

DIET TIPS FOR **MUSCULAR DYSTROPHY PATIENTS**



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Diet Management Tips for People with Muscular Dystrophy Patients



All types of muscular dystrophy are characterized by progressive muscle weakness. The suffering experienced by those battling neuromuscular diseases such as Muscular dystrophy is heartbreaking for the patient and their caregivers.

Thankfully, nutrition can play a part in allowing those with this condition to lead normal, healthy lives.

Patients with muscular dystrophy, particularly those afflicted with Duchenne muscular dystrophy, often lose the functionality to undertake simple activities such as walking, sitting, mobility, and even respiration.

Unfortunately, there is currently no remedy for this condition; nevertheless, an enriched diet supplemented with protein, herbs, and vitamins may significantly reduce potential weight gain commonly observed in more advanced phases of the disease.

Living with muscular dystrophy can be difficult, but a nutritious and balanced diet can help you manage your symptoms while living a healthier life. Here are some tips to get you started on your journey to better health management!

❖ **Reduce Your Symptoms with a Planned Diet**

- **Eggs:** Eggs are highly valued for their nutritious and healthful properties, with egg whites being particularly abundant in protein. Furthermore, for a more substantial dietary gain, the combination of eggs and cheese can be a palatable choice.

- **Oats:** Oats have long been recognized for their health benefits and high protein content, making them an excellent addition to any diet.
- **Round steak:** A lean cut of steak can be a fantastic source of protein; it contains seven calories per gram of protein which makes it an economical choice.
- **Pumpkin seeds:** We know that pumpkin seed is considered to be edible as it is high in zinc, magnesium and iron. Along with that one can get 14% of protein from calories.
- **Tuna:** This can be a very good choice for people who are on a diet with muscular dystrophy, as tuna gives you 94% protein.
- **Broccoli:** It is well known that in addition to cheese, vegetables like broccoli contain protein, potassium, essential vitamins and high levels of fiber.
- **Chicken breast:** The protein content present in chicken breast is highly beneficial, especially when consumed without the skin. Additionally, the majority of calories derived from the said protein source are minimal, thus removing the concern with regards to consuming an excessive amount of calories.
- **Greek yogurt:** You can find numerous types of yogurt in the market, however, this Greek yogurt contains more protein compared to others. It is also high in calcium which is great for bone strength.

- **Green peas:** Green peas offer eight grams of protein per cup, making them an ideal, cost-effective option that simultaneously offers a delicious addition to a diet.
- **Cottage cheese:** In a mere half-cup serving, this type of cheese boasts 14 grams of protein, of which is the much sought-after casein protein. This protein is highly beneficial, providing essential amino acids for muscle growth and maintenance.
- **Lentils:** As knowledge increases, more individuals are becoming cognizant of the significant amount of protein contained within lentils, which is in addition to the amount of protein already commonly associated with cheese.
- **Quinoa:** This grain or seed has numerous advantages as it is not only high in protein, but also includes various minerals, fiber, antioxidants, and vitamins.
- **Milk:** In addition to the protein provided by cheese, one may also obtain a significant amount of protein from milk. Specifically, an eight-gram quantity of protein can be obtained from a single glass of milk, with the preferred option, for best results, being organic milk from grass-fed cows.

Adhering to dietary recommendations provided by a certified medical professional, in conjunction with consistent exercise, physical therapy, and supervision, will assist those living with muscular dystrophy in the preservation of their quality of life by increasing their mobility while impeding the worsening of muscle weakness eventually.

❖ **What Not to Eat When You Have Muscular Dystrophy?**

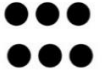
For those managing muscular dystrophy, it is essential to pay attention to dietary habits in order to reduce the possibility of additional health issues. To that end, the following are a few points regarding what foods and beverages should be avoided:

- It is recommended that one abstains from the consumption of any food items which may contain allergens, such as dairy, gluten, soy, food preservatives, artificial colorings, and other additives. Furthermore, to ensure optimal health, it is also recommended to avoid foods which could cause or exacerbate respiratory and digestive problems.
- Avoid consuming coffee and other stimulants including drugs such as tobacco and alcohol.
- It is advisable that one abstain from consuming refined food items, including white bread, pasta and sugars.
- If you are exhibiting signs of heart issues or taking corticosteroid medication, it is recommended to lower your consumption of salt.
- One should strive to select foods that contain a lower level of dryness, as these may be hard to consume or even have difficulty being swallowed.
- It is advised to refrain from consuming fatty meats, such as mutton, beef, and pork, and to opt for leaner alternatives, such as chicken and fish.

For individuals with **muscular dystrophy**, an ideal diet should include an abundance of fibers, proteins, and few fats, accompanied by adequate supplementation of calcium and vitamin D. Consumption of fibers such as found in fruits and vegetables will promote hydration and reduce the recurrence of constipation, whereas proteins are vital for the growth and repair of muscles. Finally, fat should be limited due to its potential to add excessive strain on already weakened and wasting muscles.

In order to maintain good body health, it is essential to consume a balanced and nutritious diet. This may help reduce the risks associated with obesity, and steroid usage, and improve an individual's immune system. Furthermore, those with muscular dystrophy disorders should consider incorporating specific foods into their diet which are rich in proteins, carbohydrates, fruits, and vegetables which may provide extra energy and strength. Finally, individuals should also be mindful of foods that could negatively interact with any medications they are taking, as well as those which may trigger an allergic reaction or cause respiratory and digestive problems.

However, if your condition is severe and want an effective, safe and affordable alternative treatment to cure your condition you can opt for stem cell treatment for muscular dystrophy in India from a reputed stem cell hospital like **Stem Cell Care India**, we are here to help you in any way.



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