



Nutrition and Erdheim-Chester Disease



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Outline

- Specific Diet for ECD?
- Nutrition Basics
- Symptom Management
- Side Effects of Treatments
- Caution with Alternative Supplements
- Questions





ECD and Diet

- No specific diet for ECD
- Diet needs vary person by person
- A general healthy diet is appropriate for most people



Healthy Eating Basics

Healthy Eating Basics

- Increase your intake of vegetables and fruits
- Focus on whole grains
- Include lean protein sources





Healthy Eating Basics

- Select low fat dairy products
- Choose healthy fats



Healthy Eating Basics

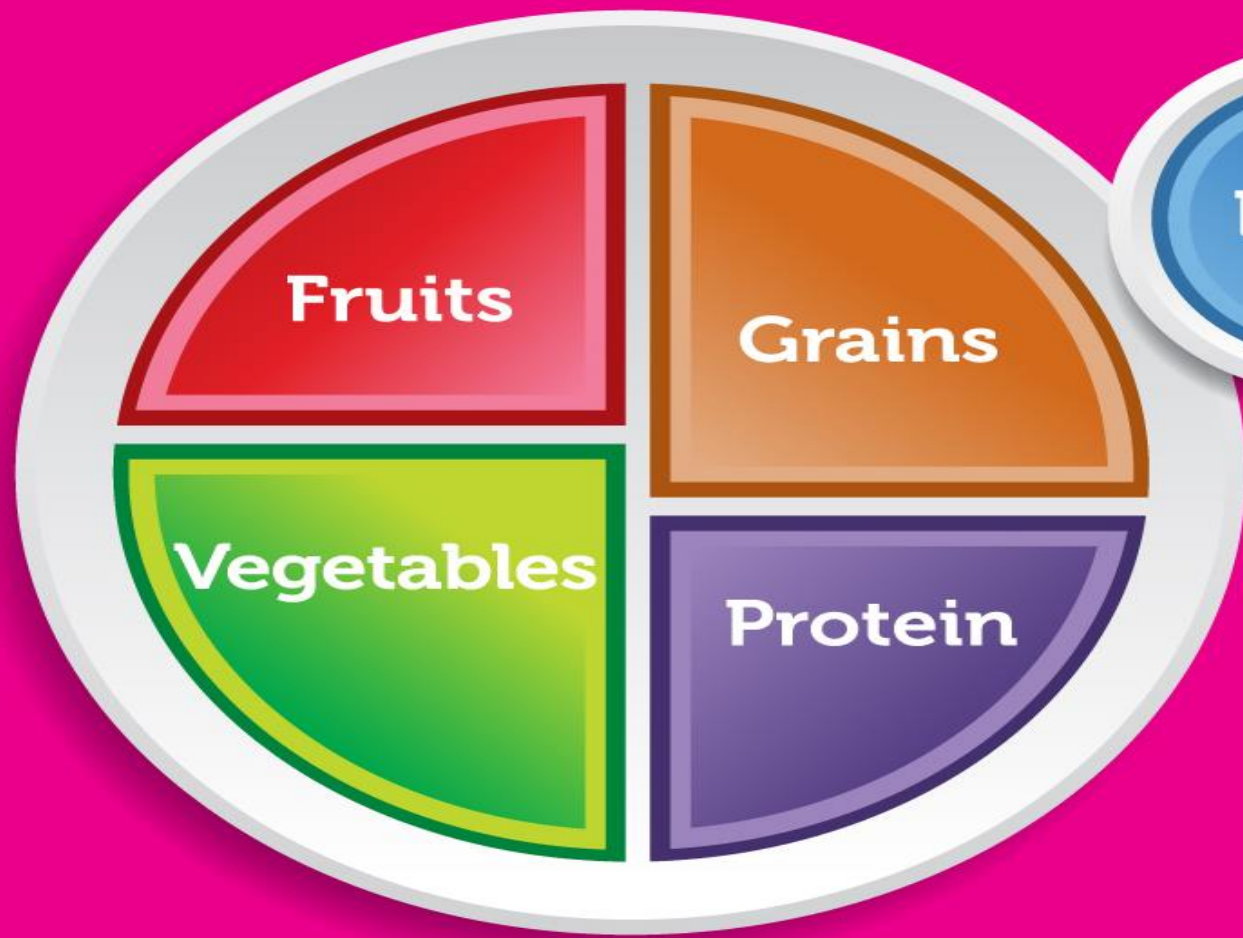
- Limit Sodium
 - Americans should reduce their sodium intake to less than 2,300 mg or 1,500 mg per day depending on age and other individual characteristics.
- Reduce added sugar
- Watch out for certain fats
 - Saturated
 - Trans





Protein

- Is high protein necessary for ECD?
- Markers of nutrition may be low, but does not necessary reflect protein intake.
- In general the standard American diet provides more than enough protein.



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BREAKFAST



SNACK



LUNCH



SNACK



DINNER



Healthy Eating Patterns

- DASH Diet
- Mediterranean Diet
- Vegetarian Eating Patterns





Remember hydration!

- 8 oz glass of water 8x daily (unless prescribed differently by your doctor)
- Remember to account for physical activity!





Symptom Management

Chewing

Focus on softer foods!

- Cut food into smaller pieces
- Cook vegetables until soft
- Try fruits canned in their own juices
- Choose chopped or ground meats
- Don't forget about beans
- Try smoothies





Swallowing

- Avoid very sticky, hard, or crunchy foods
- Take small bites and chew well before swallowing
- Take sips of fluid between bites
- Choose softer foods

Unintentional Weight Loss

- Eat 5 small meals or snacks per day
- Choose high protein foods
- Choose beverages with added calories
- Choose higher calorie starchy vegetables
- Don't be afraid to add oil
- Avoid foods labeled “light”



Managing Treatment Side-Effects






Nausea and Vomiting

- Avoid foods with strong odors
- Try dry, starchy, or salty foods
- Eat small frequent meals
- Focus on fluids
- If able, take meds with food
- Try to relax

Fatigue and Decreased Appetite

- Small frequent meals
- Make each meal count
- Light physical activity
- Hydration





Caution with Supplements

Dietary Supplement Use

- Currently about half of adults report using 1 or more dietary supplements.
- Examples – multivitamin, individual vitamins and minerals, or herbals.
- Can be at varying dosages, some of which may be more appropriate than others.
- Anti-inflammatory supplements?





Risks of Dietary Supplements

- Interactions with medications
- Lack of regulation
- Lack of research
- Resources
 - Office of Dietary Supplements
 - National Center for Complementary and Alternative Medicine



Resources

- <http://www.health.gov/dietaryguidelines/2010.asp>
- www.choosemyplate.gov
- http://ods.od.nih.gov/HealthInformation/DS_WhatYouNeedToKnow.aspx
- <http://nccam.nih.gov/>
- <http://www.eatright.org/programs/rdnfinder/>



THANK YOU!

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