

Difference Between Kwashiorkor and Marasmus

Feature	Kwashiorkor	Marasmus
Cause	Lack of protein in the diet	Lack of both energy (calories) and protein
Body	Body may look swollen due to edema	Body becomes very thin and weak
Weight	Less than normal	Very low
Age	Children of 1-5 years of age	Common in children under 1 year of age
Swelling (Edema)	Present (pot belly)	Absent
Muscles	Weak	Ribs are prominent
Face	Round/puffy face	Thin face with sunken cheeks
Appetite	Poor	Usually good
Common signs	Swollen feet, hair and skin changes	Visible bones, dry skin, extreme thinness
Prevention	Balanced diet with protein-rich foods	Balanced diet with enough energy and protein