



# Living with motor neurone disease (MND): advice to help you maintain good nutrition

## Why is good nutrition important?

Maintaining good nutrition may help your MND symptoms and give you the energy to do the things you enjoy. Being a healthy weight or even overweight can be beneficial in MND. If you have lost weight, or want to gain weight, then these are some simple changes you could try:

- Enjoy snacks between meals or start having a pudding a little later after your meal.
- Relax your diet – start to have foods that you may have previously avoided such as crisps, cakes and biscuits (unless you find these foods difficult to swallow) and switch to full fat products.
- Milk-based drinks are also a good way of adding in extra calories and protein, e.g. milky coffee or hot chocolate made with a full mug of milk.

## Further information

We recommend the following MNDA leaflets for detailed information around eating and drinking. Click on the links or go to the MNDA website and type in the titles shown below: [www.mndassociation.org](http://www.mndassociation.org)



### Eating, drinking, and swallowing:

- [Eating and Drinking Guide](#) – comprehensive information focusing on the enjoyment of food, as well as the nutritional benefits. Includes a range of easy swallow recipes.
- [Information sheet 7A - Swallowing difficulties](#) – looks at the swallowing issues patients with MND may face and why they happen, with suggestions on what can be done to help.

If you would like additional nutritional advice, are struggling to eat and drink, or you are losing weight, please ask your MND nurse specialist or GP to **refer you to a dietitian**, who will be able to give you expert, individualised advice.

If you have been advised to consider a **feeding tube**, a dietitian can help you explore the practical options of using a feeding tube at home and how this could help you maintain good nutrition. They can also listen to any concerns you may have and help you with this decision process.

These MNDA resources are also helpful:

### Feeding (gastrostomy) tubes:

- Video content about tube feeding, with commentary by people living with MND. Use the QR code or go to: [www.mytube.mymnd.org.uk](http://www.mytube.mymnd.org.uk)
- [7 B Tube Feeding](#) – discusses the following questions: What is tube feeding? Is tube feeding right for me? How will a feeding tube affect my life? How is the tube fitted? How do I take care of my feeding tube?
- [Gastrostomy tube – Is it for me? \(gastrostomychoice.co.uk\)](#) –interactive web-based decision aid to help people living with MND to choose whether they want to have a feeding tube fitted.



To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk) or [www.berkshirehealthcare.nhs.uk](http://www.berkshirehealthcare.nhs.uk)

**Please ask if you need this information in another language or format.**

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