



Comprehensive Dietary Practices in Supportive Environment for Transgender Individuals

Sumalee Trachootham*

Department of Internal Medicine, Srinakarinwirot University, Bangkok, Thailand

DESCRIPTION

Nutritional disorders refer to a spectrum of conditions that hinder the body's ability to acquire, process, or utilize vital nutrients. Transgender individuals are people whose gender identity does not match their Intercourse assigned at birth. Individuals may identify as male, female, both, neither, or anywhere along the gender spectrum. Transgender individuals face many challenges and barriers in accessing quality health care, including nutrition care. Their implications are significant, contributing to an increased vulnerability to chronic diseases, hindered growth and development, compromised quality of life, and, in severe instances, mortality. These factors can contribute to poor mental health outcomes, such as depression, anxiety, suicidal ideation, and substance abuse.

Gender dysphoria is the distress that transgender individuals may feel when their body does not match their gender identity. Gender dysphoria can affect one's self-esteem, body image, and eating behaviors. Some transgender individuals may try to suppress or change their body shape or size through dieting, fasting, bingeing, purging, or excessive exercise. These behaviors can lead to eating disorders, such as anorexia nervosa, bulimia nervosa, or binge eating disorder. Hormone therapy can have various effects on one's metabolism, appetite, weight, fat distribution, muscle mass, bone density, and blood lipid levels. These effects can vary depending on the type and dose of hormones used, the duration of treatment, and the individual's genetic and environmental factors. Therefore, transgender individuals who undergo hormone therapy need to monitor their nutrition intake and status closely and adjust their diet accordingly. Transgender individuals may face social barriers that affect their access to food and nutrition services. For example, they may experience food insecurity due to poverty or unemployment. They may also have difficulty finding culturally competent or affirming nutrition professionals who understand their specific needs and preferences. These factors can limit their food choices and availability and affect their nutrition intake and

quality. As a result of these factors, transgender individuals may experience various nutrition-related problems, such as malnutrition, micronutrient deficiencies, food allergies or intolerances, gastrointestinal disorders. Therefore, it is important for transgender individuals to receive adequate and appropriate nutrition care to prevent or treat these nutrition disorders and to support their overall health and well-being. An RDN can also provide education, counseling, and support to help one achieve their nutrition goals and improve their quality of life. To prevent diseases, people need to eat well and stay active. However, many adults do not follow the healthy nutrition and exercise guidelines. Nutrition and exercise practitioners can help their clients change their behavior by using counseling strategies that are based on evidence, consistent, and tailored to their needs. This way, they can help them overcome the challenges of adopting a healthy lifestyle and improve their health outcomes. Poor nutrition and lack of exercise can cause chronic diseases such as heart disease, diabetes, and obesity. Public health and community nutrition are influenced by many factors that affect people's health. Good nutrition is essential for optimal growth and development. It provides the body with the necessary nutrients to function properly, supporting physical and cognitive development.

CONCLUSION

A balanced diet should include a variety of foods from all food groups, such as fruits, vegetables, grains, protein, dairy, or alternatives. A balanced diet should also limit the intake of added sugars, saturated fats, trans fats, sodium, and alcohol. A balanced diet can help one maintain a healthy weight, prevent or manage chronic diseases, and optimize their hormone therapy or surgery outcomes. However, supplements should not replace a balanced diet or be taken without professional guidance. Some of the common supplements that transgender individuals may need are iron, calcium, vitamin D, vitamin B12, and folate. The type, dose, frequency, and duration of supplements may vary depending on one's individual needs and factors.

Correspondence to: Sumalee Trachootham, Department of Internal Medicine, Srinakarinwirot University, Bangkok, Thailand, Email: strach@mahidol.th

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Dehydration can cause symptoms such as thirst, dry mouth, headache, dizziness, or confusion. Dehydration can also affect one's blood pressure, kidney function, or hormone levels.

The amount of fluids that one needs may depend on their age, weight, activity level, climate, and medical conditions.