



**Making the  
foods you  
love work  
for you**

Ann Gaba EdD RD  
CDN CDE  
Assistant Professor  
City University of New  
York (CUNY)  
Graduate School of  
Public Health and  
Health Policy



Huntington's Disease  
Society of America

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**Ann Gaba**

**The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:**

No relationships to disclose  
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## Session Topic

Food and nutrition are important considerations at every stage of HD.

This session will discuss “brain healthy” foods to include at any time, as well as diet modifications to cope with HD progression.

## Session Topic – break down

- Calorie intake and weight
- Safer swallowing
- Home cooking
- Food away from home

Let's be interactive.  
I will give you my ideas, and  
you can share some of your  
ideas too.

## Calorie Intake and Weight



## Calories Matter

- Maintain a slightly higher weight (about 10% over 'ideal')
- Weight loss means more calories are needed
- Eating problems can interfere with calorie intake

## Add sauces



Add gravy



Add whipped cream



**What are some of your  
favorite ways to add extra  
calories?**

# Crab Cakes



## What if you forget to eat?

- Sometimes it may be hard to remember to eat, or to remember just how much you have eaten in a day.
- Having a diet plan, with a built-in reminder can be helpful.

## The 100 calorie-per-hour diet planner – How it works

1. About how many calories do you need each day?
2. About how many hours are you usually awake?
3. Divide calories needed by waking hours to get an estimated calories-per-hour (100, 200, 300 etc.)

## The 100 calorie-per-hour diet planner – How it works

4. Use a calorie counter to find out the portion sizes of your favorite foods that can make up each mini-meal.

5. Write out the mini-meals on the worksheets, or anywhere that is convenient for you.

6. Pick a reminder that you will use to be your cue to each a mini-meal.

## The 100 calorie-per-hour diet planner – How it works

For example – if you needed to eat about 2400 calories per day, and you usually were awake for about 12 hours each day, then you would need to eat 200 calories per hour to meet your needs.

$$\frac{2400}{12} = 200$$

## The 100 calorie-per-hour diet planner – How it works

Some possible cues could be:

- The opening or ending credits of a TV show
- A church bell that rings on the hour
- A timer set on your cell phone or tablet

Any other ideas?

**Now that you have some ideas about calorie intake, let's talk about swallowing issues.**

## Safer Swallowing Tips

### 1. Keep consistency consistent

That means:

- do not mix solids and liquids in the same bite
- or eat a very crunchy item in the same bite as a very soft one

## Safer Swallowing Tips

### 2. Make adjustments for problem foods

- Chop, mash, smash or thicken to keep favorite foods on your menu
- Plan family meals to include foods that everyone can enjoy, with a few changes as needed

## Safer Swallowing Tips

Thicken liquids to prevent beverages from “going the wrong way”.

You can try the items you may already have at home:

- bananas, ice cream, or avocados in a smoothie
- flour, cornstarch, or instant mashed potatoes in a soup

## Safer Swallowing Tips

You can also try one of the commercially available thickening powders,

Or buy ready made brick-packs of thickened beverages to go

## Home Cooking

Butternut Squash soup with  
Ginger and Walnut Oil



## Home Cooking

I have put some recipes on a hand-out for you.

Are there any foods that you make at home that you would like to talk about?

## Home cooking

Having the right tools can make modifying your home cooking a snap.

A variety of mashing and chopping tools will get the job done, but my new favorite “toy” is.....

# An Immersion Blender



## Food away from home



## Food away from home

Plan and be prepared – take along any foods or products that you will need.

Preview menus on-line before you choose a restaurant.

Go during slower “off peak” times – so you can take your time.

## Food away from home

Do be shy about special orders.

Call ahead to see what the chef or manager can do to accommodate you.

Appetizers may be your best bet – mix and match finger foods for easier eating.

Be a “regular” at a local eatery.

## Food away from home

What are some of your favorite foods away from home?

What tips can you share for easier eating on the go?

## References

- Thickened Beverages on Amazon.com
- USDA Food-A-Pedia
- <https://www.supertracker.usda.gov/foodapedia.aspx>

# Questions?