

Huntington's New South Wales



**Guidelines for Meeting the
Nutritional Needs of People with
Huntington Disease**

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Supported by NSW Health

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Guidelines for Meeting the Nutritional Needs of People with Huntington Disease

10 STEPS TO GOOD NUTRITION

1. Eat Frequent Meals and Snacks

AS WELL as breakfast, lunch and dinner include morning tea, afternoon tea and supper.

HAVE double serves of meals and desserts.

2. Ensure All Food is Soft and Moist

AVOID foods which are hard and brittle and more difficult to swallow such as chips, corn chips, nuts, hard lollies etc.

ADD extra gravy and sauces to savoury foods and custard and creams to sweet foods.

3. Make Every Mouthful Count

CHOOSE nutritious energy dense food and drinks,

eg milk or fruit juice rather than tea, coffee or clear soup

eg cake and cream rather than a plain biscuit.

4. Enrich the Food You Eat

ADD foods rich in protein and energy to those you already eat and drink,

eg add cream to fruit and margarine or sour cream to vegetables.

5. Try to Include a Protein Food with Each Meal

SUCH AS meat, chicken, fish, egg, cheese, milk, custard or legumes.

6. Have Ready-to-Eat High Energy Snacks Handy

eg Yoghurts, fruche, cream cake, fruit and custard

7. Supplement Your Diet

USE fortified drinks such as high protein milk or Sustagen to boost your energy intake.

8. Enjoy Your Meals and Eat a Variety of Foods

VARY your meals so eating does not become a chore.

9. Maintain a Calm and Relaxing Environment For Meals

MINIMISE all distractions, ie turn the TV and radio off.

ALWAYS sit upright for meals and for at least a half-hour after meals.

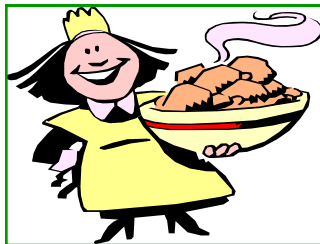
ALLOW plenty of time for meals.

EAT slowly.

AVOID eating and drinking at the same time.

10. Monitor Your Weight

CONTACT your doctor or dietitian if you are concerned.



NUTRITIONAL SUPPLEMENTS

WHAT ARE THEY?

Supplements are special food products or powders that can be used as part of, or in addition to, your daily food intake. They can add extra energy, protein, vitamins and minerals.

WHY SHOULD I USE THEM?

Supplements are helpful for people who -
Have lost weight
Have difficulty in maintaining their weight
Have a poor appetite
Are not eating enough food

WHEN COULD I USE THEM?

Between meals
As part of a meal
Any time you want to eat or drink

SUGGESTED SUPPLEMENTS FOR YOUR USE

High Protein Milk Recipe

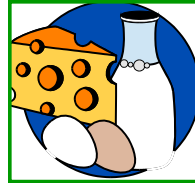
1000ml (1 litre) full cream milk and 1 cup skim milk powder OR
150ml (small glass) full cream milk and 2 tablespoons skim milk powder

Add milk powder to milk and whisk until dissolved

HIGH PROTEIN MILK CAN BE USED WHENEVER YOU NORMALLY USE MILK

*Compiled by the Dietitians Association of Australia
NSW Gerontology Special Interest Group*

ENRICHING WITH PROTEIN AND ENERGY



Breakfast Cereals

Use high protein milk or Sustagen
Make porridge on milk or Sustagen rather than water
Add sugar or honey

Toast, Bread, Muffins, Crumpets

Spread margarine or butter thickly
Use smooth peanut butter, marmalade, jam, honey
Use avocado or mayonnaise

Sandwiches

Spread margarine or butter thickly
Add an extra slice of meat or cheese
Add mayonnaise, relish, creamed cheese, avocado

Vegetables

Add margarine, butter, oil, cheese, sour cream, white sauce
Add milk powder or cream to mashed vegetables

Fruits

Add custard, ice cream, gelato, cream, yoghurt
Add sugar, glucose syrup or honey
Add to milk drinks

Soups and Sauces

Add milk powder, cream, sour cream, eggs, grated cheese
Use cream soups instead of broths and consommés
Make soup on milk rather than water

Savoury Dishes

Add grated cheese, milk powder, margarine, butter, oil, cream, eggs, mayonnaise, salad dressing

Milk Puddings and Desserts

Add extra milk powder, eggs, sugar

Add cream, ice-cream, custard, yoghurt

Add flavoured toppings, honey, glucose syrup

Drinks

Encourage milk and juice based drinks in preference to water, tea or coffee

Use high protein milk for milk drinks

Add honey, malt, glucose syrup, flavoured toppings

Add Cocoa, flavoured drink powder, ice-cream, fruit

Use commercial supplements

*Acknowledgements to: Dietitians Association of Australia NSW
Gerontology Special Interest Group*

**MAKE EVERYTHING YOU EAT COUNT
THAT IS, DON'T FILL UP ON CUPS OF TEA,
COFFEE OR WATER
INSTEAD OF EATING YOUR MEALS AND SNACKS**

QUICK SIMPLE MEAL SUGGESTIONS

Snack Suggestions

Breakfast cereal with evaporated or high protein milk and canned fruit and top with cream.

Canned spaghetti, baked beans, creamed corn on buttered toast with cheese.

Canned salmon, tuna or sardines mixed with mayonnaise on buttered bread.

Canned cream soups made on evaporated milk or with added cream. Serve with buttered toast or bread.

Eggs - boiled, poached or fried, served with buttered toast or bread and top with cheese.

Scrambled egg made with extra milk or cheese, served on buttered toast or bread.

Omelette, egg cheese and ham, served with buttered toast or bread.

French toast (bread and margarine, soaked in egg then fried).

Potatoes - baked or microwaved until soft and filled with sour cream, cheese, mashed baked beans or minced meat

Pasta cooked with cream sauces.

Wholemeal sandwiches with fillings of choice include meat, chicken, canned fish, cheese, baked beans, smooth peanut butter or egg.

SUGGESTIONS FOR SANDWICH FILLINGS

Choose wholemeal bread and spread liberally with margarine. Remove crusts if required.

Grated cheese and pickles.

Grated cheese and vegemite.

Salmon or tuna with mayonnaise.

Smoked salmon with creamed cheese.

Tuna and creamed corn.

Mashed sardines and tomato sauce.

Curried egg with mayonnaise.

Mashed avocado with lemon juice, pepper and sour cream.

Shaved ham and cream cheese.

Shaved chicken, grated cheese and mashed avocado.

Shaved chicken, camembert cheese and cranberry sauce.

Shaved roast beef and mustard.

Mashed baked beans and grated cheese.

Smooth peanut butter with honey, jam or mashed banana.

Smooth peanut butter and cream cheese.

Hommus.

Canned spaghetti, mashed baked beans or creamed corn with grated cheese.

SIMPLE NOURISHING SNACKS IDEAS

**AIM FOR SIX MEALS AND SNACKS EACH DAY
KEEP A READY SUPPLY OF SNACKS AVAILABLE**

Snack Suggestions

Sandwiches with plenty of margarine and soft fillings.

Pikelets with jam, cream and margarine.

Yoghurt with soft fruit.

Icecream with topping.

Soft cake with cream, custard and icecream.

Desserts such as cheesecake (remove the crust), mousse, custard, fruche and creme caramel.

A bowl of cereal topped with cream or yoghurt.

Milkshakes made with high protein milk, cream, icecream and fruit (ask for recipes).

Cream soup instead of tea and coffee.

Hot chocolate or coffee made on milk.

Cream dips with fingers of wholemeal bread.



SUGGESTIONS FOR DESSERTS

Ice-cream served with soft fruit or flavourings.

Custard and soft fruit (fresh, stewed or canned).

Milk jelly and fruit.

Baked custard.

Jelly made on high protein milk or evaporated milk.

Prepacked refrigerated desserts such as creme caramel, fruche, creamy rice, yoghurt, mousse, custard.

Canned creamy rice and canned puddings.

Frozen desserts such as cheesecake without crust, Vitari, Fruita, and frozen yoghurt.

Cakes such as banana, sponge, cream, jam rollettes and chocolate cakes with added cream, ice-cream or custard.

Fruit yoghurt.

Instant puddings.

Add extra egg to pancake batter, cook and serve with maple syrup, butter, jam or desired topping.

Add custard, ice-cream and cream to desserts as desired.



SAMPLE HIGH ENERGY MEAL PLAN FOR A SOFT DIET

Breakfast

Glass of Sustagen
Large Bowl Rolled Oats with High Protein Milk, Sugar and Cream
Mashed Baked Beans and Cheese on Buttered Bread
Stewed Apple with Yoghurt
Glass of Orange Juice

Morning Tea

Mashed Banana with Custard and Cream
Glass Sustagen or High Protein Milk

Lunch

Large Serve Lamb Casserole
Large Serve Soft Cooked Potato, Pumpkin and Beans with Margarine or Sour Cream
Baked Custard with Stewed Peaches Topped with Cream
Glass of Sustagen or High Protein Milk

Afternoon Tea

Fruit Yoghurt
Glass Sustagen or High Protein Milk

Dinner

Cream Soup made on High Protein Milk or Cream
Wholemeal Sandwiches with Soft Fillings (eg shaved chicken, avocado and mayonnaise) and liberally spread with Margarine (remove crust if required)
Strawberry Mousse topped with Cream

Supper

Soft Cake with Thick Custard and Cream
Glass Sustagen or High Protein Milk

SAMPLE HIGH ENERGY MEAL PLAN FOR A MINCED DIET

Breakfast

Orange Juice

Four Weetbix with High Protein Milk, Sugar and Cream

Soft Poached Egg with Extra Margarine

Soft Bread (no crust) and liberally spread with Margarine

Soft Stewed Apple (cut up) with Yoghurt

Glass of Sustagen or High Protein Milk

Morning Tea

Soft Stewed Pears (cut up) with Custard and Cream

Glass Sustagen or High Protein Milk

Lunch

Large Serve Shepherd's Pie

Two scoops Mashed Pumpkin and Pureed Beans with Extra Margarine and Milk Powder

Baked Custard with Soft Peaches (cut up) with Cream

Glass of Sustagen or High Protein Milk

Afternoon Tea

Fruit Yoghurt

Glass Sustagen or High Protein Milk

Dinner

Smooth Cream Soup made with High Protein Milk or Cream

Two Wholemeal Sandwiches (no crusts) with Soft Fillings (eg egg and mayonnaise) and liberally spread with Margarine

Strawberry Mousse topped with Cream

Glass Sustagen or High Protein Milk

Supper

Mashed Ripe Banana and Ice-Cream

Glass Sustagen or High Protein Milk

SAMPLE HIGH ENERGY MEAL PLAN FOR A PUREE DIET

Breakfast

Orange Juice

Large Bowl Pureed Rolled Oats with High Protein Milk, Sugar and Cream

Pureed Baked Beans and Sour Cream

Vanilla Yoghurt

Glass of Sustagen or High Protein Milk

Morning Tea

Pureed Pears with Custard and Cream

Glass Sustagen or High Protein Milk

Lunch

Large Serve Pureed Roast Lamb with Gravy and Mint Sauce

Two scoops Mashed Potato, Pureed Pumpkin and Pureed Beans with Extra Margarine and Milk Powder

Baked Custard and Pureed Peaches topped with Cream

Glass of Sustagen or High Protein Milk

Afternoon Tea

Fruche

Glass Sustagen or High Protein Milk

Dinner

Pureed Fish with White Sauce with extra Margarine and Milk Powder

Mashed Potato, Puree Carrots and Puree Zucchini with Extra Margarine, Milk Power and Cream

Strawberry Mousse topped with Cream

Glass Sustagen or High Protein Milk

Supper

Pureed Apricots with Thick Custard and Cream

Glass Sustagen or High Protein Milk

Fact Sheets

- Huntington's Disease in the Family – A Booklet for Young Children
- Huntington's Disease – A Fact Sheet for Teenagers
- Talking to Children about Huntington's Disease
- Presymptomatic Testing – The Consumer Experience
- Understanding Challenging Behaviour in Huntington's Disease
- Living with Someone who has Huntington Disease
- Making a Decision About Residential Care
- Guidelines for Meeting the Nutritional Needs of People with Huntington's Disease
- Eating and Swallowing Difficulties in Huntington Disease
- The Importance of Dental Care in Huntington Disease
- Communication and Huntington Disease

*These Fact Sheets are available from
Huntington's NSW
Please see the back page for contact details.*

Helpful Contacts

Huntington's NSW

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NSW Huntington Disease Service

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Social Worker, Westmead Hospital

Cecelia Lincoln (02) 9845 6699
Social worker, Westmead Hospital

For further information on Huntington Disease, a membership form, or details of HD services in NSW, please contact Huntington's NSW

Acknowledgements: Huntington's Disease Association (England & Wales)
Huntington's Victoria