

Focus on the Family Forum

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Outline

- Nutrition
- Swallowing
- Meal preparation
- Tools available
- Questions



United States Department of Agriculture

What is a “healthy diet”?

variety

less processed food

whole grains

antioxidants

vitamins/minerals

fiber

omega-3 fatty acids



United States Department of Agriculture

What is a “healthy diet” for HD?

variety

less processed food

whole grains

antioxidants

vitamins/minerals

fiber

omega-3 fatty acids

adequate calories



United States Department of Agriculture

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

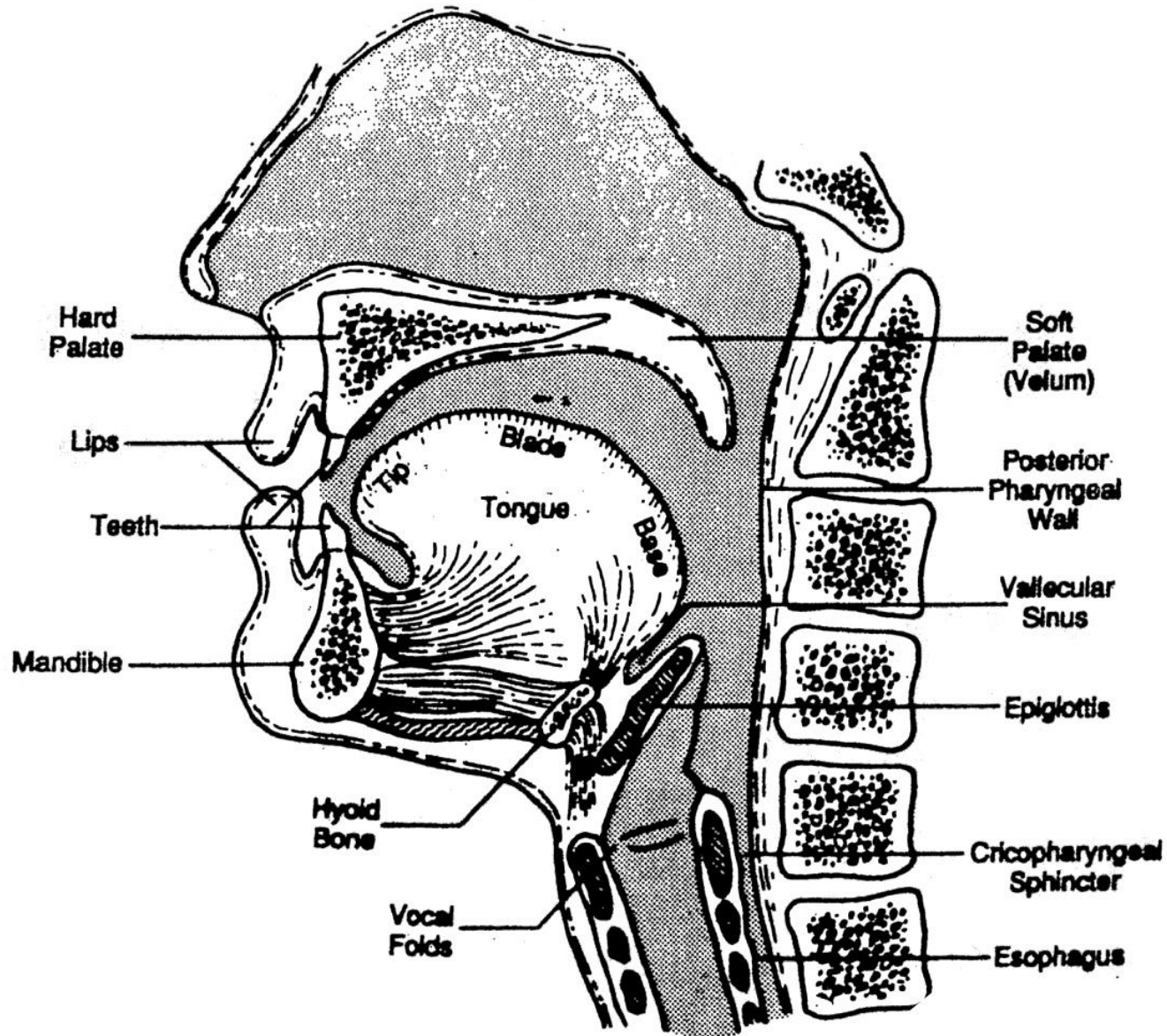
Swallowing

- 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”

Swallowing Mechanism



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.

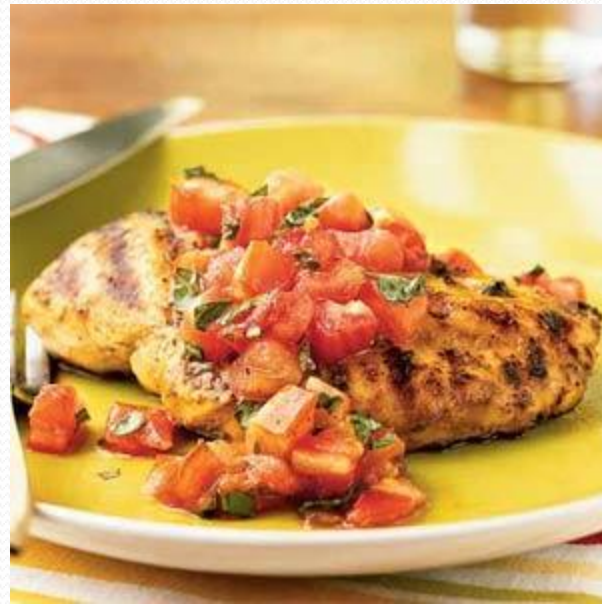
Ingredients

- 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 Fraiche

- 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:**

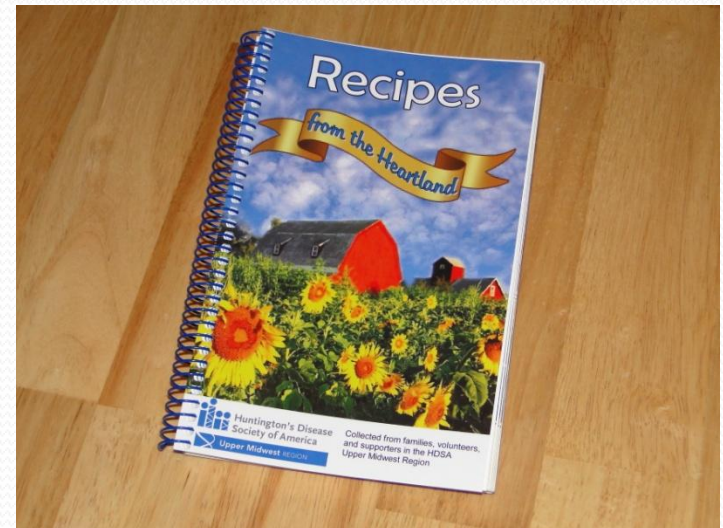
- Mix with 1 cup quartered strawberries with sugar and lemon juice. Cut remaining strawberries into 1/4-inch dice and reserve.
- Beat heavy cream and/or Crème fraiche in another bowl with a whisk or electric mixer until it just holds stiff peaks.
- Fold 1 cup whipped cream in 1 cup diced strawberries (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!