HEALTH AND NUTRITION
FOR JM KIDS AND THEIR FAMILIES

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Tessa's Juvenile Dermatomyositis (JDM) Story
What can we cover in just one hour?

- Basic nutrition and health guidelines
- Special considerations for JM
- Popular diets
- The feeding environment
High Calorie Snacks → Nutrient-Dense Snacks
Snacks with Added Sugars → Unsalted Snacks
Beverages with Added Sugars → No-Sugar Added Beverages
My Plate

ChooseMyPlate.gov
5 FRUITS & VEGGIES
2 HOURS OR LESS OF RECREATIONAL SCREEN TIME
1 HOUR OR MORE OF PHYSICAL ACTIVITY
0 SWEETENED DRINKS
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
  - Previous recommendation did not recommend probiotics for the immuno-compromised population
  - This recommendation may be becoming outdated (?)
  - As with all supplements, do so moderately and speak with your doctor
Side Effects of Medications That Affect Eating

• Nausea/vomiting
• Taste alterations/metallic taste
• Constipation
• 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)
Reading labels

• 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)
Diets claiming Anti-inflammatory Benefits

- Typical anti-inflammatory diet: fruits, veg, fish, nuts/seeds, beans, fiber, avoiding processed food, limited salt
- 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
  - May also avoid eggs and/or dairy
The More I Think
The More Confused I Get
WHY IS NUTRITION SO CONFUSING?
• Try to eat REAL food (shop the perimeter of the store)
• Limit highly-processed foods
• Look for unbalance in the diet and make adjustments (excessive dairy, grain, meats, sugar, sodium?)
• Model healthy behaviors
• Keep food enjoyable!
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?
Long term effects of NEGATIVE food environment

• Food insecurity → over eating
• Pressure to eat → less consumption of fruits and vegetables, picky eating
• Stressful mealtime → meal aversion/picky eating
• Restrictive feeding/overly permissive → poor self regulation, obesity
• Rewarding with food → obesity
Benefits of POSITIVE food environments

• Higher self esteem
• Better nutrition choices longterm
• More positive family relationships
• Better social skills, grades, less risky behavior (family meals)
• Fewer emotional and behavioral problems, greater emotional well-being, more trusting and helpful behaviors towards others, and higher life satisfaction (frequent family meals)
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.
• Never giving up on introducing a foods. It may take 10+ times of offering a food before a child will accept it.
• 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!

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