: Nutrition Considerations for Children with Disabilities]

NUTRITIONAL CONCERN	DESCRIPTION / SYMPTOMS	COMMON RISK FACTORS
Constipation 	Infrequent, hard, or painful bowel movements; bloating; poor appetite	• Low or high muscle tone • Limited physical activity • Low fiber intake • Difficulty drinking fluids • Chronic stress
Gastroesophageal Reflux Disease (GERD) 	Reflux of stomach acid; heartburn; pain; food refusal; vomiting; dental erosion	• Delayed gastric emptying • Low or high muscle tone • Long periods of lying flat • Difficulty swallowing • Constipation • Skeletal abnormalities • Medication side effects
Celiac Disease 	Autoimmune reaction to gluten; excessive gas; abdominal pain; diarrhea; constipation; weight loss; anemia	• Down syndrome • Other genetic disorders
Poor Oral Health 	Tooth decay; gum inflammation; plaque buildup; toothaches; reduced intake; difficulty feeding; aspiration risk	• Sensory difficulties • Motor difficulties • Communication difficulties • Behavioral difficulties • Food retained in the mouth • Dry mouth • Chronic reflux

NUTRITIONAL CONCERN	DESCRIPTION	COMMON RISK FACTORS
Micronutrient Deficiencies 	Lack of essential vitamins/minerals; anemia; weak immunity; infections	• Feeding difficulties • Diet low in nutrients • Restricted diets • GI conditions • Medication side effects • Tube feeding
Poor Weight Gain 	Below expected growth due to poor intake, nutrient losses, poor absorption, or an underlying condition	• Feeding difficulties • Diet low in energy/protein • Low or high muscle tone • Difficulty signaling hunger • High energy needs • GI conditions/GERD • Genetic conditions • Medication side effects • Recent surgery • Chronic stress/neglect
Unintended Weight Gain 	Caloric intake exceeds energy needs; overweight; obesity	• Limited mobility/activity • Low muscle tone • Short stature • Hypothyroidism • Altered body composition • Difficulty signaling fullness • Overfeeding • High fat/sugar intake • Medication side effects