

Nutrition

Good nutrition is important for everyone. This is especially true if you have a chronic disorder like myasthenia gravis (MG) where some people may experience difficulty chewing and swallowing. To maintain normal body function, you need a balanced diet with adequate nutrients.

There are some areas of nutritional concern for people with MG. First, be aware that nutritional deficiencies frequently result from making poor food choices. Fatigue and difficulty with chewing and swallowing may interfere with nutrition and create safety issues. Diet modifications may be advisable if you are taking certain medicines for MG.

Choose a Sensible Diet

Choose a healthful diet with a variety of foods containing the nutrients that you need. Your age, gender, size and activity level determine the number of calories that you require daily. A nutritious daily diet includes foods from five food groups. Limit fats, oils, sweets and salt. Choose sensible portion sizes. Avoid empty calorie foods. To learn more about portion sizing and a balanced diet, please see: myplate.gov

Energy Conservation and Mealtime

Try to plan your meals when your strength is optimal. Eat slowly and rest between bites if necessary. When fatigue is a problem later in the day, try eating your main meal earlier. Instead of three larger meals, try eating five or six smaller meals. It can also be helpful to time meals around peak medication times, eating about an hour after taking your medication.

Easier Chewing and Swallowing

Modifying the consistency of food can make it easier for you to get proper nutrition when you are having difficulty with eating and drinking. Prepare foods in a way that makes them soft, tender and easy to chew and swallow. Chop, mash or puree foods. Moisten dry foods with liquid. While eating, take sips of liquid to soften foods in your mouth and help prevent solids from sticking in your throat. The thin consistency of fluids makes them more likely to get aspirated into the lungs because they travel quickly down the throat. Commercial thickeners can be added to liquids to give them a more manageable consistency and reduce this risk.

Body position and your mealtime environment are important. When eating, sit upright in a chair and tilt your head forward. If you continue to have problems with eating over an extended time period, evaluations by a nutritionist and a speech language pathologist may be helpful.

Special Diet Modifications

Occasionally, anticholinergic medicines like Mestinon® may cause cramping and diarrhea. If this is a problem, check with your doctor to see if the dosage can be reduced or if he/she wants to add any medicines to help control the diarrhea. Do not take any over-the-counter antidiarrheal drugs without first consulting with your doctor. If diarrhea persists, avoid foods that aggravate this condition. Aggravating foods include those with a high fat content, greasy foods, spicy foods and dairy products. One exception is yogurt with active cultures, which is beneficial. Avoid otherwise healthy foods with insoluble fiber like raw vegetables, bran, dried or unpeeled fruit, whole grains and popcorn. Coffee, teas and chocolate containing the stimulant caffeine will speed up the action of your intestines, making diarrhea worse, too.

Diarrhea can cause fluid and mineral loss. Choose foods that are mild and easily digestible but are rich in minerals like potassium and sodium (unless you are on a sodium-restricted diet). Try eating smaller amounts of food and liquid throughout the day instead of large meals. Include foods like white rice, applesauce, very ripe bananas, baked or broiled chicken or fish. Light soups with barley or white rice and mild vegetables are nutritious and helpful, too.

When taken over an extended period of time, steroid medicines such as prednisone can cause bone thinning. If you take steroids, it is important to have adequate amounts of calcium and vitamin D in your daily diet. Milk products, cooked dark green leafy vegetables, dried beans, canned sardines or salmon and calcium-fortified juices and cereals are rich in calcium. Talk to your health care provider about recommended dietary allowances (RDAs) for vitamin D and calcium and how much of each you need daily in food and supplements.

Steroid use can also cause fluid retention, so it is important to reduce sodium and increase potassium in your diet. Avoid salt. Cook with salt substitutes or use other spices. Especially avoid smoked and cured meats, canned soups and vegetables, pickled products and salted snacks or any food item that lists salt or sodium as one of its main ingredients.