

## Education of Diet

Birth to Adolescents

Laurie E Bernstein MS RD FADA



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## Birth to Five Years



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## General Issues

• What will help you??

- Biochemistry
- Autosomal recessive disorder
- Recurrence risk
- Outcome



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Diet

Diet is positive

Diet for life



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Emotional Responses to Diagnosis of Chronic Metabolic Disease

- Denial
- Fear
- Anger
- Guilt
- Over involvement
- Sorrow/sadness



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Prescription

Principles



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## Daily Living Issues

- Family reorganization
- New Family member
- Lifestyle – maintain normalcy
- Siblings
- Childcare
- Loss of Privacy



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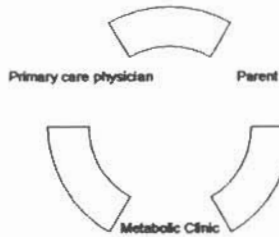
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## Your Team



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## Clinic Routines

- Blood draws –galactose -1- phosphate
- Urine -galactitol
- Wt/Ht
- Group Clinics



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**Nutrition Intervention  
Birth to 4 months**

- Developmental readiness
- Preparing for solid foods
- Nutrition education
- Galactose from foods
- Lists
- Label reading



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**Nutrition Intervention  
4-6 months**

- Sequencing of solid foods
- Suggested meal patterns
- Education of:
  - Siblings
  - Family members
  - Friends



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**Nutrition Intervention  
7-12 months**

- Cookbooks
- Yes and No Foods
- First Birthday Party-recipes
- Cup drinking - Calcium



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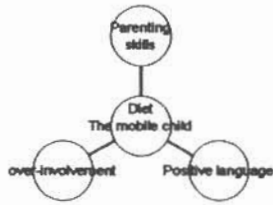
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## Nutrition Intervention Thirteen –Thirty-Five Months



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## Three-Five Years

- Egocentric child
- Negotiating child
- Role playing
- Saying no
- Similarities and differences



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## Nutrition Education

- Fishing for Galactose
- Clinic Supermarket
- Role Playing
- Red Light !! Green Light!!
- Ways we are alike and ways we are different



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