THE PLAN:

• Weight goals
• Calculating calories
• Nutrition recommendations
  – Micro and Macronutrients
• Swallowing Complications
  – Feeding tube assistance
WEIGHT AND BMI

• Nutrition complications and considerations with DMD
  – Overweight
  – Underweight

• Weight management is critical
CALCULATING CALORIC REQUIREMENTS

• Resting Energy Expenditure (REE)
  – Indirect Calorimetry
  – Schofield Equation

• Calorie Counting
NUTRITION RECOMMENDATIONS

• MyPlate – www.choosemyplate.gov
• Adopt FAMILY goals
INCREASE FRUITS AND VEGETABLES

• Start with 1 serving at each meal (1/2 cup cooked, 1 cup raw)

• Aim for goal of 2 fruit servings and 3 veggie servings per day

• EAT WITH COLOR!!
NUTRITION RECOMMENDATIONS

Protein

- 1 egg = 6 grams
- 1 oz meat = 8-9 grams
- ½ c cottage cheese = 14 grams
- String cheese = 6 grams
- ½ c beans = 8-11 grams

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<tr>
<th>AGE</th>
<th>PROTEIN RECOMMENDATION</th>
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<tbody>
<tr>
<td>4-13 years</td>
<td>0.95 grams/kg/day</td>
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<tr>
<td>14-18 years</td>
<td>0.85 grams/kg/day</td>
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<tr>
<td>19 + years</td>
<td>0.8 grams/kg/day</td>
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NUTRITION RECOMMENDATIONS

Calcium and Vitamin D
• Should get between 1000-1300 depending on age

– 8 oz milk = 244 mg calcium
NUTRITION RECOMMENDATIONS

• Water and hydration
  – Management and treatment of constipation

<table>
<thead>
<tr>
<th>AGE</th>
<th>WATER (L)</th>
<th>WATER (C)</th>
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<tbody>
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<td>4-8 years</td>
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<tr>
<td>9-13 years</td>
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NUTRITION RECOMMENDATIONS

• Swallowing Considerations
• Discussing feeding tubes
THANK YOU!

• Questions?

“You can’t list your iPhone as your primary-care physician.”
REFERENCES


• [www.parentprojectmd.org](http://www.parentprojectmd.org)
• [www.choosemyplate.org](http://www.choosemyplate.org)
• [www.eatright.org](http://www.eatright.org)