

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

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The food suggestions in this document are intended for people with Huntington's Disease, who have special nutritional needs. A diet based on these suggestions may be inappropriate for those who do not have these special needs.

## **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,  
e.g. milk or fruit juice rather than tea, coffee or clear soup  
e.g. 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,  
e.g. 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**

e.g. 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, i.e. 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

[The NSW Huntington Disease Service, based at Lottie Stewart Hospital, Sydney, offers a service **for NSW residents with HD** whereby supplements such as Sustagen™ can be purchased at greatly reduced prices. Please contact the Service for a copy of the order form (Telephone: 02 9804 5869).]

*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*

### ***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, e.g. 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
- Ice cream with topping
- Soft cake with cream, custard and ice cream
- 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, ice cream and fruit
- 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 deserts 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.

<p><b>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</b></p>
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***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 (e.g. 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 Cut-up Apple 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 Cut-up Peaches topped 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 (e.g. 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 Powder and Cream
- Strawberry Mousse topped Cream
- Glass Sustagen™ or High Protein Milk

**Supper**

- Pureed Apricots with Thick Custard and Cream
- Glass Sustagen™ or High Protein Milk