

DOWN SYNDROME



PATIENT DIET

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CONTACT US

+ 91-8743024344, + 91-7838223336

info@stemcellcareindia.com,
www.stemcellcareindia.com



NUTRITIONAL GUIDE FOR DOWN SYNDROME PATIENT

Down Syndrome is characterized by a genetic disorder in which a baby is born with an extra chromosome. Normally, human bodies are built up of trillion cells and in each particular cell, some tiny structures are present, known as chromosomes. People with Down syndrome have 47 chromosomes in their cells. However, if we talk about the treatment for the condition, then yes there is a treatment like stem cell treatment in India that can support numerous patients to manage their symptoms.

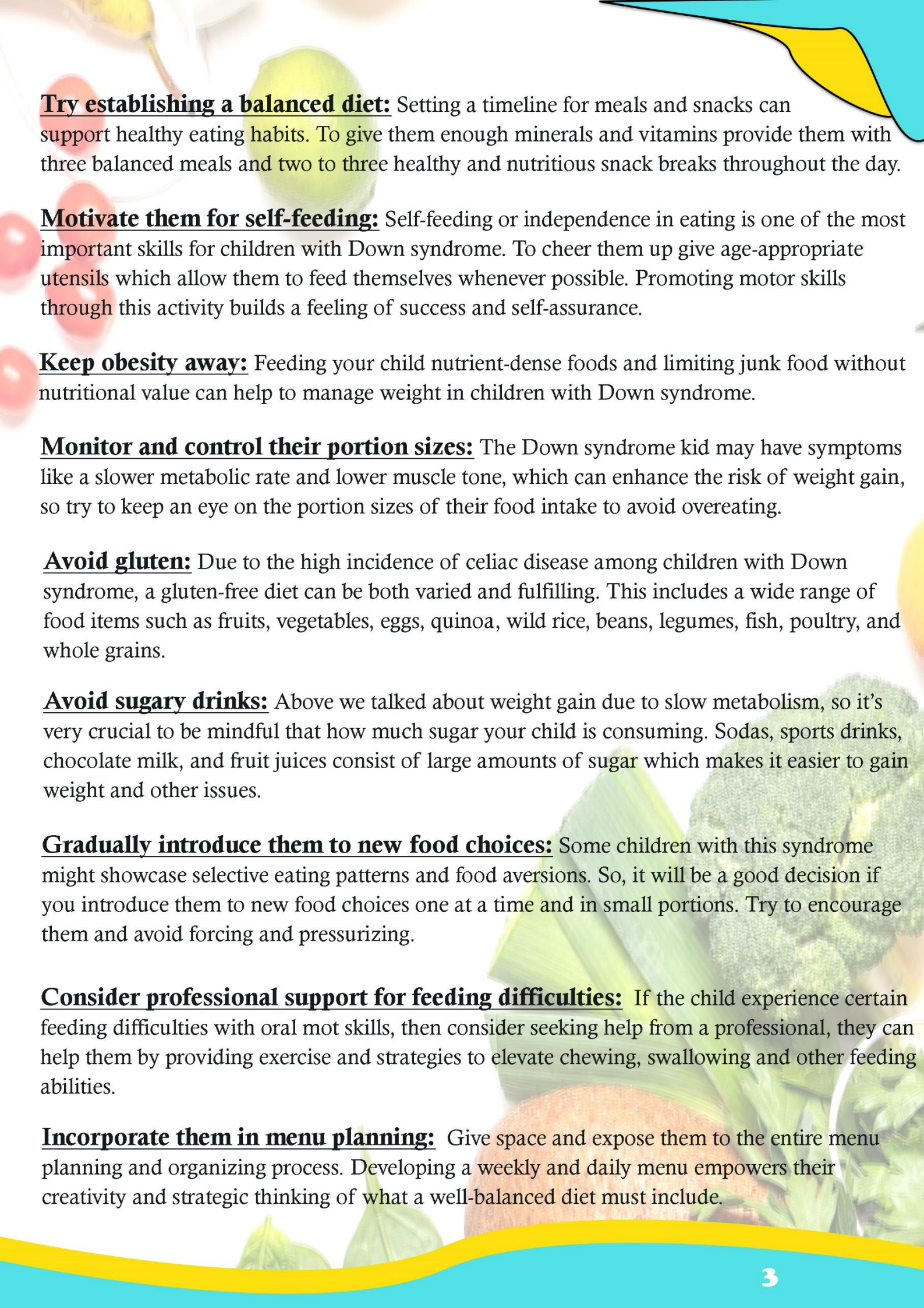
Most children with this condition have some set of specific diet-related barriers, which might include the following:

- A smaller oral cavity
- Reduced muscle tone
- Teeth formation and development in later stages of life
- Difficulty in swallowing and breathing while feeding

There are a lot of chances that eating wholesome food regularly and properly can help you reduce some of the physical symptoms and might increase your overall health. So, to make sure that your child is getting proper nutrients, it's vital to keep track of the nutrition choices.

Promote your child's hydration: If a child with Down syndrome is not drinking enough water, they are at risk of constipation as their large intestine will absorb all moisture from the food being digested, making it difficult to pass stools.

Increase the intake of fibre: Digestion issues might be the prime problem for children with Down syndrome which can lead to constipation. Consuming fibre-rich food options such as lentils, quinoa, oats, apples, berries, avocados, bananas, oats, popcorn, and sweet potatoes can manage and combat constipation and other digestive problems.



Try establishing a balanced diet: Setting a timeline for meals and snacks can support healthy eating habits. To give them enough minerals and vitamins provide them with three balanced meals and two to three healthy and nutritious snack breaks throughout the day.

Motivate them for self-feeding: Self-feeding or independence in eating is one of the most important skills for children with Down syndrome. To cheer them up give age-appropriate utensils which allow them to feed themselves whenever possible. Promoting motor skills through this activity builds a feeling of success and self-assurance.

Keep obesity away: Feeding your child nutrient-dense foods and limiting junk food without nutritional value can help to manage weight in children with Down syndrome.

Monitor and control their portion sizes: The Down syndrome kid may have symptoms like a slower metabolic rate and lower muscle tone, which can enhance the risk of weight gain, so try to keep an eye on the portion sizes of their food intake to avoid overeating.

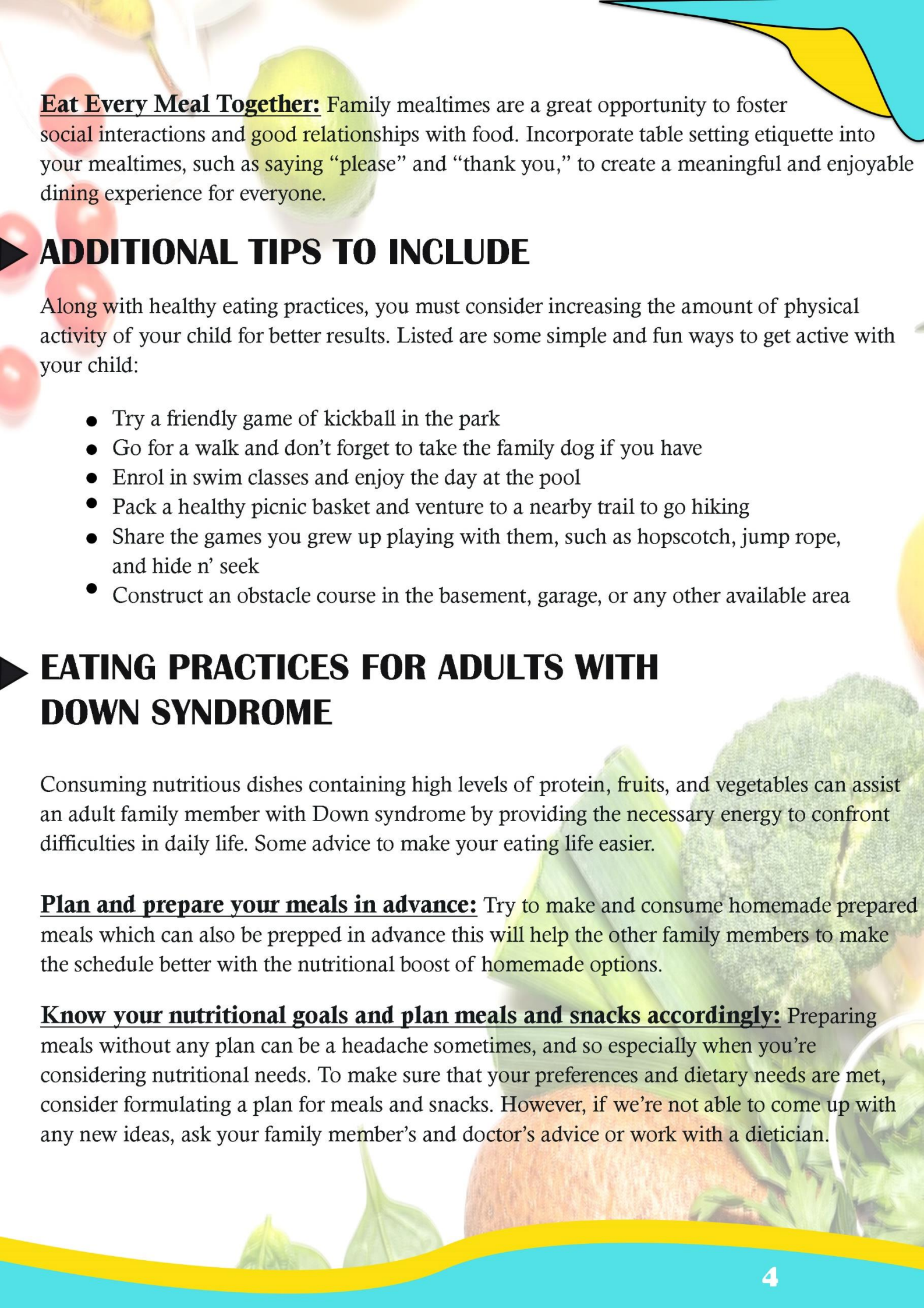
Avoid gluten: Due to the high incidence of celiac disease among children with Down syndrome, a gluten-free diet can be both varied and fulfilling. This includes a wide range of food items such as fruits, vegetables, eggs, quinoa, wild rice, beans, legumes, fish, poultry, and whole grains.

Avoid sugary drinks: Above we talked about weight gain due to slow metabolism, so it's very crucial to be mindful that how much sugar your child is consuming. Sodas, sports drinks, chocolate milk, and fruit juices consist of large amounts of sugar which makes it easier to gain weight and other issues.

Gradually introduce them to new food choices: Some children with this syndrome might showcase selective eating patterns and food aversions. So, it will be a good decision if you introduce them to new food choices one at a time and in small portions. Try to encourage them and avoid forcing and pressurizing.

Consider professional support for feeding difficulties: If the child experience certain feeding difficulties with oral mot skills, then consider seeking help from a professional, they can help them by providing exercise and strategies to elevate chewing, swallowing and other feeding abilities.

Incorporate them in menu planning: Give space and expose them to the entire menu planning and organizing process. Developing a weekly and daily menu empowers their creativity and strategic thinking of what a well-balanced diet must include.



Eat Every Meal Together: Family mealtimes are a great opportunity to foster social interactions and good relationships with food. Incorporate table setting etiquette into your mealtimes, such as saying “please” and “thank you,” to create a meaningful and enjoyable dining experience for everyone.

▶ **ADDITIONAL TIPS TO INCLUDE**

Along with healthy eating practices, you must consider increasing the amount of physical activity of your child for better results. Listed are some simple and fun ways to get active with your child:

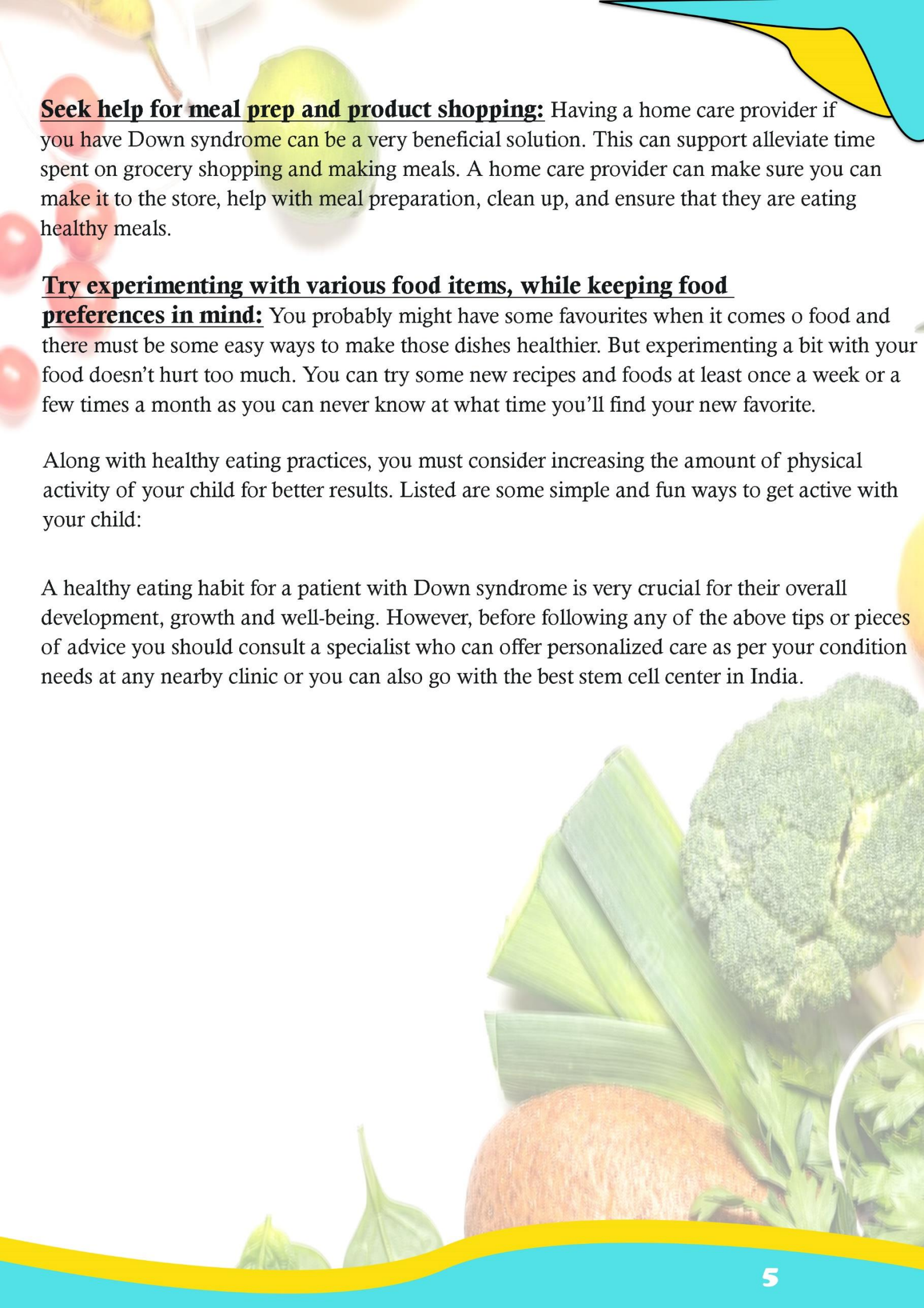
- Try a friendly game of kickball in the park
- Go for a walk and don't forget to take the family dog if you have
- Enrol in swim classes and enjoy the day at the pool
- Pack a healthy picnic basket and venture to a nearby trail to go hiking
- Share the games you grew up playing with them, such as hopscotch, jump rope, and hide n' seek
- Construct an obstacle course in the basement, garage, or any other available area

▶ **EATING PRACTICES FOR ADULTS WITH DOWN SYNDROME**

Consuming nutritious dishes containing high levels of protein, fruits, and vegetables can assist an adult family member with Down syndrome by providing the necessary energy to confront difficulties in daily life. Some advice to make your eating life easier.

Plan and prepare your meals in advance: Try to make and consume homemade prepared meals which can also be prepped in advance this will help the other family members to make the schedule better with the nutritional boost of homemade options.

Know your nutritional goals and plan meals and snacks accordingly: Preparing meals without any plan can be a headache sometimes, and so especially when you're considering nutritional needs. To make sure that your preferences and dietary needs are met, consider formulating a plan for meals and snacks. However, if we're not able to come up with any new ideas, ask your family member's and doctor's advice or work with a dietician.



Seek help for meal prep and product shopping: Having a home care provider if you have Down syndrome can be a very beneficial solution. This can support alleviate time spent on grocery shopping and making meals. A home care provider can make sure you can make it to the store, help with meal preparation, clean up, and ensure that they are eating healthy meals.

Try experimenting with various food items, while keeping food preferences in mind: You probably might have some favourites when it comes o food and there must be some easy ways to make those dishes healthier. But experimenting a bit with your food doesn't hurt too much. You can try some new recipes and foods at least once a week or a few times a month as you can never know at what time you'll find your new favorite.

Along with healthy eating practices, you must consider increasing the amount of physical activity of your child for better results. Listed are some simple and fun ways to get active with your child:

A healthy eating habit for a patient with Down syndrome is very crucial for their overall development, growth and well-being. However, before following any of the above tips or pieces of advice you should consult a specialist who can offer personalized care as per your condition needs at any nearby clinic or you can also go with the best stem cell center in India.



Stem Cell Care

India



www.stemcellcareindia.com



Abul Fazal Enclave, Jamia Nagar,
New Delhi - 110025, INDIA



info@stemcellcareindia.com



International Patients : + 91-8743024344
Indian Patients : + 91-7838223336



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+ 91-8743024344



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