

Recipes and Tips from Huntington's Disease Family Kitchens

The recipes and tips in this document may or may not be appropriate for your loved one living with HD. Please consult with your speech-language pathologist, dietician, or physician before serving any new food or preparation to your loved one.

This document is a changing document. We will post it to the HDSA Tennessee webpage: www.hdsa.org/tn. Your suggestions will help add to it. If you have a recipe or tip to contribute, please share it with other HD families by emailing it to hdsa-tn@hotmail.com or mailing it to HDSA-Tennessee Chapter, P.O. Box 62, Brentwood, TN 37024. Thank you for helping your HD community.

Maintaining or increasing weight:

First, make sure the foods you offer are those the person likes.

Some good foods for maintaining or increasing weight include

- Italian, including pastas
- Mexican
- Pot pies
- Ice cream

Boost VHC (Very High Calorie) is available from Amazon www.amazon.com or Nestle Health Science <http://www.nestlenutritionstore.com/products/Shop-By-Brand/BOOST-VERY-HIGH-CALORIE.html#.W23fifZFyas>. When we checked prices, Amazon was less expensive. Boost VHC appears to be available only in the Very Vanilla flavor. Calorie and nutritional information per 8 oz. serving of Boost VHC compared to an 8 oz. serving of Boost Plus is:



	<u>Boost VHC</u>	<u>Boost Plus</u>
Calories	530	360
Protein	22 grams	14 grams
Fat	30 grams	14 grams

Boost also makes a high calorie pudding, *Boost Nutritional Pudding*, available in Very Vanilla and Chocolate flavors. A five-ounce serving of Boost Nutritional Pudding has 230 calories, 8 grams of fat, and 7 grams of protein.

http://www.nestlenutritionstore.com/products/Swallowing-Difficulties/BOOST-NUTRITIONAL-PUDDING.html#.W23mz_ZFyas.

When we reviewed prices, Boost Nutritional Pudding was substantially less expensive from Amazon.



High calorie recipes for shakes, smoothies, and puddings that are healthy and easy to make even when time is short (you may want to substitute sugar for Stevia or sauces with sugar for sugar-free sauces):

- Yogurt and fruit – Combine 1 – 2 cups of yogurt with fresh or dried fruit. You can also add nuts, seeds, honey, granola, or coconut flakes.
- Chocolate peanut butter pudding – Mix 1 – 2 cups of yogurt with 100% cocoa powder, peanut, or any nut butter and a sweetener such as stevia. You can also add a scoop of whey for more protein.
- Yogurt parfait – Combine 1 – 2 cups of yogurt with granola and mixed berries in layers to create a tasty and well-balanced breakfast or healthy snack.
- Smoothies – Yogurt is an excellent addition to virtually any smoothie to increase the protein content and give it a more creamy, milkshake-like thickness.
- Caramel apple shake – Combine 1 sliced apple, 1 cup (237 ml) of natural yogurt, 1 scoop of caramel- or vanilla-flavored whey protein and 1 tablespoon (15 ml) of sugar-free caramel sauce or flavoring.
- Vanilla blueberry shake – Combine 1 cup (237 ml) of fresh or frozen blueberries, 1 scoop of vanilla whey protein, 1 cup (237 ml) of vanilla yogurt and sweetener if needed.
- Super green shake - Combine 1 cup (237 ml) of spinach, 1 avocado, 1 banana, 1 cup (237 ml) of pineapple, and 1 scoop of unflavored or vanilla whey protein.
- Chocolate banana nut shake – Combine 1 banana, 1 scoop of chocolate whey protein, and 1 tablespoon (15 ml) of peanut or another nut butter.
- Vanilla berry shake – Combine 1 cup (237 ml) of fresh or frozen mixed berries, ice, 1 cup (237 ml) of high-protein natural yogurt, and 1 scoop of vanilla whey protein.
- Chocolate hazelnut shake – Combine 15 ounces (444 ml) of chocolate milk with 1 scoop of chocolate whey protein, 1 tablespoon (15 ml) of hazelnut butter, and 1 avocado.

Making foods easier to swallow:

Place the food, such as Mexican foods – tamales/burritos – or Italian foods in the food processor with some milk or taco sauce or tomato sauce. After it is all blended, heat and use sour cream with each bite to help the person with HD swallow it. With Mexican, you might use guacamole instead of sour cream.

Recipes for foods with limited finishing prep for an HD person living independently (that a family member or caregiver can prepare in advance for the person with HD to re-heat):

Salsa Chicken Rice Casserole

Ingredients

- 1 1/3 cups uncooked white rice (instant follow directions on package)
- 2 cans chicken (drained)
- 2 cups shredded Monterey Jack cheese
- 2 cups shredded cheddar cheese
- 1 (10.75 oz) condensed cream of mushroom soup
- 1 (10.75 oz) condensed cream of mushroom soup
- 1 onion chopped
- 1 1/2 cup mild salsa

Directions

Prep: 20 minutes

Cook: One hour

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish,
2. Prepare the rice per package.
3. In a medium bowl, combine Monterey Jack and Cheddar cheeses. In a separate bowl, mix together cream of chicken soup, cream of mushroom soup, onion, and salsa. Layer 1/2 of the rice, 1/2 of the chicken, 1/2 of the soup and salsa mixture, and 1/2 of the cheese mixture in prepared dish. Repeat layers, ending with cheese.
4. Bake in preheated oven for about 40 minutes, or until bubbly.

Hamburger Cheese Bake Casserole

Ingredients

1 (16 oz.) package of pasta
1 pound lean ground beef
½ chopped onion
2 (8oz) cans tomato sauce
1 tsp white sugar
¾ tsp salt
Garlic, according to your taste
¼ tsp ground black pepper
1 (8oz) container cottage cheese
¼ cup sour cream
1 (8 oz) package cream cheese, softened
¼ cup grated Parmesan cheese
Chopped green onion, according to your taste
Chopped green bell pepper, according to your taste

Directions

In a large pot with boiling salted water, cook pasta until al dente. Drain.

Meanwhile, in a large skillet over medium heat, cook ground beef and chopped onions until brown. Stir in tomato sauce, sugar, salt, garlic, and pepper. Remove from heat.

In a large bowl, combine the cottage cheese, sour cream, softened cream cheese, green onion, and green bell pepper.

To assemble, in a greased 11x7x1 ½ inch baking dish, spread half of the cooked and drained pasta. Top with half of the meat mixture. Cover with cheese mixture and remaining noodles and meat sauce. Sprinkle with grated Parmesan cheese.

Bake in a preheated 350 degrees F (175 degrees C) oven for 30 minutes. Let stand 10 minutes before serving.

Bow Tie Pasta

Ingredients

1 pkg smoked sausage
½ package pepperoni slices
3 cups bow tie pasta
1 can spaghetti sauce
1 Tbsp olive oil
1 tsp salt
½ tsp garlic powder
1 tsp Italian seasoning
¾ cups mozzarella cheese
½ cup sour cream

Directions

Brown smoked sausage.

Prepare pasta by directions on box.

Place cooked pasta in a lightly sprayed 9 x 13 casserole dish.

Place smoked sausage and pepperoni on top of pasta.

Mix and pour spaghetti sauce, sour cream, salt, pepper, and Italian seasoning and then cover with mozzarella cheese.

Bake in oven at 350 degrees until cheese is bubbly on top.

Ham and Cheese Tater Tot Casserole

Ingredients

2 cups shredded cheddar cheese
8 oz pkg diced ham
32 oz bag of tater tots
1 cup sour cream
1 (10oz) can cream of chicken soup
3 tsp yellow mustard
½ tsp garlic powder
1 tsp black pepper
½ tsp salt

Directions

Place tater tots in lightly greased 9 x 13 casserole dish.
Mix remaining ingredients (except ½ cup of cheese) and mix in with the tater tots.
Sprinkle remaining cheese on top.
Bake at 425 degrees for 30 minutes or until potatoes are done.

Best Tuna Casserole

Ingredients

1 (12 oz) pkg of egg noodles
¼ cup chopped onions
2 cups shredded cheddar cheese
1 can mixed veggies, drained
2 (5oz) cans tuna, drained
2 (10.75 oz) cans condensed cream of mushroom soup
1 cup crushed crackers

Directions

Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water for 8 to 10 minutes, or until al dente. Drain.

Preheat oven to 425 degrees F (220 degrees C).

In a large bowl, thoroughly mix noodles, onion, 1 cup cheese, mixed veggies, tuna, soup, and mushrooms. Transfer to a 9x13 inch baking dish, and top with cracker crumbs and remaining 1 cup cheese.

Bake for 15 to 20 minutes in the preheated oven, or until cheese is bubbly.

Improving the mealtime experience:



Liftware Level is a utensil with a computerized handle that stabilizes a soup spoon or fork attachment, keeping it level to make eating easier. <https://www.liftware.com/level/> . The starter kit includes the handle, soup spoon attachment, recharger, strap, and travel pouch and costs \$195 on the Liftware website. A separate fork attachment costs \$39.95. Liftware is also available from Amazon. According to the website,

Veteran's Benefits and private insurance may assist with the purchase of Liftware, but Medicare does not. Note: Liftware Steady is a different product that is intended for people with tremors (Parkinson's or Essential Tremor, for example), not people with chorea.

Use *Camelbak cups or mugs* for drinking.

When *eating out*, request that the kitchen cut foods before the meal is served to avoid the person with HD feeling singled out.

HDSA Focus on the Family Care Forum – Recipes

Salsa Chicken

Preparation time: 5 minutes **Cooking time:** 10 minutes

Serves: 4

Ingredients

- 4 skinless chicken breast (1 pound or 4 ounces, per breast)
- 1 cup Salsa
- 2 Tbsp. Extra virgin olive oil or canola oil

Directions:

1. Cut the breast in half. *Cut across to create thin slice of chicken*
2. Heat 2 Tbsp. extra virgin olive oil in large skillet over medium-high heat.
3. Cook the chicken 2 or 3 minutes thoroughly. ~~to a crisp~~
4. Turn and cook other side.
5. Add the salsa; cover and simmer for 1-2 minutes. *- low heat*

Option: Marinate the (Full breast) chicken overnight with salsa to tenderize the chicken.

Salsa

Preparation time: 5 minutes **Cooking time:** 1 minute

Serves: 2

Ingredients

2 ripe avocados, diced
Juice of 1 lemon and 1 lime
3 scallions (green onions) sliced
3 Tbsp chopped fresh parsley
coarsely ground black pepper, to taste

*Puree -
add liquid (broth,
or
salsa, gravy)
but hold back to
avoid making unappetizing
3 pulses*

Directions:

1. Combine all ingredients together. *in food processor, pulse 3-4 times*
2. Serve with crackers -and/or- over a split baked potatoes, cooked pasta or rice.

Southwestern Mashed Sweet Potatoes (Or Yams)

Preparation Time: 10 Min **Cooking Time:** 20 Min

Serves 4

Ingredients:

- 6 sweet potatoes, peeled and cubed
- 3/4 cup whole milk
- 1/2 cup butter
- 1 tablespoon- Chili & Lime dry spices or powder (or 1/4 cup Salsa)

Directions:

1. Bring a large pot of salted water to a boil or roast.
 2. Add potatoes and cook until tender, 20 to 22 minutes.
 3. With an electric mixer on low, (Or food processor) blend potatoes, slowly adding milk, about 1/4 a cup at a time.
 4. Use more or less to achieve desired texture.
 5. Add butter and spice, to taste.
 6. Blend until smooth.
 7. Serve warm.
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Strawberry Mousse Parfait

Serves 2

Ingredients:

- 1-1/3 cups quartered fresh strawberries (6 ounces)
- 1 tablespoon sugar
- 1 teaspoon fresh lemon juice
- 1 cup well-chilled heavy cream and/or Crème fraiche
- 3 butter cookies, coarsely crushed (1/4 cup)

Option: Substitute fresh strawberries with frozen strawberries (then don't add sugar and lemon juice)

Directions:

1. Mix with 1 cup quartered strawberries with sugar and lemon juice. Cut remaining strawberries into 1/4-inch dice and reserve.
2. Beat heavy cream and/or Crème fraiche in another bowl with a whisk or electric mixer until it just holds stiff peaks.
3. Fold 1 cup whipped cream in 1 cup diced strawberries (reserve remainder for topping).
4. Spoon the strawberry mousse into a glass. Add the reserved strawberries.
5. Sprinkle evenly with cookie crumbs, then chill until set, about 30 minutes.

Directions:

Place all ingredients in blender and process until smooth.
Store in refrigerator

*Use low to cut up avocado
high to blend*

Crème Fraiche *(less sour sour cream)*

Ingredients:

- 1 C. whipping cream
- 2 Tbsp. buttermilk

Directions:

Combine cream and milk in glass container. Cover and let stand at room temperature 8-24 hours or until very thick. Stir well before covering and refrigerate up to 10 days.

Use in place of sour cream

2011 HDSA Annual Convention

Stacey Hoffman, RD, LD, CNSD

Sally Gorski, MA, CCC

Chef Kurt Stiles, Culinologist

Add fruit, berries to create parfait.



Huntington's Disease Center of Excellence at Beth Israel Deaconess Medical Center

Adaptive Equipment to Improve the Meal Time Experience

At some point a person with Huntington's Disease may encounter difficulty with eating and drinking. This could be for a variety of reasons including:

- Weakness of the muscles in the arm and torso
- Difficulty controlling small muscles in the hand/ arm
- Impulsive behavior and poor attention to task

The following pieces of adaptive equipment may assist in extending the time a patient with Huntington's Disease can remain independent with the daily tasks of eating and drinking.

Overall Environment During Meals: Mealtime can be chaotic for all of us at times. Sometimes this can make a person with Huntington's Disease irritable, anxious, or unwilling to eat. To reduce the possibility of this response, ensure the surroundings are as attractive and pleasant as possible. Play soft music or a favorite album. Always encourage a person to eat slowly and chew food well.

Eating Utensils: Hand weakness may make holding a fork, knife, or spoon difficult. Built up handles may be much easier to use. Weighted utensils and/or small Velcro weights secured to the wrist may also assist in reducing the effects of chorea during meal time. Rubber coated forks and spoons may be helpful for someone who bites too aggressively.

Plates: Unpredictable movements from chorea may increase the chances of dropping items. Plastic, non-breakable plates will help in this situation. Special plates with raised edges and non-stick bottoms may make it easier to keep food on your plate and get food onto a fork/ spoon. Clip on plate guards are also available.

Cups/ Straws: Cups with handles and travel mugs work great to increase independence and reduce spilling. Straws can also be helpful to assist in drinking with your chin tucked down, which helps prevent choking. Shorter and wider diameter straws may reduce the effort required for drinking.

Tray: A lined tray top with a non-slide material will help keep items from sliding and reduce spilling.

Clothing Protection: Unsteady movements in patients with Huntington's Disease is expected. Accidents are natural in this case. Protective aprons can be bought or even made. You can purchase unique designs in the barbeque departments of many stores. Normal bibs are also an option but may be embarrassing for an adult.

Supports: To assist in maintaining an upright position for meals bolster pillows can be placed on one or both sides of someone who is likely to lean. Non-skid material can also be placed under the buttocks and back. Be sure to monitor for skin irritation.

TIPS FOR SAFE EATING WITHOUT COUGHING

1. If your mouth is dry, start the meal with a liquid.
2. Make sure your dentures fit securely.
3. Pay attention to what you are doing. Once you put food or liquid into your mouth
SWALLOW QUICKLY AND SWALLOW FORCEFULLY!!!
4. Drinking with your chin straight or better yet slightly downward position. This is much better than drinking from a cup and tilting your head back. A nosy cup help keep a safe head position while drinking.
5. Don't drink more than two sips at a time without stopping to swallow and breathe.
6. Remember not to talk with food in your mouth. This increases your risk of coughing.
7. Take moderate sized bites and sips. Pace yourself so you do not eat/drink too fast. Goal is to eat like you are dining.
8. Pay attention to what you are doing:
 - a. Sit up straight when eating/drinking/taking medication. Stay up for at least 30 minutes after eating.
 - b. Once you put food or liquid into your mouth, swallow quickly and forcefully.
 - c. Alternate liquids and solids during the meal.
9. Moist food will go down easier than dry food. In a restaurant, order gravies, dressings, sauces, etc. on the side.
10. If it feels like everything (food/liquid) has not all gone down with the first swallow, swallow a second time before drinking or eating more.
11. Do not fill your mouth with small bites of food and continue to stuff or mouth before you swallow and empty your mouth. Stuffing your mouth is a quick way to choke. Slow is better. Never put more food into your mouth before you have emptied/swallowed what is already there.
12. Use your tongue or a sip of liquid to help clear any leftover bits of food in your mouth. Swallow---breath---relax and now swallow again if your mouth or throat still does not feel clear.
13. If your voice sounds, gurgly or wet, clear your throat or cough, then swallow.

THICKENERS FOR HOT & COLD LIQUIDS

1. Baby fruit (pureed bananas are the thickest)
2. Pureed canned fruit
3. Ice cream or sherbet
4. Instant jello or gelatin
5. Pureed vegetables blended into sauces, gravy or soup
6. Mashed potato flakes
7. Cornstarch and water mixture
8. Yogurt
9. Flour and water mixture
10. Instant cream of wheat or rice
11. Commercial thickeners (packets or cans) usually purchased from a pharmacy

THICKENED BEVERAGES

Many liquids are normally thick. It is always better to provide foods and liquids that are naturally the consistency that you desire. Here are a few beverages that meet those characteristics. Check the viscosity of the items that you purchase.

1. Smoothies
2. Frappes
3. Orange juice with pulp
4. Tomato juice
5. Ice coffee made with crushed ice, etc.
6. Many of the natural fruit juices

Try carbonated beverages. The carbonation tends to alert the mouth that there are fluids that need to be swallowed. Sodas tend to make swallowing faster and more efficient.