

HOW TO OPTIMIZE YOUR NUTRITION IN PEMPHIGUS DISEASE

With pemphigus, painful oral lesions frequently occur in the mouth and throat causing difficulty with drinking and eating solid foods. Maintaining adequate intake can be difficult because eating can be extremely painful. A nutritious diet is always important for your body to work at its best. Dietary modifications will enable you to better ensure adequate nutrient intake.

Assessing your individual tolerance to foods and adjusting what you are eating will enable you to better ensure good nutrition. For example, highly seasoned, acidic, or salty foods are irritating and those foods that are dry, sticky, or abrasive can be difficult to swallow. Extremes in temperatures of liquids or solids such as ice cream or hot chocolate may cause pain for some. In the case of severe mouth sores, a blended diet may be helpful, if a blender or food processor is accessible.

Jarred baby food is another option. Blended or pureed foods will not be irritating to sensitive tissue and are very easy to swallow. By adding butter, gravy, sauces, and broths to solid foods you can make them easier to swallow and add calories.

HELPFUL HINTS

Drink liquids through a straw.

Cook coarse or hard foods, such as vegetables until they are soft and tender.

Soften or moisten foods by dipping them in gravies or cream sauces.

Take a swallow of a beverage with solid food.

Eat small frequent servings rather than a large amount of food at one time.

Rinse your mouth with water, peroxide, or Biotene during and after eating to help remove food and bacteria and to promote healing.

Soft foods which are easy to swallow:

- Soft fruits such as applesauce
- Nectars such as peach, pear or apricot; no fresh juices like orange or grapefruit juice.
- Apple juice (diluted with water if necessary)
- Canned fruits (not fresh) or watermelon
- Pureed meats and vegetables
- Milk shakes (add protein powder or egg whites for additional calories and protein)
- Custard and puddings
- Macaroni and cheese
- Pasta with margarine or butter
- Scrambled eggs, eggbeaters, omelets, egg salads
- Oatmeal and Farina (cool to room temperature)
- Whipped potato (sweet potato or yams)
- Mashed vegetables (carrots and peas)
- Cottage cheese
- Yogurt
- Cheesecake
- Meatloaf and tuna casserole

MISCELLANEOUS FOODS TO AVOID

Bagels	Garlic	Potato Chips
Barbeque/cocktail sauces	Horseradish	Relishes
Chili	Onions	Red Sauces
Chocolate	Pickles	Tomatoes
Creole	Popcorn	Worcestershire sauce
Pretzels	Pizza	

4

MALNUTRITION

3

Lesions in the mouth can be painful and cause severe pain and discomfort when eating. The result is a poor nutrient intake, which can result in weight loss and loss of the body's protein stores. The resulting malnutrition causes fatigue, impairs wound healing and decreases the body's resistance to infection.

SUGGESTIONS TO HELP PREVENT MALNUTRITION

- Eat a variety of foods daily.
- Take a multivitamin with minerals if you feel you do not eat the recommended serving sizes of each food group.
- Weigh yourself weekly. If losing weight, investigate ways to increase calories and protein in your diet.

LIQUID NUTRITIONAL SUPPLEMENTS

Many persons with oral lesions find it easier to get their nutrition from liquid supplements instead of solid foods. It is also an easy way to increase calorie and protein in your diet if you are losing weight. High calorie, high protein frappes, milkshakes and medical nutritional products can be sipped through a straw. For additional calories and protein, they may be blended with ice cream and canned fruit to make a soothing nutrient dense beverage or meal substitute.

Examples of nutritional supplements that may be purchased at most supermarkets or pharmacies:

Boost	Kashi
Carnation Instant Breakfast	Resource
Ensure	Sustacal
Ensure Plus	Sustacal Plus

For those with diabetes or carbohydrate intolerance due to medication, the following supplements are suggested.

Sugar Free Carnation Instant Breakfast	Glycema
Choice DM (Mead Johnson - Nutritionals, toll free number 1-800/247-7893)	

This Guide was provided to the International Pemphigus Pemphigoid Foundation by:
Center for Blistering Diseases, 697 Cambridge St Brighton MA
Boston, Massachusetts

WAYS TO INCREASE CALORIES AND PROTEIN IN YOUR DIET

- When making whipped potato add extra butter and heavy cream instead of whole milk.
- When cooking add extra butter when possible.
- When cooking use heavy cream, whole milk or evaporated milk in place of water.
- Add extra butter, margarine or gravies at the table.
- Use canned fruits such as peaches or pears packed in heavy syrup instead of packed in water (only if not carbohydrate intolerant or diabetic).
- Add heavy cream, brown sugar to oatmeal.
- Spread cream cheese on soft breads.
- Use more cheese when making macaroni and cheese.
- Add fruit puree, honey, and jam to yogurts and cottage cheese (only if not carbohydrate intolerant or diabetic).
- Use whipped cream on pancakes and desserts like pudding and custard.
- Use honey, and jam or fruit puree as a glaze for poultry (only if not carbohydrate intolerant or diabetic).
- Add eggs to mashed vegetables, casseroles and ground meats.
- When making custard, pudding, quiches, and pancakes add extra egg or egg white.
- Saute foods instead of baking or broiling.
- Make protein rich milk by adding skim milk powder (1 cup powder to 1 quart whole milk), blenderize and refrigerate.
- Protein powder shakes, like a Kashi product, Boost, or Ensure up to 3 - 4 times daily if food intake is not adequate.
- Use protein rich milk in cooking and in making milkshakes.

RECOMMENDED FOODS**Beverages**

Warm tea with sugar
 ENSURE, Magna Cal, Boost
 Frappes - not chocolate
 High Protein shakes
 Smoothies
 Eggnog
 Prune, apricot and apple juice

Meat, Poultry, Fish

Strained beef, pork, chicken
 Flaked fish
 Stewed Meat
 Eggs (soft-boiled, poached in milk,
 Scrambled)

Cheese

Quiche
 Cottage Cheese
 Melted Cheese
 Shredded and sprinkled over other foods

Vegetables

Whipped potato
 Overcooked vegetables
 Sweet potato, yams, squash

Fruits

Applesauce
 Pears
 Peaches
 Avocado
 Canned Fruits

NOT RECOMMENDED FOODS**Beverages**

Hot drinks
 Orange, grapefruit, pineapple and
 cranberry juices
 Alcoholic beverages

Meat, Poultry, Fish

Coarse, tough pieces
 Fried or broiled meats
 Smoked Meats

Cheese

(Most may be tolerated, use what works
 for you)

Vegetables

Raw or cooked with skin intact
 Tomatoes
 Tomato sauce

Fruits

Pineapple
 Orange
 Grapefruit
 Lemon
 Lime

RECOMMENDED FOODS**Cereals and Grains**

Cream of Wheat, Farina
 Oatmeal
 Rice
 Noodles
 Pancakes
 Pasta
 Macaroni and cheese

Desserts

Ice cream - not chocolate or fruit
 Custard/Pudding
 Gelatin
 Soft cake
 Sherbet
 Yogurt

Miscellaneous

Soups
 Casseroles
 Souffles

NOT RECOMMENDED FOODS**Cereals and Grains**

Any course, dry cereals
 Multigrain breads
 Toast
 Bagels
 English muffins

Desserts

Hard cookies
 Chewable candies
 Desserts with nuts
Chocolate of any kind

Miscellaneous

Nuts
 Salty snacks
 Gum
 Cigar, Cigarette smoking