

## 6.Nutrition

- Increasing calories
- Healthy, high calorie snacks
- Making healthy food choices
- Shakes & smoothies



Children with Progeria may be born in the normal weight and length range, but some time within the first year of life, they fail to gain the appropriate weight and drop off of the typical “weight curve” and “length curve” that pediatricians use to measure overall growth. It is particularly disconcerting for parents to witness their children eating small meals or indicating they are not hungry, since the child is simultaneously failing to grow. It is important to remember that all children with Progeria go through this transition, and that they settle into a steady growth rate that is very different from their peers. They do gain weight and height, but at a very slow and steady rate.

Studies have shown that children with Progeria actually eat enough calories to grow, but the basic disease process in Progeria does not allow them to grow normally. Some parents also report that the children tend to take in smaller, more frequent meals. Therefore, the goal is to give them nutritious and high calorie foods and supplements. Though each family should consult its home medical team, artificial feeding tubes such as nasogastric or G-tubes have not generally been more effective than oral nutritional supplementation for children with Progeria.

*Food intake is one of the most powerful daily challenges for children with Progeria and their families. Frequent, small meals often work well.*

*Discuss with your pediatrician or dietitian whether if your child might benefit from a standard pediatric multivitamin.*

## Increasing calories

Try these simple additions to increase calorie count:

- Add healthy oils (canola or olive) to rice, pasta, vegetables, and soups/casseroles
- Melt cheese on vegetables, add to pasta, or include in sandwiches
- Add avocado to sandwiches or salads; use as a chip dip
- Add milk powder to hot cereals, scrambled eggs, soups, casseroles, ice cream, yogurt, and mashed potatoes
- Mix fruit and granola and/or nuts into yogurt; add peanut butter to vanilla yogurt

## Healthy, high calorie snacks

- Peanut butter or cheese on whole grain crackers
- Whole wheat toast with peanut butter and banana cut up; add some honey for sweetness
- Peanut butter on fruit
- Trail mix with nuts, dark chocolate, dried fruit, and whole grain, high fiber cereals
- Make a fun smoothie with your child using whole milk, frozen fruits, and yogurt or ice cream

## Making healthy food choices

Supplements and high calorie foods are encouraged. However, if given the opportunity to incorporate healthy foods into the diet, the following general guidelines apply:

- Choose lean cuts of meat and poultry, and include fish in your family's diet
- Incorporate healthy fats from oils such as olive and canola, nuts, and avocado
- Choose whole grains
- Eat lots of fruits and vegetables
- Try new foods; sometimes it takes many times of trying a new food before your child will decide they like it

Discuss with your pediatrician or dietician whether your child might benefit from a standard pediatric multivitamin.

## Shakes & smoothies

The stress of mealtime may be eased by the use of nutritional supplements. Try these tasty tips when using nutritional supplement products:

- **Serve cold and covered:** Due to the fact that supplements contain a lot of added vitamins and minerals, they taste better than they smell. If you are serving the supplement to your child as a beverage, be sure it is cold. Serve it from the can with a straw or put it in a bottle or a cup with a cover.
- **Be creative!**
  - Use vanilla flavored products as a substitute for milk in baked products
  - Add fruit and crushed ice and place in the blender to make a “smoothie”
- **Vanilla:** Unless you know that your child has a preference for a particular flavor of a supplement, buying vanilla is recommended. It is the best flavor to use in recipes and flavored syrups or fruit can be added for flavor variety.
- **Powered products:** When mixing the powdered supplements with liquid to make a beverage, be sure to let it sit in the refrigerator for some time to let the powder completely hydrate. If adding a powdered supplement in the dry state to food, do so after the food has been cooked.

On the following pages, we provide suggestions which will help to augment caloric intake by adding in healthy calories to everyday food items.

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Recipes using these supplements can be found at:  
[www.pediasure.com/pdf/pediasure-recipes.pdf](http://www.pediasure.com/pdf/pediasure-recipes.pdf)  
[www.nestle-nutrition.com/Recipes/](http://www.nestle-nutrition.com/Recipes/)  
[store.axcanscandipharm.com/recipes.php](http://store.axcanscandipharm.com/recipes.php)

### PEDIASURE®

Manufactured by Abbott Nutrition  
[www.pediasure.com](http://www.pediasure.com) / [www.abbott.com](http://www.abbott.com)

Order on-line or call: 1 (800) 258-7677

Recommended age for use 1-13 years

Product specific information:

- Lactose-free, Gluten-free, Kosher
- Nutritionally Complete and can be used to supplement diet
- Flavors: Banana Crème, Berry Creme, Chocolate, Strawberry, Vanilla, Vanilla with Fiber
- 240 calories (1 calorie/ml) and 7g of protein per 8oz



### PEDIASURE NUTRIPALS®

Manufactured by Abbott Nutrition  
[www.pediasure.com](http://www.pediasure.com) / [www.abbott.com](http://www.abbott.com)

Order on-line or call: 1 (800) 258-7677

Recommended age for use 1-13 years

Product specific information:

- Lactose-free, Gluten-free, Kosher
- Nutritionally balanced, used to supplement diet
- Flavors: Vanilla, Chocolate, Strawberry
- 150 calories and 7g of protein in 8oz



### SCANDISHAKE®

Manufactured by Axcan Pharma Inc.  
[www.axcan.com/us\\_scandishake.php](http://www.axcan.com/us_scandishake.php)  
[www.axcan.com](http://www.axcan.com)

Order on-line or call: 1 (800) 950-8085

Recommended age for use >1 year

Product specific information:

- Gluten-free, Kosher
- Flavors: Vanilla, Chocolate, Strawberry
- Not nutritionally complete, used to supplement diet
- Available in Lactose-free and Sugar-free
- 520-600 calories when mixed with 8oz of regular soy milk or whole milk



**ENSURE®**

Manufactured by Abbott Nutrition  
[www.ensure.com](http://www.ensure.com) / [www.abbott.com](http://www.abbott.com)

Order on-line or call: 1 (800) 986-8502

Adult formula can be used under the guidance of pediatrician for children > 9 years



Product specific information:

- Lactose-free, Gluten-free, Kosher
- Nutritionally complete and can be used to supplement diet
- Flavors: Rich Dark Chocolate, Homemade Vanilla, Creamy Milk Chocolate, Strawberries and Cream, Butter Pecan, Coffee Latte
- Plus (350 calories and 13g of protein), High Protein (230 calories and 12g of protein), and High Calcium (220 calories, 10g of protein and 50% of daily calcium needs) versions available; powder and flavored puddings
- 250 calories and 9g of protein in an 8oz bottle of regular Ensure

**BOOST KIDS ESSENTIAL®**

Manufactured by Nestlé Nutrition  
[www.boost.com](http://www.boost.com) / [www.nestle-nutrition.com](http://www.nestle-nutrition.com)

Order on-line or call: 1 (800) 422-2752

Recommended age for use 1-13 years

Product specific information:

- Lactose-free, Gluten-free
- Flavors: Vanilla, Chocolate, Strawberry
- Use as an oral supplement
- 240 calories and 7g of protein in a 8.25oz

**BOOST®**

Manufactured by Nestlé Nutrition  
[www.boost.com](http://www.boost.com) / [www.nestle-nutrition.com](http://www.nestle-nutrition.com)

Order on-line or call: 1 (800) 422-2752

Check with pediatrician for >2 years

Product specific information:

- Nutritionally complete and can be used to supplement diet
- Lactose-free, Gluten-free, Kosher
- Flavors: Vanilla, Chocolate, Strawberry, Butter Pecan
- Boost High Protein, Boost Plus, and Boost Nutritional Pudding



### NUTREN JR®

Manufactured by Nestlé Nutrition  
[www.nestle-nutrition.com](http://www.nestle-nutrition.com)

Order on-line or call: 1 (800) 422-2752

Recommended age for use 1-10 years

Product specific information:

- Lactose-free, Gluten-free, Kosher
- Nutritionally complete and can be used to supplement diet
- 1 calorie/ml
- Vanilla flavored



### ENLIVE®

Manufactured by Abbott Nutrition  
[www.abbott.com](http://www.abbott.com)

Order on-line or call: 1 (800) 258-7677

Adult formula, under the guidance of pediatrician can be used as an occasional supplement for children > 4

Product specific information:

- Lactose-free, Gluten-free, Kosher
- Used to supplement diet
- 9g of protein per 8.1oz
- Flavors: Apple, Mixed Berry



### RESOURCE BENEALORIE®

Manufactured by Nestlé Nutrition  
[www.nestle-nutrition.com](http://www.nestle-nutrition.com)

Order on-line or call: 1 (800) 422-2752

Adult supplement, check with pediatrician or dietitian for use in children >2 years

Product specific information:

- Lactose-free, Gluten-free, Kosher
- 1.5oz liquid provides 330 kcals and 7g of protein
- Neutral flavor
- Mixes easily into a wide variety of foods and liquids without changing the taste



**RESOURCE BENEPROTEIN®**

Manufactured by Nestlé Nutrition  
[www.nestle-nutrition.com](http://www.nestle-nutrition.com)

Order on-line or call: 1 (800) 422-2752

Adult supplement, check with pediatrician  
 or dietitian for use in children >2 years

Product specific information:

- Lactose-free, Gluten-free, Kosher
- Mixes easily into a wide variety of foods and liquids without changing the taste
- 6g of protein per serving

**RESOURCE BREEZE®**

Manufactured by Nestlé Nutrition  
[www.nestle-nutrition.com](http://www.nestle-nutrition.com)

Order on-line or call: 1 (800) 422-2752

Adult supplement, check with pediatrician  
 or dietitian for use in children >2 years

Product specific information:

- Lactose-free, Gluten-free, Kosher
- Used to supplement diet
- Flavors: Orange, Peach, Wild Berry
- 250 calories and 9g of protein in 8oz

**CARNATION INSTANT BREAKFAST ESSENTIALS®**

Manufactured by Nestlé Nutrition  
[www.carnationinstantbreakfastessentials.com](http://www.carnationinstantbreakfastessentials.com)  
[www.nestle-nutrition.com](http://www.nestle-nutrition.com)

Order on-line or call: 1 (800) 422-2752

Adult supplement, for children:

- 1-3 years – maximum of two 4oz servings/day
- 4-8 years – maximum of four 4oz servings/day

Product specific information:

- Kosher
- Used to supplement diet
- Sugar-free available, Lactose-free available in ready to drink cans
- Mix with milk or ready to drink in a 325ml bottle
- Flavors: Rich Milk Chocolate, Strawberry Sensation, Classic Chocolate Malt, Dark Chocolate, Classic French Vanilla

