DEBUNKING MYTHS AND EATING STRATEGIES

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Disclosures

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Outline

- General Healthy Nutrition Guidelines
- Debunking Myths and Nutrition Facts
- Eating Strategies
- Feeding Tubes
- Referrals
- Questions
General Healthy Nutrition Guidelines
Calories

- Calories provide energy
  - Sources of calories
    - Protein
    - Carbohydrates
    - Fat
Protein

- beans
- tender meat
- eggs
- seafood
- peas
- nuts
- seeds
- dairy, soy
- tofu
Carbohydrates

- **Fruits**
  - fresh, frozen, canned, dried, diced, pureed, sliced, mashed

- **Vegetables**
  - fresh, frozen, canned, raw, cooked, mashed, diced

- **Grains**
  - Whole grains - whole wheat, corn, oats, quinoa, brown rice, rye, barley
Fats

- Healthy oils
  - Canola, olive, fish, nuts and seeds, avocado

- Limit saturated fats
  - Butter
  - Animal sources

- Avoid trans-fats
  - Shortening, margarine

- Limit bakery items and fried foods
How many calories?

- For a child—enough to grow,
- For an adult—enough to maintain

- Considerations-
  - Less mobile/less active—usually require less
  - More movement—may require more
  - Age—usually require less calories per lb body weight with age
  - Increased work of breathing—may require more
  - Decreased lean muscle mass—usually require less
  - Often use the plate method….with SMALLER plate…
FACT: Food can help constipation

- Constipation is a common problem
- Low/weak abdominal muscle tone
- Weaker movement through intestines

**Solutions:**
- Drink more fluids
- Increase fiber intake (goal for kids: age +5 grams)
  - With ↑ fiber, make sure ↑ fluid
  - Add fiber slowly into diet
Constipation Solutions-FIBER

- Fiber containing foods:
  - Oatmeal
  - Fruits- Pear, apple, plums, raspberries
  - Vegetables- broccoli, peas, baked potato with skin, spinach
  - Whole grains-wheat, bran, quinoa, barley, brown rice
  - Beans
- May need fiber supplement
Constipation Solutions

- Fruit juices such as prune, pear, apple (limit juice to 2-4 oz daily)
- Probiotics (live and active cultures)
  - Yogurt
  - Kefir
- Drinks
- Supplements
- Physical therapy exercises/positioning
- Bowel regulating medications may be needed

FOR ACUTE CONSTIPATION MEDICATION IS NECESSARY
FACT: Fiber causes diarrhea

FACT:
- Soluble fiber actually thickens stool
- Probiotics
- Avoid trigger foods
- In some cases medicines are needed
- For frequent diarrhea, may need electrolytes, zinc
FACT:

- Excessive caffeine intake can have side effects:
  - Fast heart rate
  - Muscle tremors
  - Upset stomach
  - May increase urination

- Poor nutrition can cause low energy
  - “You are what you eat.”

- DM related sleepiness is not improved by nutrition
  - Talk with MD about respiratory/medications.
FACT: Coconut milk is BEST

- Contains oils that are better absorbed by the body
- Higher in calories and saturated fat
- Lower in protein and calcium
- Contains vitamins C, E, and B; minerals iron, magnesium, phosphorus, potassium
- Contains heart healthy fat as well
- Moderation is the key
FACT: Large meals increase reflux

- **Symptoms:**
  - Chest/upper abdomen pain
  - Spit up/Aspiration
  - Feeding refusal
  - Bad breath

- **Solutions:**
  - Positioning
  - Limit eating 1 hour before sleeping
  - Limit spicy foods, chocolate, mint, tomatoes
  - Smaller meals, more often
  - Antacids/other medications
  - Manage constipation
  - Surgical option
FACT: More PROTEIN = MORE Muscle

FACT:
- Protein is used to help maintain tissues and muscle
- Protein needed to repair muscle
- Adequate calories/protein prevent breakdown of muscle for calories
- Too much protein may increase calcium losses
- Divide protein containing foods throughout the day
FACT: People with DM may develop insulin resistance

- Insulin is a hormone that is the “key” to giving your cells sugar for energy
- Increased blood sugar levels
- Corticosteroids may add to the problem
- Overfat in relation to muscle

Solutions:

- Moderate exercise (Consult MD)
- Balancing Nutrition intake
  - Limit added sugars
- Medications
Which food has more SUGAR?

- **GLAZED DONUT**
  - 260 calories
  - 12 g sugar, 14 g fat, 6 g sat fat, 1 g fiber

- **12 oz COLA**
  - 150 calories
  - 41 g sugar, 0 g fat, 0 g fiber
Which food has more fiber?

- **Granola bar**
  - 95 calories, 1 g fiber, 6 g sugar, 2 g protein, 3 g fat

- **Maple and brown sugar instant oatmeal**
  - 160 calories, 3 g fiber, 9 g sugar, 4 g protein, 2.5 g fat

- **Whole grain breakfast bar**
  - 120 calories, 3 g fiber, 12 g sugar, 2 g protein, 3 g fat
Which food has more FAT?

- **Spicy Chicken Caesar Salad**
  - 720 calories, 6 g fiber
  - 43 g protein, 43 g fat

- **Single Hamburger with cheese**
  - 570 calories, 3 g fiber
  - 30 g protein, 34 g fat
EATING STRATEGIES

- Back to the plate...
- Variety of foods “rainbow of colors”.
- IF you want to know exactly how your eating measures up:
  - 3 day food record with analysis from dietitian.
  - Track yourself online at https://www.supertracker.usda.gov
  - Many Apps-including:
    - My Fitness Pal, LoseIt!, MyNetDiary
Nutrition from Foods

- Poor intake of nutrients:
  - Food is the best way if possible.
    - Eat a variety of fruits and veggies, and all food groups
  - New research—synergies with nutrients, antioxidants, phytonutrients

- Poor intake of calories:
  - Powerpacking
    - Adding higher calorie foods to boost calories
    - Peanut butter, sauces, cheese, healthy oils, powdered milk, avocado
  - Concentrating formula
  - Supplemental drinks/shakes
  - Adding protein powder, or other calorie adding powders
Nutrition from Supplements

- Multivitamin and mineral
- If not eating fish 2x week, consider fish oil (check mercury)
- Vitamin D/calcium- as needed based on intake
- Use caution with supplements
- Supplements do not need to follow same guidelines as food/drugs.
  - Check for US Pharmacopia, ConsumerLab, NSF International Approvals
  - Office of Dietary Supplements  
    - [https://ods.od.nih.gov/](https://ods.od.nih.gov/)
  - Talk with MD or Dietitian
Meal Tips for PARENTS

- Be a good example
- Eat as a family whenever possible
- Limit distractions
- Make one family meal, make adjustments as needed
- Have family involved with meal planning
- Have an easy standby - nutrition drink, cold cereal, pbj
- Keep mealtimes positive, without pressure to eat
Mini-meals and snacks ON THE GO

**Protein/Fat**
- Tuna pouch
- Hard boiled egg
- Prepackaged nuts/seeds
- Nut butter
- Hummus
- Greek yogurt/milk

**Carbohydrate**
- Whole grain pita bread/crackers
- Fruit (fresh, freezer packed, cups)
- Carrots
- Peapods
- Cereal
Feeding Difficulties

- Some people have trouble with hard to chew foods such as:
  - tough meats
  - sticky foods like peanut butter and thick cheese spread.
- Some people have trouble with thin, clear liquids.
- Try not to eliminate food groups. Think creatively and modify food and beverage textures and consistencies.
- Meal Fatigue and Feeling Full
  - Small meals more often can help
- Self-Feeding
  - Use adaptive utensils or plasticware
  - Offer finger foods
  - Straw cups or camelbacks
# Examples of Modified Foods

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Level 3</th>
<th>Level 2</th>
<th>Level 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>Moistened bread, ckd/cold cereal, rice</td>
<td>Moistened pancakes, noodles, mashed potatoes</td>
<td>Pureed starches, breads</td>
</tr>
<tr>
<td>Fruits</td>
<td>Soft peeled fresh fruits, soft berries</td>
<td>Canned, cooked fruits-no skin, juice some pulp</td>
<td>Pureed fruits, juice, no chunks, smoothies</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Cooked tender vegetables, shredded lettuce</td>
<td>Soft, well-cooked veg. chopped or diced, salsa</td>
<td>Pureed veg, tomato sauce, no chunks</td>
</tr>
<tr>
<td>Dairy</td>
<td>Milk, yogurt, cottage cheese, cheese</td>
<td>Milk, soft yogurt, cottage cheese</td>
<td>Milk, buttermilk, smooth yogurt</td>
</tr>
<tr>
<td>Protein</td>
<td>Thin sliced, ground, tender meat, eggs</td>
<td>Moistened ground/ckd meat, tuna, casserole, beans, scrmbld eggs</td>
<td>Hummus, soft tofu with fluid, pureed meat</td>
</tr>
<tr>
<td>Desserts</td>
<td>Easy to chew, tender cakes and cookies</td>
<td>Pudding, soft fruit pies, moistened cakes, seedless jams</td>
<td>Smooth pudding, shakes, ice cream</td>
</tr>
<tr>
<td>Fats</td>
<td>Smooth creamy fats</td>
<td>Butter, oils, cream sauces &amp; gravy, sour cream, whipped topping</td>
<td>Butter, oils, smooth sauces &amp; gravy, sour cream, whipped topping</td>
</tr>
</tbody>
</table>
Feeding Tubes
When to Consider a Feeding Tube

- Failed swallow study
- Growth failure/losing weight
- Powerpacking is not working
- Issues with chewing/swallowing
- Fatigue with feeding
- Hydration concerns
- During illness
  - Inadequate intake for certain periods of time
- Consider before it becomes an emergency.
  - Parent/individual discussion
  - Under what circumstances??
  - Can schedule/plan somewhat in advance
Formula Types

- Standard/Soy
- Blenderized
- Hydrolyzed
- Elemental

- Formula type depends on individual tolerance/nutrition needs.
- In general, recommend starting with standard and working toward specialized as needed.
  - Insurance coverage varies
- Formula made to be nutritionally complete except in some cases...
Referrals to Professionals

- Speech language pathologist/Occupational Therapist
  - Assess for swallowing issues,
  - Improve oral motor skills, feeding therapy
  - Work on fine motor/hand skills
  - Alter texture of foods to decrease fatigue, thickeners, pureed foods,
  - Nipple flow/ bottle changes for bottle-fed infants
  - Positioning
  - Adaptive Equipment

- Dietitian
  - Consider evaluation every 1-2 years
  - Inadequate intake/nutrition concerns
  - Increased or poor growth
  - Considering feeding tube
  - If using a feeding tube, younger children every 3-6 months, older annually
Questions???