

HEALTH AND NUTRITION

FOR JM KIDS AND THEIR FAMILIES



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Analytics

Video Manager



Tessa's Juvenile Dermatomyositis (JDM) Story

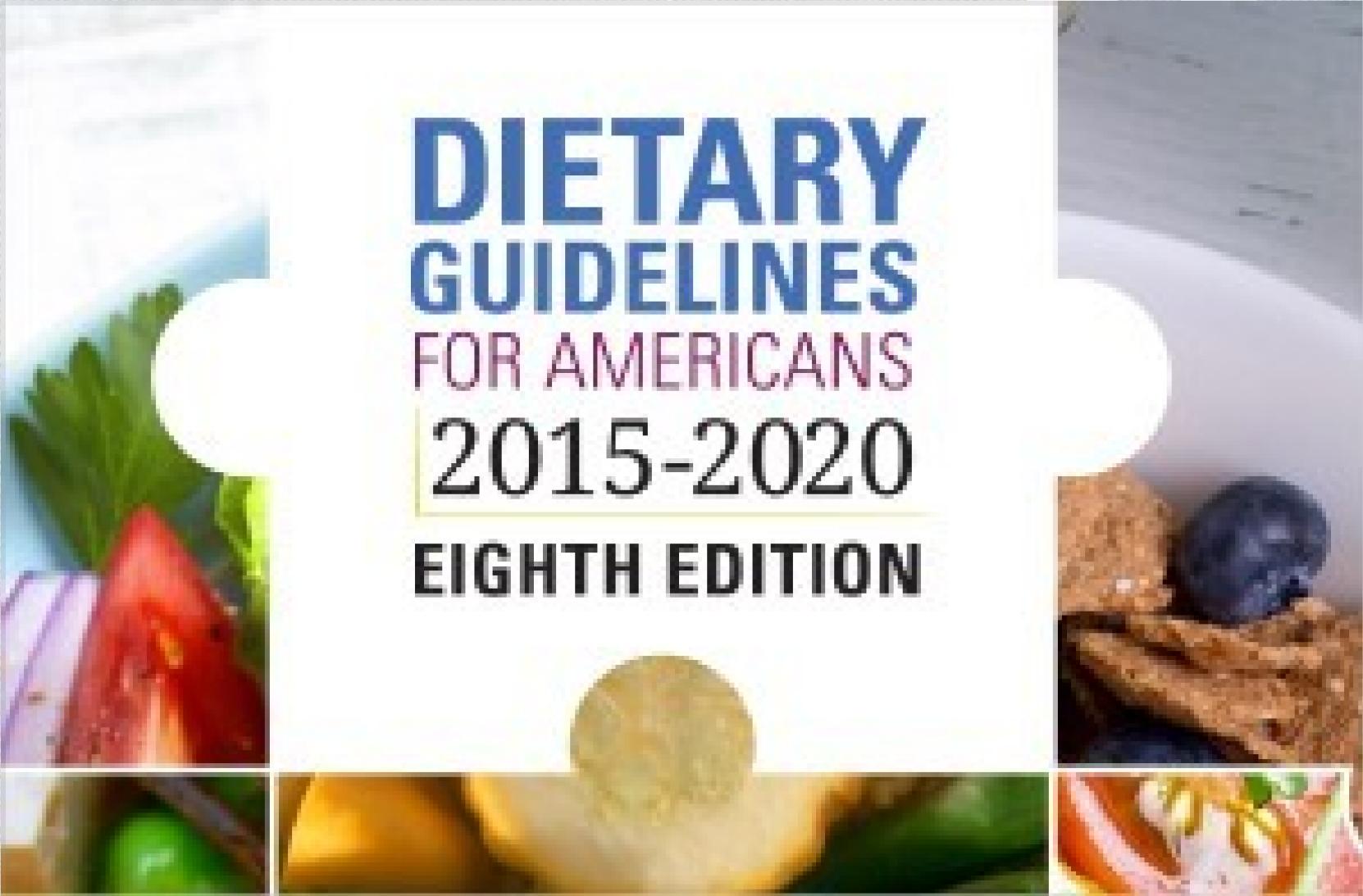




What can we cover?

- Basic nutrition and health guidelines
- Special considerations for JM
- Popular diets
- The feeding environment

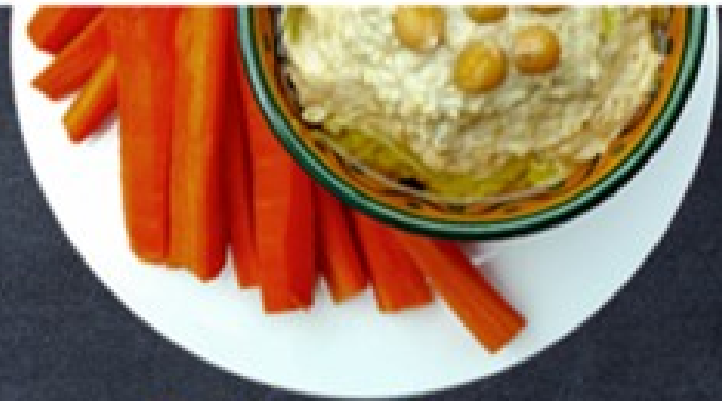




**DIETARY
GUIDELINES**
FOR AMERICANS
2015-2020
EIGHTH EDITION



High Calorie
Snacks



Nutrient-Dense
Snacks



Fruit Products
with Added Sugars

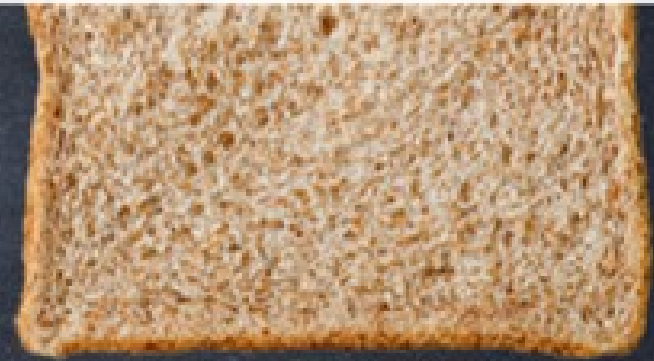


Fruit






Refined Grains



Whole Grains



Snacks with
Added Sugars



Unsalted Snacks




Solid Fats




Oils





Beverages with
Added Sugars



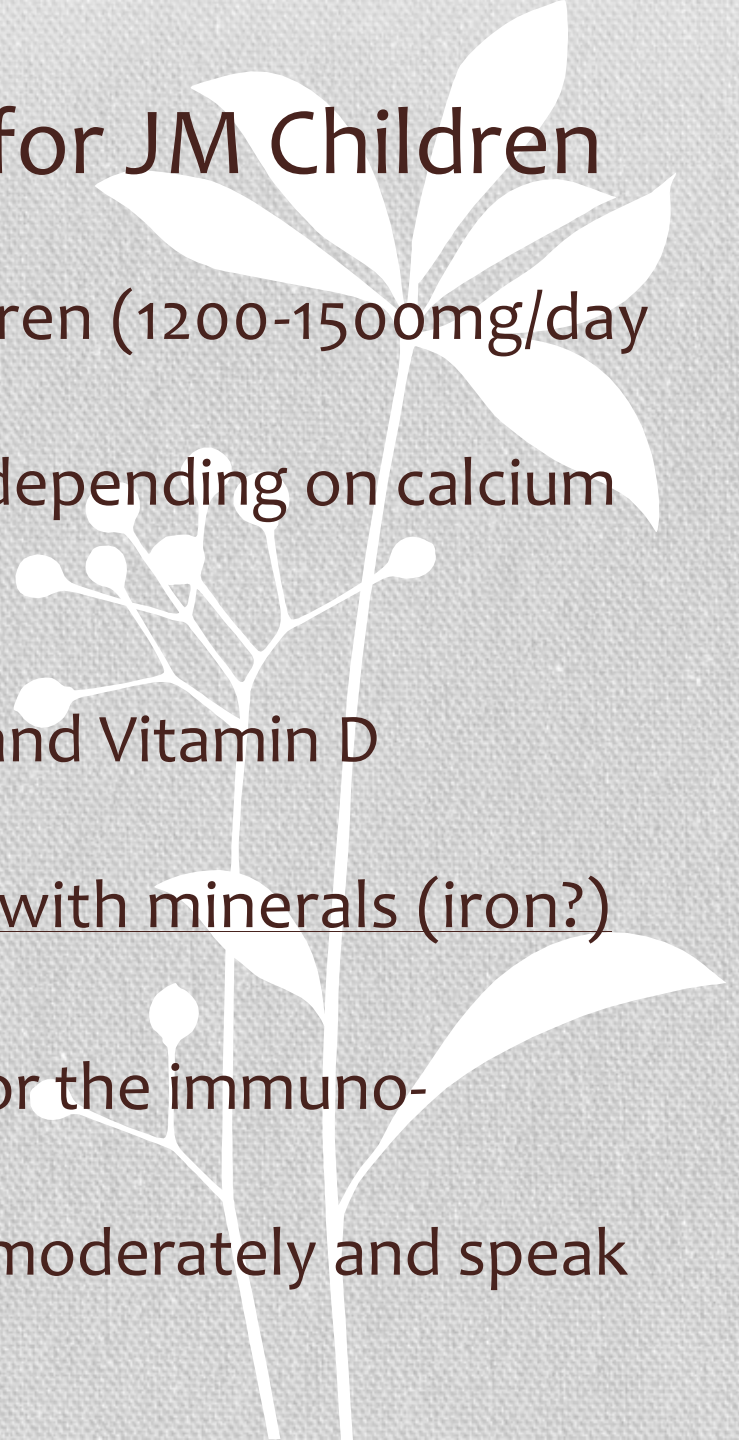
No-Sugar Added
Beverages

My Plate



Special Nutrient Needs for JM Children

- Calcium: 800-1200mg/day for children (1200-1500mg/day for adolescents)
 - 400-800mg supplementation (depending on calcium intake from food)
- Vitamin D: 400-800IU/day
 - Most children's multi-vitamins and Vitamin D supplements contain 400IU
- Complete children's multi-vitamin with minerals (iron?)
- Probiotics
 - Some caution with probiotics for the immunocompromised population
 - As with all supplements, do so moderately and speak with your doctor



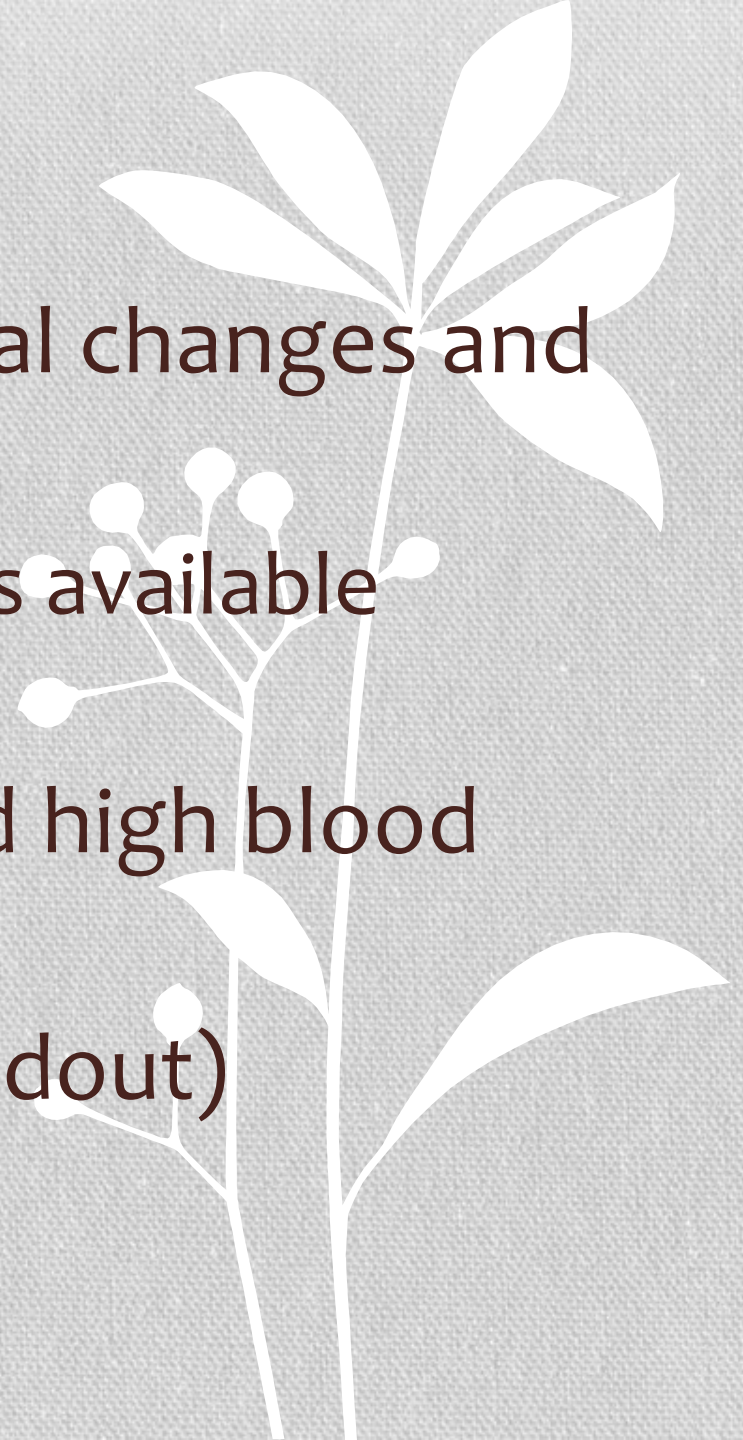
Side Effects of Medications That Affect Eating

- Nausea/vomiting
- Constipation
- Taste alterations/metallic taste
- Increased (or decreased) appetite
- Strong cravings (sweet/salty foods)
- Increased fluid needs/decreased thirst



Steroids

- Weight gain (from adrenal changes and increased appetite)
 - Have low calorie snacks available (handout)
- Bloating, discomfort, and high blood pressure
 - Low sodium foods (handout)



"My Child's Hungry All the Time!"

Tips and foods that can be offered to help deal with an increased appetite from steroids:

- Drink 8oz water/flavored water before meals and snacks.
- Chew on sugarless gum between meals and snacks.
- Have a no-food-in-the-car rule to 'buy time' time between snacking.
- Have low calorie, low sodium foods available (see list)
- Fill your home with 'real food.' Avoid buying many packaged highly processed foods that are easy to over eat.

Low-calorie, Low-sodium Snack Choices

Fruit (any):

Fresh, frozen, canned (in its own juice), dried 2-3 Tbsp

Pre-washed, cut, sliced, ready-to-eat, soaked in water or orange juice to stay fresh

Frozen blueberries or other small fruit

Frozen fruit juice popsicles/ice cubes

Applesauce

Baked apple

Vegetables: (avoid canned or those frozen in sauces)

Clean and sliced jicama, peppers, pea pods, carrots, edamame, etc soaked in water, if needed, to stay fresh.

Salt-free pickles (vegetables with vinegar mix)

Baked kale (baked crisp, sprinkled with herbs or a dash of salt)

Baked squash with Allspice

Baked potato with herbs, unsalted butter and/or parmesan cheese

Drinks:

Fruit-infused water

Sugar-free juice/flavored water

Hot/iced herbal tea (caffeine free)

Herbal tea slushie (turn your favorite tea into a slushie by adding a cup of ice and blending)

Fruit/veg smoothies (avoid regular tomato juice or vegetable juice cocktails)

Other:

Air-popped popcorn (plain or flavored with creative no-salt seasonings)

Rice cakes, wheat/rice puffed cereal

Low calorie gelatin

Sugar free popsicles

Pumpkin seeds

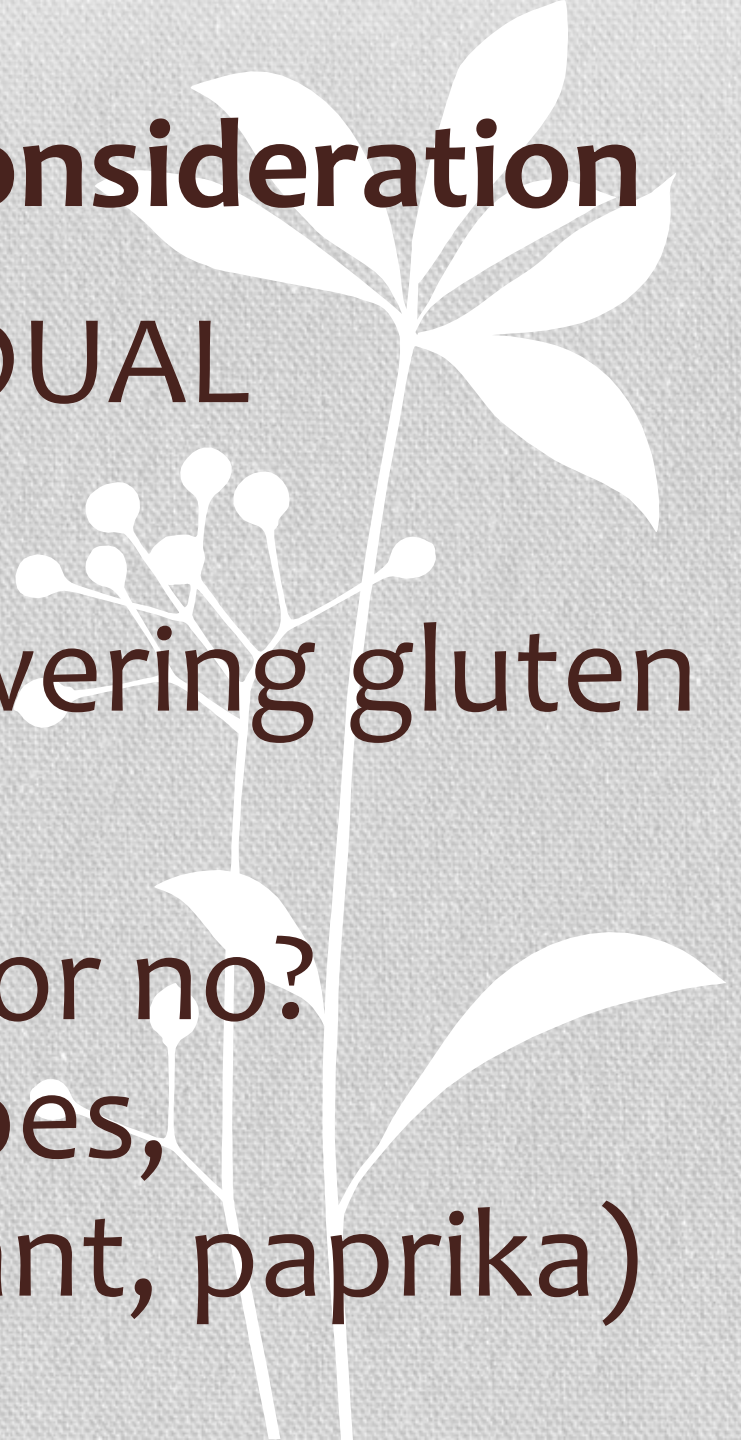
Reading labels ←

Nutrition Facts	
Serving Size 1 cup (239g)	
Servings Per Container 2	
Amount Per Serving	
Calories 100	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 870mg	36%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 6g	

- Look for foods with <250mg sodium per serving

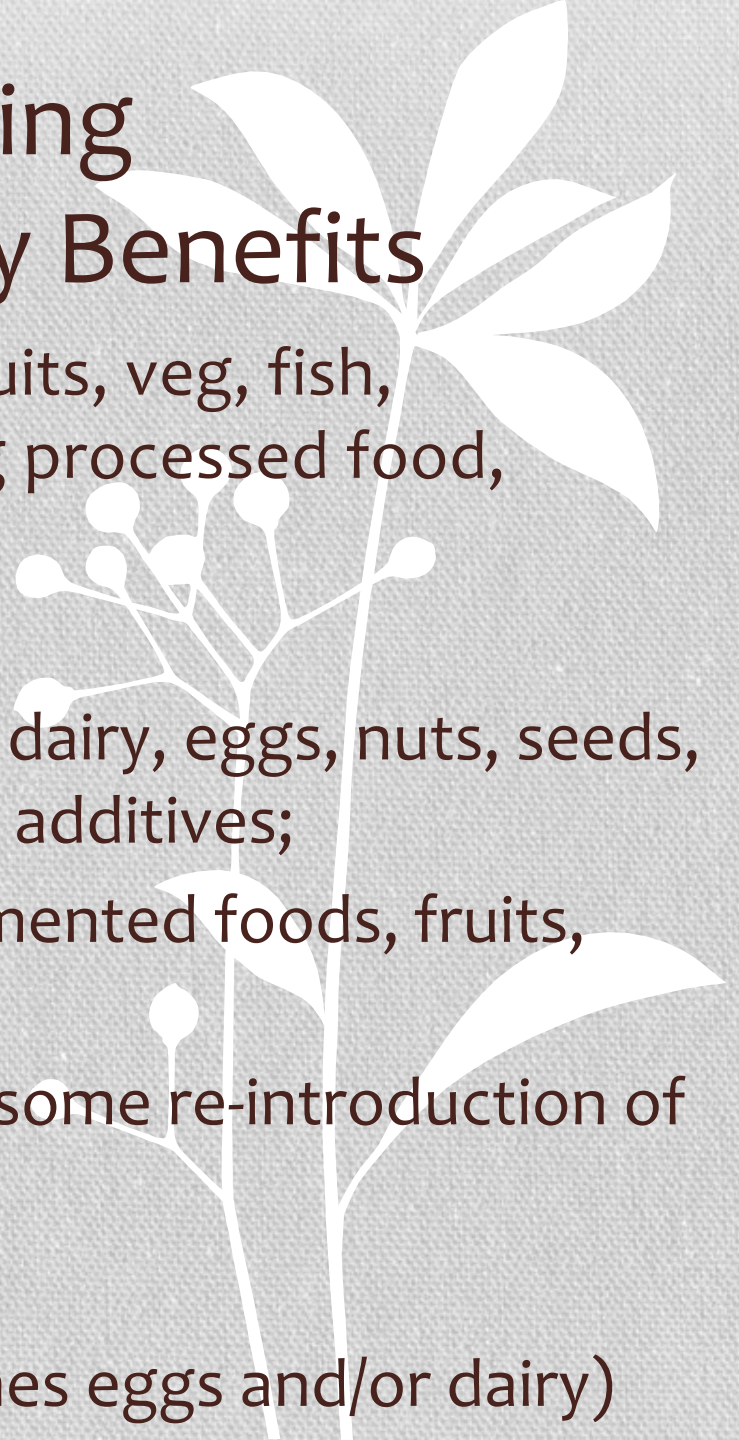
Special Diets of Consideration

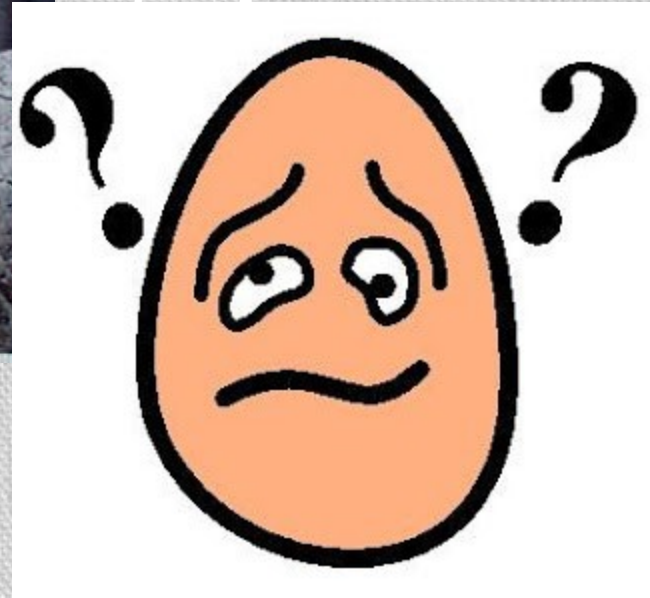
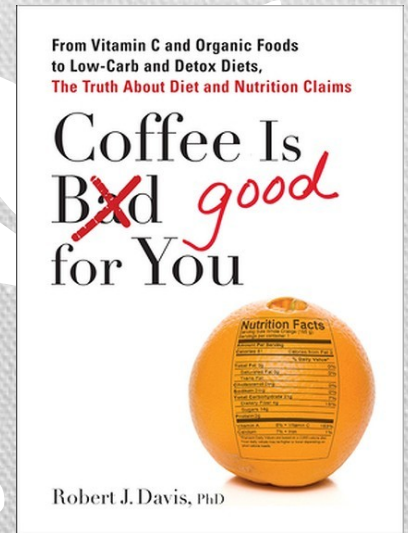
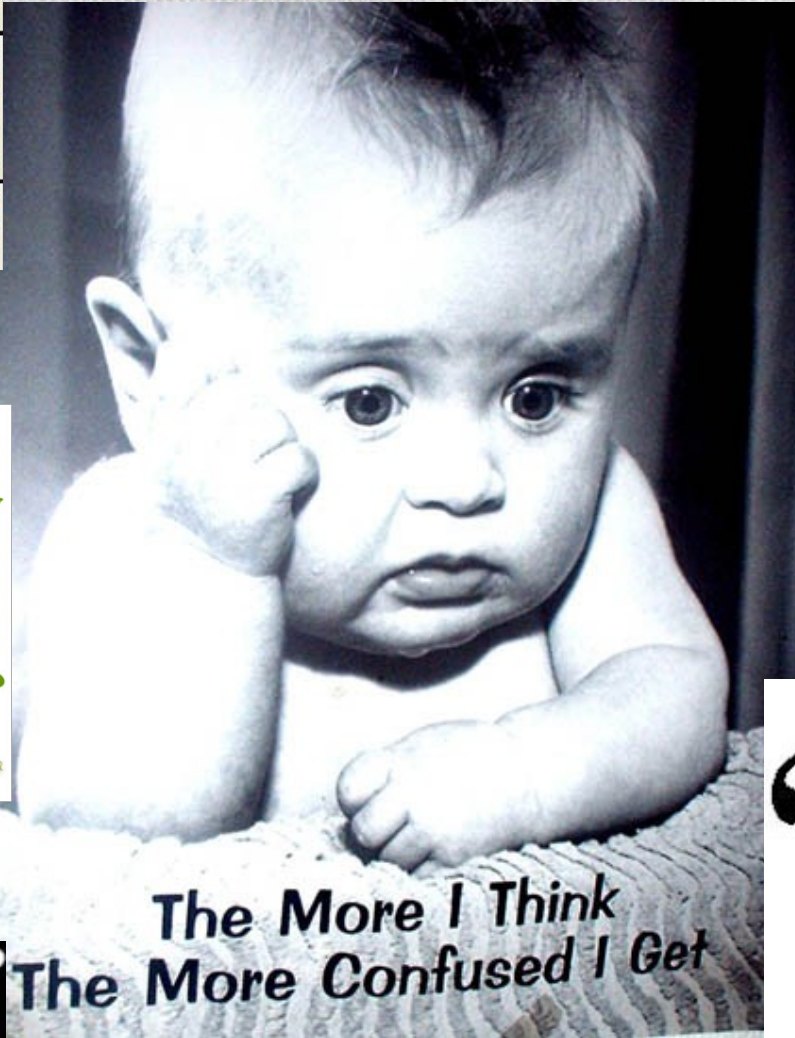
- Needs are INDIVIDUAL
- Food sensitivities
- Gluten-free vs. lowering gluten
- FODMAP
- Nightshades? Yes or no?
(tomato, potatoes,
peppers, eggplant, paprika)



Diets claiming Anti-inflammatory Benefits

- Typical anti-inflammatory diet: fruits, veg, fish, nuts/seeds, beans, fiber, avoiding processed food, limited salt and sugar
- Autoimmune Paleo –
 - avoiding beans, legumes, grains, dairy, eggs, nuts, seeds, nightshades, food chemicals and additives;
 - eating quality meat and fish, fermented foods, fruits, vegetables;
 - Often is an elimination diet with some re-introduction of certain foods
- Plant-based/vegetarian
 - Avoids animal proteins (sometimes eggs and/or dairy)





Potentially beneficial for autoimmune disease:

- Berries (blueberries, blackberries, raspberries, strawberries)
- Broccoli, cabbage, brussels sprouts
- Flaxseed, chia seeds
- Olive oil, avocado
- Wild salmon
- Almonds, walnuts, macadamia nuts
- Kale, spinach









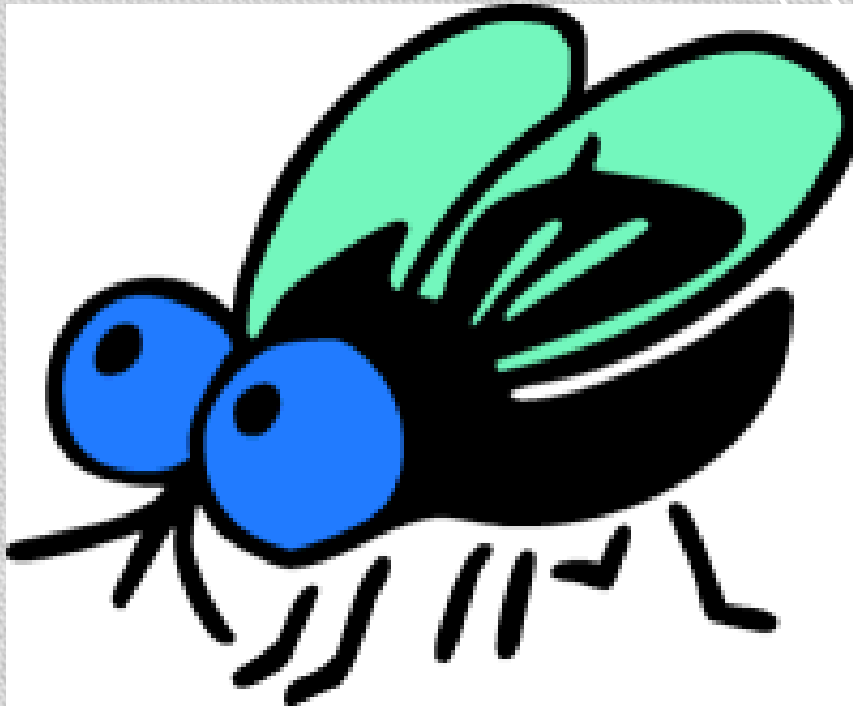
Nutrition is more than just the food we serve our children.

Nutrition is feeding. Feeding is parenting.

It can be positive or negative.

If there was a fly on your wall during
mealtime...

What would he see?











What does a **POSITIVE** food environment look like?

- Making mealtime a priority for your family.
- Involving children in the food selection and prep.
- Allowing children to practice serving their own portion sizes. They will improve with practice.



What does a POSITIVE food environment look like?

- Offering healthy choices at meals and snacks.
- Use 'Snacks' as an opportunity for healthy choices- Snacks don't have to be 'snack foods.'



What does a **POSITIVE** food environment look like?

- Offering new foods along side familiar foods.
- Setting expectations for trying new foods while avoiding negative pressure.
- Not giving up on introducing foods! It may take 10+ times of offering a food before a child will accept it. Prepare it in different ways.
- **MODEL** trying foods **YOU** don't like!



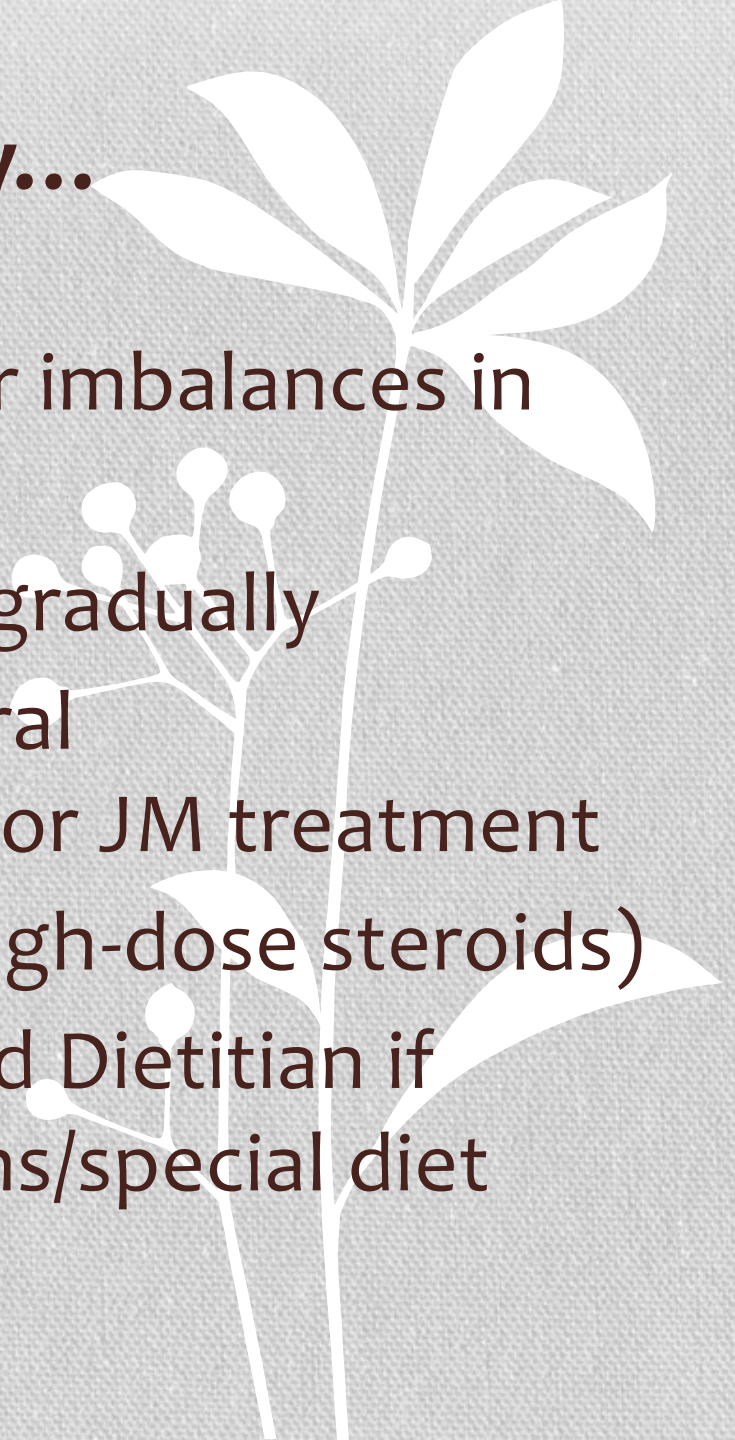
What does a POSITIVE food environment look like?

- Focus on the family, not the food!
- Keep conversations positive.
- Avoid discussions about weight, dieting, not liking certain foods, etc.
- Have FUN! Play mealtime family games, sharing stories about the day, etc.



In Summary...

- Eat REAL food and look for imbalances in your child's diet
- Make changes slowly and gradually
- Have proper vitamin/mineral supplementation needed for JM treatment
- Low sodium foods (if on high-dose steroids)
- Seek advice of a Registered Dietitian if considering diet restrictions/special diet



In Summary...

- MODEL a healthy lifestyle for your entire family
- Be aware of your mealtime environment
- Invest in your child's long term relationship with food
- And lastly ...



Have fun with food!



Thank you!

Julie Shevlin MS, RDN, CD

https://www.curejm.org/florida_2016_recap/nutrition_workshop.php

