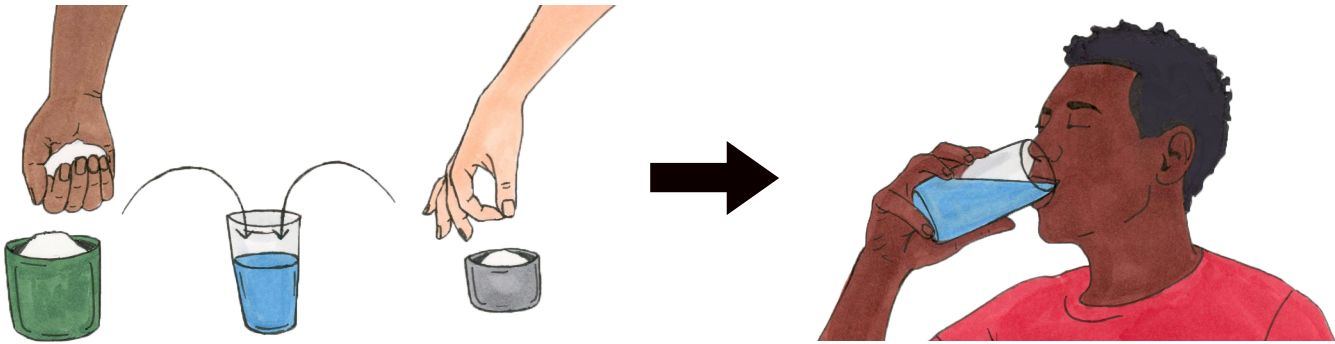


Nutrition Education



Nutrition Education



Version 12/2022

NOTICE:

ONLY USE PRODUCT AS PART OF DIET TO HELP IN MANAGING DIARRHEA SYMPTOMS.
THIS PRODUCT IS **NOT** A MEDICAL TREATMENT FOR THE CAUSES OF DIARRHEA.
PERSISTENT DIARRHEA CAN BE LIFE-THREATENING AND REQUIRES MEDICAL TREATMENT FOR THE CAUSE.

BACKGROUND:

According to the World Health Organization, diarrheal disease is the second leading cause of death in children under the age of five years with nearly 1.7 billion cases annually. Much of this problem can be prevented through safe supplies of water, good sanitation and hygiene practices. Diarrhea in children quickly leads to malnutrition because of losses of fluid and nutrients in the diarrhea.

The World Health Organization defines diarrhea as “the passage of three or more loose or liquid stools per day or more than is normal for an individual.” This definition does not strictly apply to breastfed babies who often pass loose and pasty stools. Diarrhea is a common symptom of intestinal infection that can be spread through contaminated water or food or from person to person when hygiene is poor.

Prevention of diarrhea includes the use of safe drinking water, improved sanitation, and handwashing.

A priority in diarrhea treatment is rehydration. Oral rehydration solutions are used to restore fluids to the body. These include a solution of clean water, sugar, and salt. The World Health Organization also recommends zinc supplementation to shorten the duration of diarrhea and improve recovery. A part of recovery includes making sure that an individual continues to consume nutrient-rich foods, including breastmilk for babies.

MannaPack® Potato-D was designed to align with World Health Organization recommendations and is intended for use along with rehydration to reduce diarrhea symptoms. It is also based on typical dietary guidance commonly given by health care professionals to reduce and control diarrhea. It contains dehydrated potatoes and soy protein to reduce the loss of fluids along with added zinc and other vitamins and minerals that are commonly lost during diarrhea.

CAUTION: MannaPack® Potato-D should be considered a therapeutic supplemental food that should only be used by individuals during cases of diarrhea. MannaPack® Potato-D is not a general food supplement and should not be consumed by individuals who are not experiencing diarrhea as it may cause constipation and discomfort in children and adults who do not have diarrhea. As soon as diarrhea symptoms subside, the use of MannaPack® Potato-D should be discontinued.

Reference: World Health Organization. Diarrhoeal Disease. May 2017. Available at: <https://www.who.int/news-room/fact-sheets/detail/diarrhoeal-disease>

Resource: World Health Organization. The Management and Prevention of Diarrhoea: Practical Guidelines. 1993.

Available at: https://apps.who.int/iris/bitstream/handle/10665/37036/9241544546_eng.pdf

When to Use MannaPack® Potato-D

CONCEPTS:

Diarrhea is the passing of three or more loose, watery stools in a day or more than a person usually passes. Diarrhea can lead to dehydration. Very bad diarrhea, such as cholera, can lead to severe losses of nutrition and dehydration that can cause death. Prevention and treatment are most important in children who do not have as much body storage of water and nutrition.

While it is important to treat the cause of diarrhea, such as providing medications for intestinal infections, it is urgent to treat the symptom of diarrhea to give time for medical treatments to work and for individuals to recover.

The most important symptomatic treatment is to reduce the diarrhea and to restore the losses of fluids and nutrition. The most important treatment is to restore fluids, which includes providing a safe, clean water source with some nutrients that are lost during diarrhea. Oral rehydration solutions can be made with clean, safe water and sugar and salt. To make oral rehydration solution at home, 6 teaspoons of sugar and half of a teaspoon of salt can be dissolved in one liter of safe, clean water.

Guidelines issued by the Centers for Disease Control in the United States (1) and by the World Health Organization (2) suggest that food should continue to be consumed and not restricted. Some typical dietary advice includes eating easy to digest foods, such as rice and potatoes. It is important to continue to get enough protein, such as meats, poultry, fish, and/or soya foods. And, it will be important to replenish vitamins and minerals that may be lost with diarrhea. A person with diarrhea should continue eating food to keep diarrhea from getting worse with the lack of food.

1. CDC. Managing acute gastroenteritis among children: oral rehydration, maintenance, and nutritional therapy. MMWR. 2003.
<https://www.cdc.gov/mmwr/pdf/rr/rr5216.pdf>
2. WHO. Factsheet: Diarrhoeal disease. 2017. <https://www.who.int/news-room/fact-sheets/detail/diarrhoeal-disease>

MannaPack® Potato-D can be prepared and provided in small amounts to help in managing diarrhea symptoms for temporary relief and to slow losses of fluid and nutrients while treatment for the cause of diarrhea is given.

TRAINER GUIDE:

What do you see in these pictures?

Answers may be:

- Diarrhea may cause dehydration (loss of fluid) and loss of nutrition. Oral rehydration solution can be made at home with safe, clean water, sugar, and salt.
- Foods should continue to be consumed.
- MannaPack® Potato-D can be prepared to help in dietary management of diarrhea symptoms.