

# What is Dysphagia?



- Difficulty Swallowing
- Typically caused by nerve or muscle problems of throat or esophagus



**DID YOU  
KNOW?**

Up to 75% of nursing home patients experience some degree of dysphagia and as many as half of all Americans over 60 years old will experience dysphagia

# Causes & Symptoms of Dysphagia

## Causes

- Stroke
- Brain or Spinal Cord Injury
- Multiple Sclerosis
- Muscular Dystrophy
- Parkinson's Disease
- Swelling of throat or esophagus
- GERD

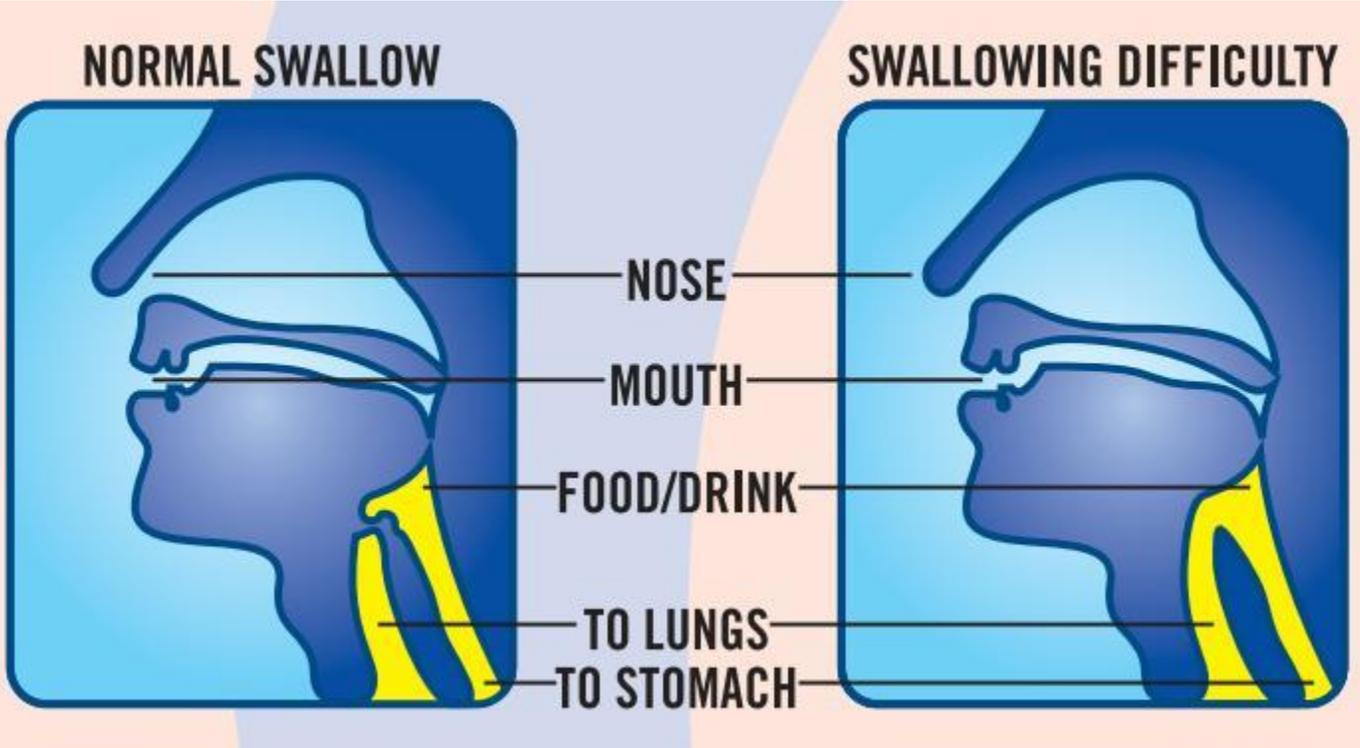


## Symptoms

- Pain when swallowing
- Feel as though food is getting stuck in throat
- Drooling
- Food comes back up esophagus
- Coughing or gagging when swallowing
- Unintentional weight loss



# Normal Swallow versus Swallowing with Dysphagia



Those with dysphagia have the risk of food entering the lungs which can result in aspiration pneumonia

## NUTRITION AND HEART HEALTH

# Heart Healthy Eating

Meals and snacks rich in whole grains, fruits, vegetables and lean protein are part of a heart healthy eating pattern. Sodium, saturated fat and trans fat intake should be kept at a minimum.



### **Foods High in Sodium (can result in fluid build up)**

- Canned soup
- Lunchmeat/processed meat (try meat from the deli instead)
- Frozen dinners
- Cheeses
- Condiments like mustard, ketchup, pickles and olives
- Packaged/processed foods

### **Foods High in Saturated Fat (can result in high cholesterol)**

- Whole-fat dairy products (milk, cheeses, cream, butter)
- Fatty meat, especially red meat
- Poultry skin
- Packaged/processed foods

# Mediterranean Diet Pyramid

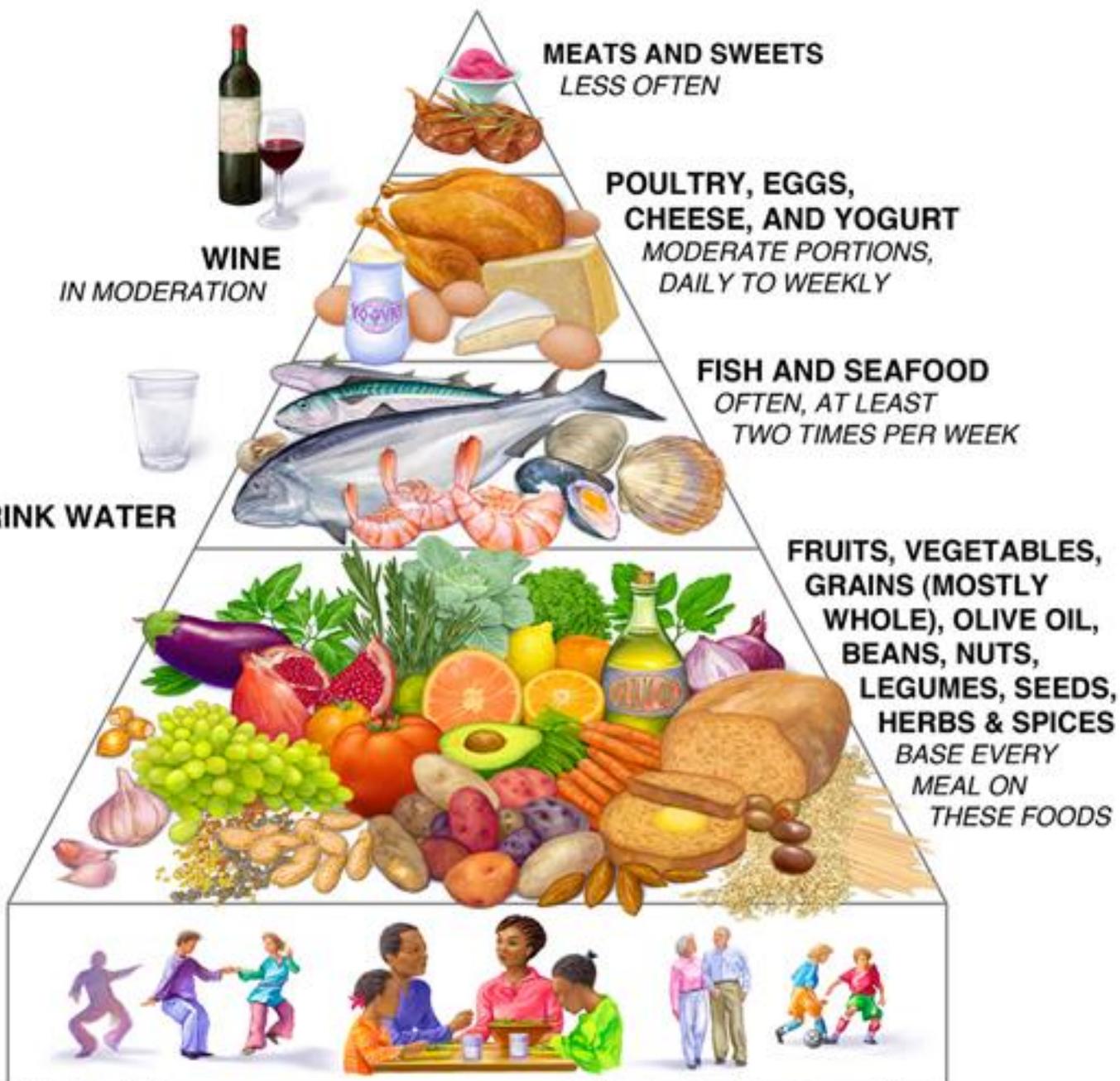


Illustration by George Middleton

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**BE PHYSICALLY ACTIVE; ENJOY MEALS WITH OTHERS**

## NUTRITION AND HEART HEALTH

# Heart Healthy Label Reading

| Nutrition Facts                                                                                                                    |                       |         |         |
|------------------------------------------------------------------------------------------------------------------------------------|-----------------------|---------|---------|
| Serving Size 4 oz. (113g)                                                                                                          |                       |         |         |
| Servings Per Container 4                                                                                                           |                       |         |         |
| Amount Per Serving                                                                                                                 |                       |         |         |
| Calories 280                                                                                                                       | Calories from Fat 130 |         |         |
| % Daily Value*                                                                                                                     |                       |         |         |
| Total Fat 14g                                                                                                                      | 22%                   |         |         |
| Saturated Fat 3.5g                                                                                                                 | 18%                   |         |         |
| Trans Fat 2.5g                                                                                                                     |                       |         |         |
| Cholesterol 120mg                                                                                                                  | 40%                   |         |         |
| Sodium 640mg                                                                                                                       | 27%                   |         |         |
| Total Carbohydrate 13g                                                                                                             | 4%                    |         |         |
| Dietary Fiber 1g                                                                                                                   | 4%                    |         |         |
| Sugars 0g                                                                                                                          |                       |         |         |
| Protein 24g                                                                                                                        |                       |         |         |
| Vitamin A 2%                                                                                                                       | • Vitamin C 2%        |         |         |
| Calcium 2%                                                                                                                         | • Iron 6%             |         |         |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                       |         |         |
|                                                                                                                                    | Calories              | 2,000   | 2,500   |
| Total Fat                                                                                                                          | Less Than             | 65g     | 80g     |
| Saturated Fat                                                                                                                      | Less Than             | 20g     | 25g     |
| Cholesterol                                                                                                                        | Less Than             | 300mg   | 300 mg  |
| Sodium                                                                                                                             | Less Than             | 2,400mg | 2,400mg |
| Total Carbohydrate                                                                                                                 |                       | 300g    | 375g    |
| Dietary Fiber                                                                                                                      |                       | 25g     | 30g     |
| Calories per gram:                                                                                                                 |                       |         |         |
| Fat 9 • Carbohydrate 4 • Protein 4                                                                                                 |                       |         |         |

- **Serving size:** All the information on the label about calories and nutrients is for 1 serving. If you eat more than 1 serving, you get more calories and nutrients.
- **Total fat:** Choose foods with less than 5 grams (g) of total fat per serving.
- **Saturated fat and trans fat:** Choose foods with less than 3 grams per serving of saturated fat and little to no trans fat. (These are not heart-healthy.)
- **Sodium:** Try to select foods with 140 mg or less. Foods with more than 300 milligrams of sodium per serving may not fit into a reduced-sodium meal plan.

## NUTRITION AND HEART HEALTH

# Heart Healthy Tips for Eating



Food from restaurants are often too large of portions and high in sodium and fat

- Ask your server which menu items can be prepared with little to no salt
- Choose a salad or cooked vegetables as the side option to menu items
- Ask for a to-go box before your meal comes, and put ½ the portion to go before starting to eat
- Most sauces or salad dressings can be ordered on the side or substituted for a low-fat option
- Choose lean meats like fish or poultry instead of red meats
- Avoid adding additional salt
- Ask your server if there are any “light” or “healthy” options

## NUTRITION AND HEART HEALTH

# Recipe Substitutions for



### **How can Sodium and Saturated Fat be Reduced when Cooking?**

- Avoid using salt or seasonings that contain the word “salt” such as garlic salt or onion salt
- Use seasonings like fresh or dried herbs, onions, garlic or lemons to add flavor without salt
- Cook with oils or margarine instead of butter or lard
- Use low-fat cheeses instead of regular cheese
- Bake, broil, roast, or steam instead of frying foods
- Try to make home-made foods instead of foods from packages when possible
- If cooking meat, look for lean cuts with little visible fat and drain off grease before serving

# Maple Sweet Potato Puree

Serves 4

## Ingredients:

- 2 large sweet potatoes (peeled and chopped into rough chunks)
- 3 tbsp. of maple syrup
- 2 tbsp. olive oil
- ½ tsp kosher salt
- ¼ tsp black pepper



## Preparation

1. Preheat oven to 375 F
2. Place sweet potatoes, maple syrup, olive oil, salt, and pepper in a large mixing bowl. Toss evenly to coat and place on sheet tray
3. Place pan in oven for 35-50 minutes until sweet potatoes are soft
4. Check after 15 minutes and stir if needed
5. Transfer the sweet potato mixture to a food processor (can be done in batches) and add about ½ tbsp of hot water. Pulse until well blended. Add more hot water if needed for a smoother puree.

## Nutrition Facts per serving:

Calories: 201

Protein: 1.5 g

Fat: 7 g

Saturated Fat: 1 g

Carbohydrate: 34 g

Sodium: 300 mg

# Roasted Asparagus and Mushrooms

Serves 4

## Ingredients:

- 1 bunch fresh asparagus, trimmed
- 1/2 pound fresh mushrooms, quartered
- 2 sprigs fresh rosemary, minced
- 2 teaspoons olive oil
- freshly ground black pepper to taste



## Nutrition Facts per serving:

Calories: 58  
Protein: 4 g  
Fat: 3 g  
Saturated Fat: 0.5 g  
Carbohydrate: 7 g  
Fiber: 3 g  
Sodium: 6 mg

## Preparation

1. Preheat oven to 450 °
2. Lightly spray a cookie sheet with vegetable cooking spray.
3. Place the asparagus and mushrooms in a bowl.
4. Drizzle with the olive oil, then season with rosemary, and pepper; toss well.
5. Lay the asparagus and mushrooms out on the prepared pan in an even layer.
6. Roast in the preheated oven until the asparagus is tender, about 15 minutes.

# Word Search!



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Berries

Cholesterol

Diabetes

Heart Failure

Hypertension

Mediterranean

Saturated Fat

Sodium

Vegetables

Whole Grains