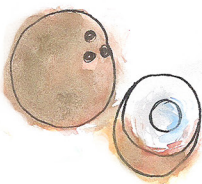
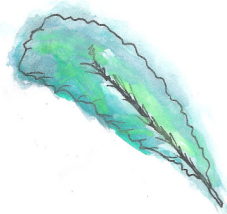
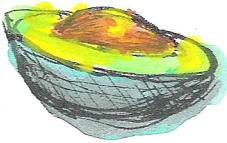


WHOLE LE FOODS

FOR

FEEDING TUBES

Recipes and Resources from the ALS Community



FOREWORD

This Zine was inspired by my uncle Craig Anderson, who passed away from ALS on February 27th, 2014. Craig chose to approach the disease as another adventure. He met the daily challenges of living with ALS with dignity, strength, and humor, and enjoyed his life until the last moment surrounded by his loving partner, family, friends, and dogs. In his final days, he often spoke of "going into the love". That's where he is now, and it's my hope that other families touched by ALS will benefit from these healthy, blended recipes that kept him looking so handsome. We miss you Craig.

Anandi Brownstein





TABLE OF CONTENTS

Introduction. 2

The Blender. pg 4

Superfoods Guide. pg 6

Breakfast Recipes. 12

Lunch/Dinner Recipes. 16

Meditation. 20

Resources. 21

INTRODUCTION

Why?

While ALS is a progressive disease, eating a healthy, well-balanced diet will improve your strength, energy, and wellbeing. Although it may be intimidating to switch from formula to home made meals, you can do it! Humans are not meant to survive on a corn maltodextrin based diet - the number one ingredient in many feeding tube formulas. These recipes are just guidelines, any food you make can go into the blender, and it can allow a family to share meals together. Also, depending on your insurance coverage, home blending can be more affordable than formula.

How?

A blended diet is simply normal food passed through a blender. A Vitamix is important, as it will blend food well without having to add too much liquid. This helps to keep the calories high so that less food needs to be ingested and the recipient doesn't get too full without sufficient caloric intake. At the back of this booklet you will find a list of web resources with further information on the blenderized diet and nutrition. When modifying a recipe from this zine, or creating your own recipe from scratch, you can calculate your calories and nutrients by referring to the Dieticians of Canada nutrition tracker website (<https://www.eatracker.ca>). Another good option is the USDA's Supertracker site (<https://www.supertracker.usda.gov>).

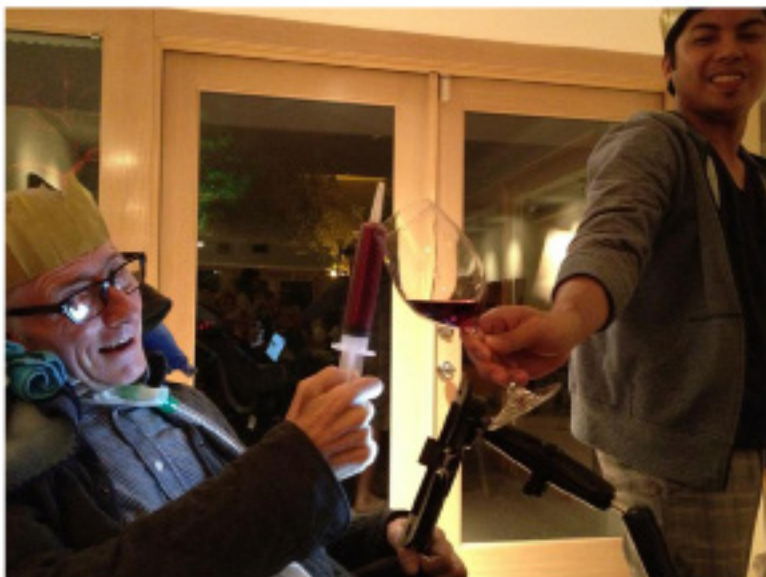
DISCLAIMER: Please note that the information provided in this booklet should not be construed as medical advice. Consult your healthcare professional about switching to a blenderized diet. You will need to decide whether you will count calories and nutrients, or if you will just blend family food.

How Much?

- Each smoothie recipe makes around 800 ml. to 1 litre.
 - 1 smoothie = approximately two servings of 450 ml. per serving.
 - Craig had four 450 ml. servings per day
 - = approximately 1.8 litres of blended food daily.
 - One breakfast smoothie = 2 morning servings
 - One lunch/dinner smoothie = 2 afternoon/evening servings
 - = Two blended recipes per day for total nutrition!
- ** Meal leftovers can be stored in the fridge provided that prepared meals are not kept longer than 24 hours ****



Consult your doctor about proper hydration. For Craig, 60 mls of water was given before and after every feeding (calculated by 4 feedings per day). This helped to flush the tube. In addition, 250 mls - 500 mls of water was given between meals, adding up to 750 - 1500 mls throughout the day.



You can put anything in the feeding tube - coffee, tea, even wine! This is Craig enjoying a "glass" of wine with his caretaker Alvin Pollentes.

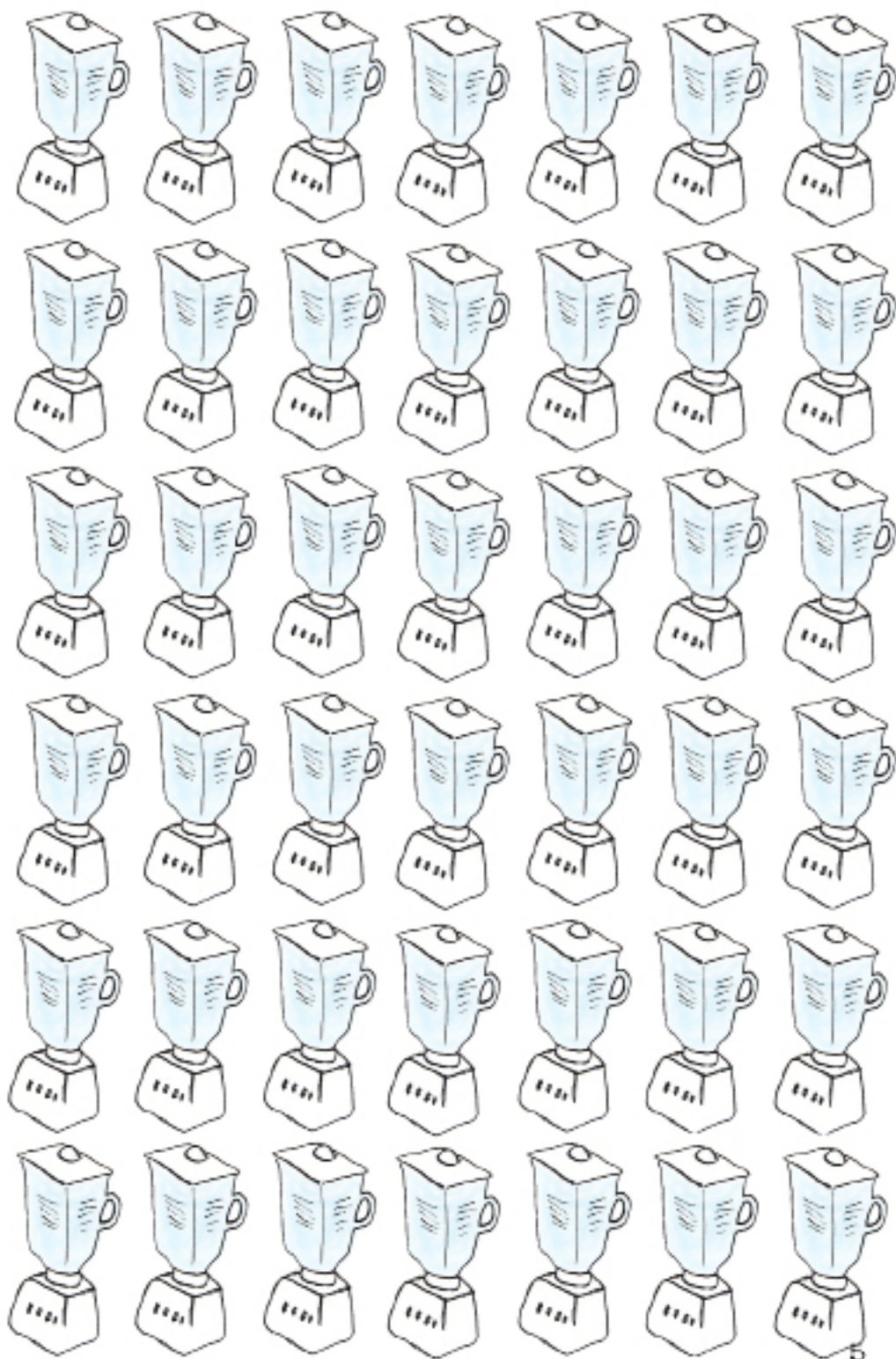
THE BLENDER



The blender is a necessary tool for any ALS patient that starts experiencing issues with swallowing. As this symptom progresses, the main source of nutrition will come from smoothies that are either drank or administered directly through a feeding tube.

In order for food to flow well within the tube and to ensure that your body absorbs an optimal amount of nutrition, it is important that the individual ingredients be thoroughly blended. For these reasons, a high quality industrial blender, such as the Vita-Mix or the BlendTec, is a wise investment. Though they have a heavy price tag, both these brands offer substantial medical discount programs. These high quality machines are also beneficial in that they require very little water in order to blend ingredients. You can therefore make smoothies that can easily flow through the feeding tube and that are minimally diluted and very nutritious. With industrial blenders, making a smoothie can be as easy as just blending whatever the rest of the household is having for dinner.

You can find out more about these blenders and their medical discount programs at www.vitamix.com and blendtec.com.





SUPERFOODS



#1 UDO'S OIL

Udo's oil is a proprietary blend of organic, cold-pressed Flax, Sesame and Sunflower oil that contains an ideal balance of Omega-3 and -6 essential fatty acids. Omega 3 and 6 are essential fatty acids because every cell in the body needs these fats, but the body can't make them on its own. A direct food source is always required.

Essential Fatty Acids provide the building blocks for healthy cell functioning. They have been shown to increase energy, improve digestion, reduce inflammation, and improve skin texture and sleeping patterns. Udo's DHA blend, which contains an algae-sourced DHA oil, is said to enhance cognitive function and reduce age related cognitive decline. Also highly recommended is pure EPA fish oil.



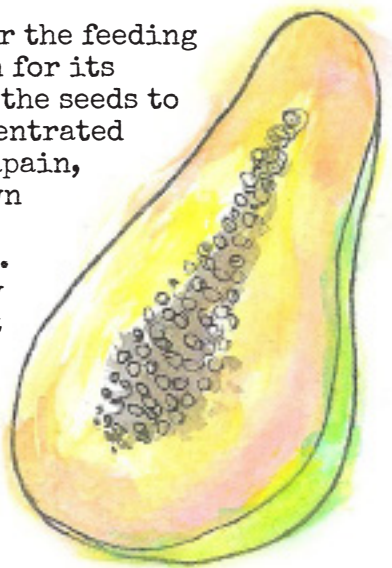
#2 COCONUT



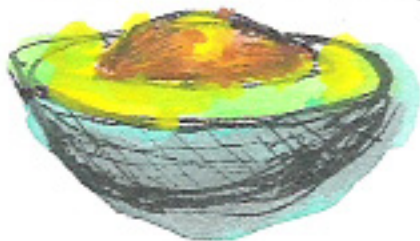
Coconuts are highly nutritious and rich in fiber and Vitamins C, E, B1, B3, B5, and B6. Coconut milk & oil contains significant amounts of good fats in the form of medium chain saturated fatty acids (MCFAs). MCFAs have therapeutic effects on several brain disorders, and Lauric acid, a component in coconut milk & oil, has anti-bacterial and anti-fungal properties, and can help protect the body from infections and viruses.

#3 PAPAYA

Papaya is a bona fide super food for the feeding tube! It's probably most well known for its positive effects on digestion. Add the seeds to your smoothie - they contain concentrated amounts of the digestive enzyme papain, which helps the stomach break down proteins and dissolve fats for increased absorption of nutrients. Papaya also has anti-inflammatory properties and can soothe an upset stomach, as well as regulating bowel movements (great for constipation). On top of that, Papaya is packed with Vitamins C, A, E and K, and supports healthy immune functions.



#4 AVOCADO



Avocados are great for a blenderized diet because of their high content of healthy monounsaturated fats, which are high in calories while simultaneously lowering unhealthy LDL cholesterol levels in the blood. Avocados also have generous amounts of oleic acid, a monounsaturated fatty acid that increases the absorption of antioxidants and vitamins found in other fruits and vegetables. For example, if you eat avocado with kale, the fats from the avocado will increase the absorption of kale's carotenoids (antioxidants) by 200-400%! Avocado is also a great source of Omega 3,6, and 9 fatty acids, vitamins E, C & K, fiber, and phytonutrients.

#5 KALE

Kale is packed full of Vitamins A, C, & K. It's a good source of minerals such as copper, manganese, potassium, phosphorous and iron, and antioxidants carotenoids and flavonoids. Kale is a great source of fiber and helps lower blood cholesterol levels, especially when it is cooked instead of raw. However, anyone taking anticoagulants such as warfarin should avoid kale because the high level of vitamin K may interfere with the drugs. Consult your doctor before adding kale to your diet.



#6 E.V.O.O.

Extra Virgin Olive Oil is especially important to a blenderized diet because of its high content of healthy monounsaturated fats, 75% in the form of oleic acid (like the avocado!) The oleic acid content helps to lower blood pressure and reduce unhealthy LDL cholesterol while providing the body with good fats for nutrient absorption. The high levels of polyphenols (a type of antioxidant) helps protect cells from damage, has anti-inflammatory properties, helps digestion, and improves cognitive function and memory. Cold pressed extra virgin olive oil is best.



#7 TURMERIC



Add a teaspoon of this bright yellow Indian spice to your blends for an extra nutritional punch! Turmeric is a potent antibacterial and antiseptic spice that promotes liver health, balances blood sugar levels, inhibits infection, and reduces inflammation. It's also a natural pain killer and has been used in Chinese medicine to treat depression. Curcuma, the active ingredient in turmeric, is fat-soluble, so should be consumed with a fat such as coconut or olive oil, or avocado. Don't be alarmed if it turns your blend bright yellow!

#8 VEGETABLE & BONE BROTH



Using vegetable or bone broth as a liquid for blending really spikes up the nutrient profile of your blend! You can use the peels, tops, and discarded bits of your vegetables to create vitamin and mineral rich broths, or throw in chicken, turkey, lamb or beef bones to add valuable nutrients such as calcium, phosphorous, magnesium, and glucosamine. To make the nutrients bioavailable, you can add a little apple cider vinegar to create a slightly acid medium that pulls the minerals into the broth. You can also add sea vegetables such as kelp or dulse, which are an abundant source of minerals.

Some Recipes To Get You Started...

Bone Broth

3-5 lbs of bones
2-3 handfuls of seaweed
vegetable trimmings
2 tbsp apple cider vinegar

Directions: Place ingredients into a large stockpot and fill to the top with water. Heat on high until almost boiling, then reduce to a simmer and cook for 8-24 hours. Do not boil. When done, strain and store in the refrigerator. When cool, the fat will rise to the top and can be skimmed off. It can also be retained for those wanting to boost caloric/fat intake into diet.

Vegetarian Medicinal Mushroom Broth

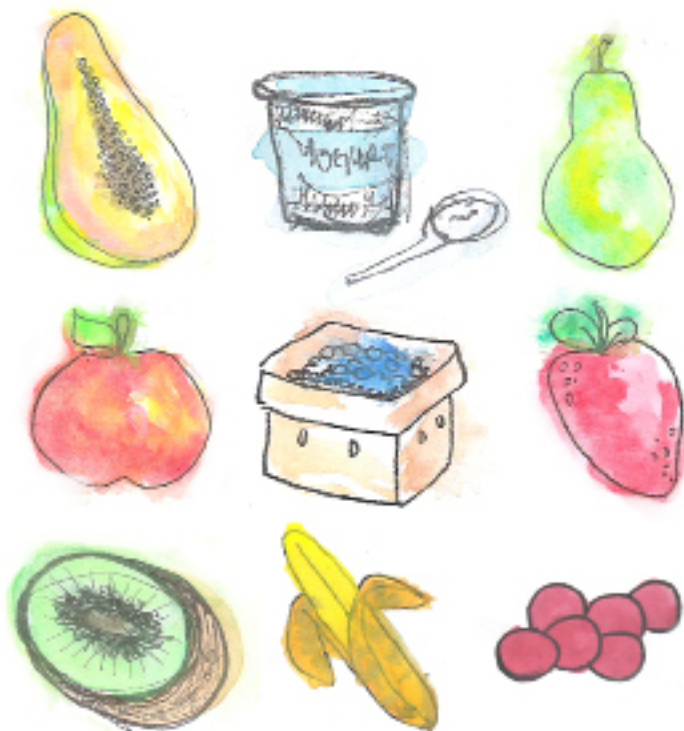
2-3 oz. dried shiitake mushrooms
1-2 quarts water
2-3 handfuls of seaweed (optional)

Directions: Rinse the dried mushrooms in a colander and soak for 20 minutes in cool water. Drain, and put mushrooms in a pot with fresh water, bring to a boil, and then simmer for one hour. Strain broth through a colander, and squeeze out any remaining moisture in the mushrooms. Store in refrigerator.

Recipes from "Food is Medicine" by
Todd Caldecott, Dip. Cl. H., RH (AHG).



BREAKFAST



Fresh Fruit Breakfast

1-quarter small papaya with seeds
4-5 strawberries
half a handful of blueberries
4 dates
8-10 pcs cranberries
1 banana
1 handful granola of choice
2 tbsp. peanut butter or almond butter
20-30 grams of Whey Protein (for muscle wasting)
2-5 Tbsp. of Udo's oil 3-6-9 DHA blend
½ - 1 apple
½ - 1 pear
4-5 tbsp. plain, organic yogurt or kefir
1 can coconut milk



Protein Breakfast

- 3-5 eggs (boiled, scrambled or poached)
- 2 cups cooked Quinoa
- 2 grams (2000 mg) of pure EPA fish oil
- $\frac{1}{2}$ cup sunflower or almond butter
- $\frac{1}{2}$ cup maple syrup
- 3 cups wild blueberries
- 4-5 tbsp. plain organic yogurt or kefir
- $\frac{1}{2}$ cup coconut meat
- 1 cup homogenous milk (or 1 can coconut milk for lactose-free)



Green Breakfast

- ‡ bundle of Kale (cooked)
- 1 Avocado
- 1 tsp. fresh squeezed lemon juice
- 1 bunch parsley
- 1-quarter small papaya with seeds
- Handful of wild blueberries
- 4-5 Strawberries
- 1 banana
- 20-30 grams of Whey Protein (good for muscle wasting)
- 2 tbsp. almond or sunflower butter
- ‡ C. Extra Virgin Coconut Oil
- ‡ C. Udo's Blend, or 2 grams (2000 mg) of pure EPA
- 1 can coconut milk

The page features a central title 'LUNCH & DINNER' in a large, black, serif font. Surrounding the title are twelve watercolor-style illustrations of food items: six fish and six chickens. The fish are depicted in shades of pink and red with green heads and tails, while the chickens are shown in warm orange and yellow tones. They are arranged in a circular pattern around the text, with some fish and chickens appearing at the top and others at the bottom of the page.

LUNCH & DINNER



Vegetarian Dinner

½ cup mung, green, or yellow
 lentils (cooked)
 ½ cup quinoa (cooked)
 ½ cup coconut meat
 ½ cup coconut milk
 ½ cup soft tofu
 ½ bunch kale (steamed)
 ½ bunch Swiss chard (steamed)
 2 sticks celery (steamed)
 1 head of broccoli (steamed)

½ beet (steamed)
 1-2 carrots (steamed)
 1 avocado
 1 tsp. turmeric
 1 small hand full of cilantro or
 parsley
 1 small piece of fresh ginger
 (1cm)
 2-3 tbsp extra virgin olive oil
 1 cup vegetable broth, or medic-
 inal mushroom broth



Hearty Meat and Veggie

1-2 carrots (steamed)
 1-2 small potatoes (steamed)
 1-2 parsnips (steamed)
 ½ beet (steamed)
 ½ bundle of kale (steamed)
 ½ bundle of Swiss chard (steamed)
 1 pc fennel (steamed)
 2-3 celery sticks (steamed)
 1 cup fresh spinach
 1 tsp. fresh squeezed lemon juice

1 cup cooked brown rice (or
 any left over pasta)
 Several pieces roasted
 chicken or any cooked meat
 or poultry products
 3-4 tbsp. olive oil
 ½ tsp. turmeric
 1 bunch parsley
 1 clove garlic
 1 cup chicken stock or bone
 broth



West Coast Style

- 1 filet wild salmon, baked
- 1 cup cooked brown rice or quinoa
- Medium sized bundle of asparagus (steamed)
- 1/2 bunch Swiss chard (steamed)
- 1-2 carrots (steamed)
- 1 cup fresh spinach
- 1 avocado
- 1 thumbnail size piece of ginger
- 2-3 tbsp extra virgin olive oil
- 1 cup bone broth or medicinal mushroom broth

GUIDED MEDITATIONS FOR RELAXATION AND CALM

Psychiatrist Leslie Anderson, who lost her brother Craig to ALS, has spent the past twenty years studying meditation in India. During Craig's illness she practiced meditation with him regularly - sometimes in person, sometimes over Skype from the Himalayas. Craig found Leslie's guided meditations helped him to relax and access a deep sense of peace and calm. Leslie has shared these meditations in English, and fellow yogi Andrea Jutras has been kind enough to share them in French. The meditations are available in podcast form at the following website: <https://soundcloud.com/als-sla>



Craig designed this beautiful image to be sent to all his friends and family after his passing. It speaks to the source of life at the center of all living things, a center he accessed through his meditation practice.

RESOURCES & REFERENCES

ALS Quebec Society Website - <http://sla-quebec.ca>

Adapting Creatively: Home Blended Foods for G-Tube - <http://adaptingcreatively.blogspot.ca/2011/02/homeblended-foods-for-g-tube.html>

Healthy Nutrition for ALS - http://neurology2.ucsf.edu/brain/als/PDFs/Healthy_Nutrition_for_ALS.pdf

Real Food for Real People - A Blended Diet Resource
<http://www.foodfortubies.org>

Real Food Blends
<http://realfoodblends.com/blenderized-food/>

Udo's Oil DHA Blend Product Page:
http://www.udoerasmus.com/products/oil_blend_DHA_en.htm

"The Worlds Healthiest Foods" a not-for-profit foundation
<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=47>

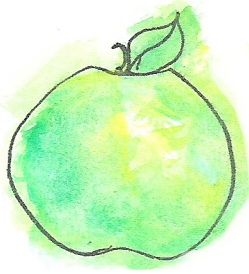
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AMYOTROPHIC LATERAL SCLEROSIS SOCIETY OF QUEBEC
LA MALADIE DE LOU GEHRIG'S DISEASE

www.sla-quebec.ca

This zine was created for a communications project at Concordia University by Anandi Brownstein, Marilou Cristafi, Sara Melvin & Kyle O'Byrne in support of the ALS community. The illustrations are by artists Jessilyn Leckie and Mara Lane.