

Effects of Dietary Supplementation of Pro-biotic Food, Vitamin C and Zinc on Influenza like Illness among Young Children



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Roll No: 0119/01

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Session: 2019-2020

**A thesis submitted in the partial fulfillment of the requirements for the degree of
Master of Science in Applied Human Nutrition and Dietetics**

Department of Applied Food Science and Nutrition

Faculty of Food Science and Technology

Chattogram Veterinary and Animal Sciences University

Chattogram-4225, Bangladesh

DECEMBER 2020

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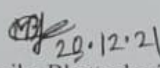
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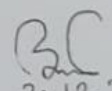
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Dedication

Dedicated

to

My Beloved Family

and

Respected Teachers

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Abbreviations

%	Percentage
DALYS	Disability-adjusted Life Years
EIB	Exercise Induced Bronchi constriction
DDS	Dietary Diversity Score
UK	United Kingdom
CC	Common Cold
WHO	World Health Organization
SPSS	Statistical Package for Social Science
SD	Standard Deviations
RDA	Recommended Daily Allowance
US \$	United States Dollar
No.	Number
MAM	Moderate Acute Malnutrition
Mg	Milligram
RTI	Respiratory Tract Infection
IFN	Interferon
IFV	Influenza Virus
Gm	Gram
RR	Risk Ratio
Etc	Etcetera
et al	Et alii/et aliae/ et alia
BMI	Body Mass Index
NST	National Science & Technology
FST	Food Science & Technology
CVASU	Chattogram Veterinary and Animal Sciences University

Abstract

In recent years, viral respiratory tract infections especially influenza viruses have a major impact on school going children as a result of unavailability and unconsciousness of effective treatment of dietary supplementation. After causing influenza some doctoral medicines are given in children but those have many side effects. Cold symptoms are given pain to the children also. Dietary supplementations can give with regular foods and that can suppress or remove the painful conditions occurred from influenza like illness among young school going children. The study of Dietary Supplementation of Pro-biotic Food, Vitamin C and Zinc on Influenza like Illness among Young Children can decrease the high infection and death rate of many children in Bangladesh. Children who consumed yogurt every day had reduced inflammatory markers in the blood. This suggests that yogurt is helpful in fighting off cold symptoms. Vitamin C (ascorbic acid) for preventing and treating the common cold has been a medicine instead of high dose medical medicine. The study is used to find out whether vitamin C reduces the incidence, the duration or severity of the common cold when used either as a continuous regular supplementation every day at the onset of cold symptoms. The severity of colds was also reduced by regular vitamin C administration. Pneumonia is one of the common mortality causes in young children. The study among 6-12 years school going young children are absent in Bangladesh. Some studies have shown beneficial effect of zinc supplements on treatment of pneumonia. This report helps to find out the moral Prevention is better than cure. If the child is infected by influenza, the parents are giving medicine for curing their child which has a side effect in the body of the child. But by giving supplementary food like Pro-biotic Food, Vitamin C and Zinc will boost up the immune system of the child and will help to prevent bronchial diseases among children. Thus, future studies are recommended to reveal any potential curative effects.

Key words: Influenza, Pro-biotic food, Vitamin C, Zinc.