

Sanford Medical Center

Aunt Cathy's Guide to:

An Overview of Nutrition Issues for Infants, Children and Adults with Special Health Care Needs:



Aunt Cathy

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Objectives

After attending the lecture and reviewing the provided written materials, participants will be able to describe common nutrition concerns to be aware of that are associated with a variety of health conditions:

- **Issues related to altered metabolism**
 - low muscle tone, impaired movement, unusually low or high caloric requirements; intestinal motility
- **Tube feeding issues and thickening for swallowing problems**
 - Nutrient density; phytochemicals
- **Issues related to excluding foods that are perceived to be poorly tolerated or which must be omitted from the diet.**
- **Some Common Drug/Nutrient Interactions**
 - Seizure-control medications; Metformin (Glucophage); Chronic antibiotics
Proton Pump Inhibitors (PPIs -- acid-blockers for GERD)
- **Nutrients likely to be low in the diet of people with special health care needs**
 - Iodine Magnesium, vitamin D, vitamin K, phytochemical pigments
- **Nutritional substances of particular benefit among some people with special needs or likely to be required in higher than usual amounts.**
 - Omega-3 EPA & DHA, L-carnitine, alpha-lipoic acid, CoQ-10, multivitamin products, phytochemical pigments.

(Additional handouts are also available to address many of these issues in greater detail.)