

## INTRODUCTION

Swallowing can become a significant problem for patients with ALS; and the joys and pleasures of eating become replaced with discomfort and anxiety. At an early stage patients may begin to have difficulty with foods such as popcorn, cornbread or nuts, and choking episodes may occur. Subsequently other foods cannot be swallowed readily, and the effort of chewing and swallowing turns a pleasurable experience into a burden. For the patient, the act of swallowing becomes compromised and the ordeal of eating becomes more time consuming. For the spouse, the task of preparing edible and appetizing foods poses an increasing challenge.

The following collection of recipes is derived from our patients and their creative spouses who translated their caring into foods that look good, taste good, are easy to chew and to swallow, and minimize discomfort.

Included are recipes for meats and other protein containing foods, fruits or fruit drinks, vegetables or dishes containing vegetables, as well as breads. Selections of beverages, desserts, and sauces are provided to add needed fat and calories to the diet. A balanced diet normally supplies enough nutrients for daily needs plus some extra. It is recommended that daily menu plans be made using the Basic Four Food Groups as the backbone. The suggested amounts are:

<b>Food Group</b>	<b>Amount Per Day</b>	<b>Equivalent to One Serving</b>
Milk	2 servings	1 cup pudding 1 cup milk or yogurt 1-3/4 cups ice cream 1-1/2 oz. cheese 2 cups cottage cheese
Meat	2 servings	2 oz. lean meat, fish, poultry 2 eggs 4 Tbsps. peanut butter 1 CUD legumes
Fruits/ vegetables	4 servings	1 medium fruit 1/2 cup fruit or juice 1/2 cup cooked vegetables 1 cup raw vegetables (Be sure to include 1 citrus fruit and 1 dark green or deep yellow vegetable daily)
Breads/ cereals	4 servings	1 slice bread 1 cup dry cereal 1/2 cup cooked cereal, pasta, or rice