

Q3. What are nutrients of concern for Darden, given his current diet?

Answer- As, Darden has adopted a vegan life style, so the people who adopts vegan lifestyle decreases or retards the expression of growth and puberty. The Darden is in late teens, as boys mature till the age of 22, so the vegan diet may retard its growth.

Q4. What are potential benefits of Darden's dietary choices?

Answer- The potential benefits of Darden vegan choices include:

- i. Promote weight loss.
- ii. Reduce your risk of heart disease by lowering cholesterol levels.
- iii. Lower your chances of getting certain types of cancer, such as colon cancer.
- iv. Manage diabetes by lowering A1C levels (Below 5.7 %).



Q5. Is Darden's choice of diet developmentally normal? Is it likely to affect his growth?

Answer-Nutritional deficiencies are common in vegan, especially vitamin B-12, iron and folate. The vegan diet can cause growth retardation due to limited intake of fat (formation of brain cells), Protein (forming mass) and total energy (proper functioning of body).