



UK: Teenager Goes Blind after Limited Diet limited to French Fries, Pringles, White Bread, and Ham

Scientists from the University of Bristol examined the case of a young patient who was an extremely picky eater and showed symptoms of poor health at age 14, which led to hearing loss and blindness at age 17. The youth told doctors he had only eaten fries, Pringles potato chips, white bread, slices of processed ham, and sausage since elementary school, and he avoided foods with certain textures. Doctors identified vitamin B12 deficiency, low copper, and selenium levels, a high zinc level, reduced vitamin D level, anemia, and low bone density. The researchers say that poor diet and reduced intake of minerals caused vision loss in this case, and warn that nutritional optic neuropathy could become more common due to the rise in consumption of junk food. -GEG

Eating a diet of french fries, Pringles and white bread was enough to make one teenage boy lose his sight, according to a case study published in a medical journal.

Scientists from the University of Bristol examined the case of a young patient whose extremely picky eating led to blindness, and have warned of the dangers of a poor diet.

The unidentified patient told doctors he had only eaten fries

from the fish and chip shop, Pringles potato chips, white bread, slices of processed ham and sausage since elementary school, and he avoided foods with certain textures. He first visited a doctor at age 14, complaining of tiredness, according to a case report published in the Annals of Internal Medicine on Monday.

He wasn't taking any medication, had a normal BMI and height, and showed no visible signs of malnutrition.

Doctors discovered low vitamin B12 levels and anemia, treating the patient with vitamin B12 injections and offering dietary advice.

One year later there were signs of hearing loss and vision symptoms, but doctors did not find the cause.

[Read full article here...](#)