

# Allan-Herndon-Dudley Syndrome

## Nutrition and Feeding Support



### Introduction

Proper nutrition is essential for managing MCT-8 deficiency. This guide provides detailed advice on addressing feeding difficulties, maintaining optimal weight, and ensuring adequate nutrient intake.

### Nutritional Needs in MCT-8 Deficiency

Patients often have difficulty gaining weight due to low muscle mass and feeding challenges. High-energy diets rich in proteins, healthy fats, and vitamins are crucial for growth and development.

### Common Feeding Challenges

- **Dysphagia:** Difficulty swallowing increases the risk of aspiration.
- **Poor Appetite:** Many patients may not consume enough calories.
- **Sensory Aversions:** Resistance to certain food textures or flavors.

### Tube Feeding and Supplements

- **NG and G-Tubes:** Feeding tubes may be recommended for patients with severe dysphagia.
- **High-Calorie Formulas:** Specialized formulas can help patients meet their calorie needs.
- **Vitamin and Mineral Supplements:** Monitor for and address deficiencies.

### Managing Weight and Growth

- **Growth Monitoring:** Track weight and height regularly.
- **Diet Adjustments:** Modify food texture and calorie content as needed.

### Recipes and Meal Ideas

- **Pureed Meals:** Easy-to-swallow options that are nutrient-dense.
- **High-Calorie Snacks:** Ideas for calorie-packed smoothies and snacks.
- **Fortified Drinks:** Use high-calorie shakes for additional energy.

### Professional Support Resources

- **Feeding Therapy:** Work with speech therapists for oral motor exercises.
- **Dietitian Services:** Schedule regular consultations to update nutrition plans.



### Key Takeaways

1. Prioritize high-calorie, nutrient-dense foods to support healthy weight gain and energy needs, as patients with MCT8 deficiency often experience low muscle mass and high metabolic demand.
1. Use feeding strategies that reduce effort and improve consistency, such as texture-modified foods, enteral nutrition when needed, and scheduled mealtimes, to accommodate feeding difficulties and prevent nutritional deficiencies.



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