Focus on the Family Forum

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Outline

- Nutrition
- Swallowing
- Meal preparation
- Tools available
- Questions
What is a “healthy diet”? 

- variety 
- less processed food 
- whole grains 
- antioxidants 
- vitamins/minerals 
- fiber 
- omega-3 fatty acids
What is a “healthy diet” for HD?

- variety
- less processed food
- whole grains
- antioxidants
- vitamins/minerals
- fiber
- omega-3 fatty acids
- adequate calories
Good nutrition...how to get there?

- Simple meal preparation – back to basics
- Plan ahead
- On a budget
- Foods in season, locally grown
- Eat as a family
“Family” meals

“Food is our common ground, a universal experience.”
- Chef, James Beard
Family meals – why eat together?

- More likely to eat balanced, healthy diet
  - Increased fruit/vegetable intake (vitamins, fiber)
  - Increased dairy (calcium, vitamin D)
  - Less snack or junk food = healthier families

- Beyond nutrition
  - Solidify the family unit
  - Protected time together without interruptions
  - Time for kids to interact with parents
Family meals – “how to...”

1. Make it a priority – establish a meal time/day
2. Make it simple
3. Make it pleasant and fun – plan meals together, prepare meals together, avoid distractions
Family meals

Benefits of home cooking:

- Increased nutrient intake
  - Less processed food, lower sodium
  - Includes more fruits and vegetables, dairy, lean meats
- Know what you are eating
  - USDA – “know your farmer, know your food”
- Costs less
- Easier to modify food textures & calories at home
Swallowing

- What happens to the swallowing mechanism with HD?
- Will swallowing get more difficult?
- How will I know if I have a swallowing problem?
Swallowing - HD

- Swallowing is a complex activity
  - Exact timing
  - Precise coordination

- Dysphagia is the term we use for “difficulty with eating and swallowing”
Some Warning Signs

- Coughing or clearing the throat
- Losing food or liquid from the mouth
- Holding food in the mouth
- Difficulty chewing food
- Weight loss
- Choking
Watch for these signs

- Impulsivity – too much food in the mouth
- Wet sounding voice
- Difficulty controlling the rate of food intake
- Difficulty initiating the swallow
Swallowing Strategies

- Take small bites, chew carefully
- Take small sips, don’t tip your head back
- Avoid some foods: crunchy, chewy, crumbly, dry, particles, sticky, stringy
What should the caregiver do?

- Watch for the warning signs
- Modify the environment
- Monitor for weight loss or weight gain
- Modify the food or liquid
- Be Aware and Alert
What do we do next?

- LET’S COOK!
  
  - One meal for the whole family **IS** possible if you...
    - Plan ahead
    - Get help from the rest of the family
    - Have the right tools available in the kitchen
Meal preparation
Smoothie

- Preparation time: 5 minutes

Serves: 2
- Good source of vitamins, calcium, calories
- Best enjoyed immediately – anytime!

Ingredients
- 1 cup milk
- 1 cup vanilla yogurt
- 2 tablespoons wheat germ, (optional)
- 1 large banana, or peach or mango (peeled) or 1/2 cup strawberries

Cooking
- Put all ingredients in blender, blend until frothy and drink immediately.
Blender, Magic Bullet
Oatmeal

- Preparation time 5 minutes

**Serves 2**
- Can use yogurt, soy milk, agave sweetener to add unique flavor
- Any flavor goes! Fruit, peanut butter, chocolate, etc.

**Ingredients**
- ½ cup chai tea
- ½ cup water or milk
- 1 cup oatmeal
- cinnamon
- ginger
- ¼ dried fruit (optional)

**Cooking**
Boil chai and water. Stir in remaining ingredients. Mix and serve!
Chicken
Salsa Chicken

- **Preparation time:** 5 minutes  **Cooking time:** 10 minutes
- **Serves:** 4

**Ingredients**
- 4 skinless chicken breasts
- 1 cup Salsa
- 2 Tbsp. Extra virgin olive oil or canola oil

**Directions:**
- Cut the breast in half.
- Heat 2 Tbsp. extra virgin olive oil in large skillet over medium-high heat.
- Cook the chicken 2 or 3 minutes thoroughly.
- Turn and cook other side.
- Add the salsa; cover and simmer for 1-2 minutes.

**Option:** Marinate the (Full breast) chicken overnight with salsa to tenderize the chicken.
Salsa Chicken

- Soft chicken
  - Serve with sauce/gravy
- Ground chicken
  - Use good, sharp knife or food grinder
  - Ground chicken/turkey available for purchase
  - Serve with sauce/gravy
- Pureed chicken
  - Using food processor, blender
Knife, Food Processor
Avocado spread

Preparation 10 min.

- High calorie, omega-3 fatty acids, “good” fat

Ingredients:

- 2 avocados, ripe, skinned, seed removed, chopped
- ½ cup plain yogurt
- ¼ cup lemon juice
- Pepper, pinch
- 2 tsp. olive oil

- Place all ingredients in blender and process until smooth.
- Store in refrigerator.
Crème Fraîche

Ingredients
- 1 C. whipping cream
- 2 Tbsp. buttermilk

Preparation
- Combine cream and milk in glass container. Cover and let stand at room temperature 8-24 hours or until very thick. Stir well before covering and refrigerate up to 10 days.
Strawberry Parfait

- **Serves 2**
- **Ingredients:**
  - 1-1/3 cups quartered fresh strawberries (6 ounces)
  - 1 tablespoon sugar
  - 1 teaspoon fresh lemon juice
  - 1 cup well-chilled heavy cream and/or Crème fraiche
  - 3 butter cookies, coarsely crushed (1/4 cup)
- **Directions:**
  - Mix with 1 cup quartered strawberries with sugar and lemon juice. Cut remaining strawberries into 1/4-inch dice and reserve.
  - Beat heavy cream and/or Crème fraiche in another bowl with a whisk or electric mixer until it just holds stiff peaks.
  - Fold 1 cup whipped cream in 1 cup diced strawberries (reserve remainder for topping).
  - Spoon the strawberry mousse into a glass. Add the reserved strawberries.
  - Sprinkle evenly with cookie crumbs, then chill until set, about 30 minutes.
Conclusion

Remember to....

1. Eat a variety of foods
2. Modify textures using a variety of kitchen tools
3. Prioritize family meal time
4. Buy the MN Chapter Cookbook
Q & A
Thank you!

Bon appétit!