

# Diseases resulting from nutrient deficiencies or excesses

Malnutrition is defined as a **nutritional disorder** due to absolute or relative **nutrient deficiencies, excesses, or imbalances**. Malnutrition can be classified in several ways:

- **Malnutrition resulting from undernourishment:** nutrient deficiencies
- **Malnutrition resulting from overnutrition:** nutrient excesses
  
- **General malnutrition:** arises from a lack or excess of energy in the diet (protein energy malnutrition, obesity).
- **Specific malnutrition:** arises from a deficiency or excess of individual nutrients.
  
- **Primary (exogenous) malnutrition:** insufficient or excessive nutrient intake. Primary malnutrition affects millions of people worldwide.
- **Secondary (endogenous) malnutrition** results from nutrient absorption disorders, nutrient utilization disorders ([https://www.wikilectures.eu/w/Malabsorption\\_syndrome](https://www.wikilectures.eu/w/Malabsorption_syndrome)) (enzyme ([https://www.wikilectures.eu/w/Enzyme\\_defects](https://www.wikilectures.eu/w/Enzyme_defects)), and the use of certain drugs that can alter nutrient metabolism. Secondary malnutrition is infrequent compared to some primary malnutrition. Environmental factors (xenobiotics, smoking (<https://www.wikilectures.eu/w/Smoking>)) may also contribute to malnutrition.

**For more information check the following articles:**

**Diseases resulting from nutrient deficiencies**

**Diseases resulting from nutrient excesses**