

Nutrition in IDD

The diet of Adults in the IDD population affects many of their most frequently reported secondary conditions, such as fatigue, weight problems, and constipation or diarrhea. Proper nutrition can increase these individuals' quality of life by improving existing secondary conditions and preventing additional conditions from developing.

The National Institutes of Health (NIH) describes intellectual and developmental disabilities as having an effect on metabolism in that they affect how the body uses food and other materials for energy and growth. For example, how the body breaks down food during digestion is a metabolic process. Problems with these processes can upset the balance of materials available for the body to function properly.

Minimum Standards of Care for Adults with IDD:

1. Provide health-promoting food and nutrition support.
2. Provide information, knowledgeable encouragement, and positive social/instrumental support (assist in grocery shopping, cooking, etc.) to help individuals make good food choices.
3. Support participation in activities that encourage healthy eating and physical activity.

The Montana Disabilities & Health Program identifies three levels of nutritional intervention that caretakers should follow when considering the diet of their IDD patients.

- Level 1: Adequate Nutrition
 - Described by the MyPyramid Strategy, the population is encouraged to access and eat a nutritionally adequate, culturally appropriate, and pleasing diet.
- Level 2: Individualized Nutrition
 - Individuals need a special diet in order to be adequately nourished due to difficulty eating or drinking, having food allergies or dislikes, or having secondary conditions.
- Level 3: Health-Promoting Nutrition
 - A diet that reduces the risk for chronic diseases:
 - Limit simple sugars, salt, saturated fat, trans fat and cholesterol.
 - Have moderate total fat, mostly from healthful plant oils.
 - Includes ample whole grains, fruits, vegetables, and a good calcium source (dairy, fortified foods, or supplements).
 - Limit candy, sodas, desserts, processed meats, and salty snacks (e.g. chips).
 - Have low-fat protein mostly from plant sources, and limited amounts of animal protein (i.e. meat).
 - For most individuals, they include a multiple vitamin/mineral supplement recommended by his or her health care provider. Unless prescribed by the health care provider, the supplement should provide only 100% of the Dietary Reference Intake appropriate for the individual.
 - Include alcoholic beverages with caution and in moderation (if at all).

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MyPyramid Strategy (USDA)

The USDA has developed MyPyramid in order to provide a resource for general nutrition requirements.

The strategy involves

- Developing Food Intake Patterns
 1. Determine calorie needs
 2. Set nutrient goals
 3. Calculate nutrient profiles for each food group, based on:
 - a. Nutrient content of foods in group
 - b. Food consumption
 4. Construct food patterns that meet goals

Additionally, MyPyramid has standardized the general food groups and intake needs.

GRAINS	VEGETABLES	FRUITS	MILK	MEAT & BEANS
Make half your grains whole	Vary your veggies	Focus on fruits	Get your calcium-rich foods	Go lean with protein
Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day 1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta	Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens Eat more orange vegetables like carrots and sweetpotatoes Eat more dry beans and peas like pinto beans, kidney beans, and lentils	Eat a variety of fruit Choose fresh, frozen, canned, or dried fruit Go easy on fruit juices	Go low-fat or fat-free when you choose milk, yogurt, and other milk products If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages	Choose low-fat or lean meats and poultry Bake it, broil it, or grill it Vary your protein routine – choose more fish, beans, peas, nuts, and seeds
For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov .				
Eat 6 oz. every day	Eat 2 1/2 cups every day	Eat 2 cups every day	Get 3 cups every day; <small>for kids aged 2 to 8, it's 2</small>	Eat 5 1/2 oz. every day
Find your balance between food and physical activity <ul style="list-style-type: none"> ▪ Be sure to stay within your daily calorie needs. ▪ Be physically active for at least 30 minutes most days of the week. ▪ About 60 minutes a day of physical activity may be needed to prevent weight gain. ▪ For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required. ▪ Children and teenagers should be physically active for 60 minutes every day, or most days. 		Know the limits on fats, sugars, and salt (sodium) <ul style="list-style-type: none"> ▪ Make most of your fat sources from fish, nuts, and vegetable oils. ▪ Limit solid fats like butter, margarine, shortening, and lard, as well as foods that contain these. ▪ Check the Nutrition Facts label to keep saturated fats, <i>trans</i> fats, and sodium low. ▪ Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients. 		

References:

1. <https://www.c-q-l.org/resources/articles/diet-and-nutrition-for-people-with-idd/>
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