
Nutrition and Bowel Hygiene in Mitochondrial Disease

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Why is this important?

- Mitochondrial disease results in lower energy production due to damaged mitochondria. The remaining mitochondria have to work extra hard to produce energy.
- Low energy levels
- Carbohydrate is the main fuel used by the mitochondria to make energy.
- Carbohydrate should be eaten often every day.

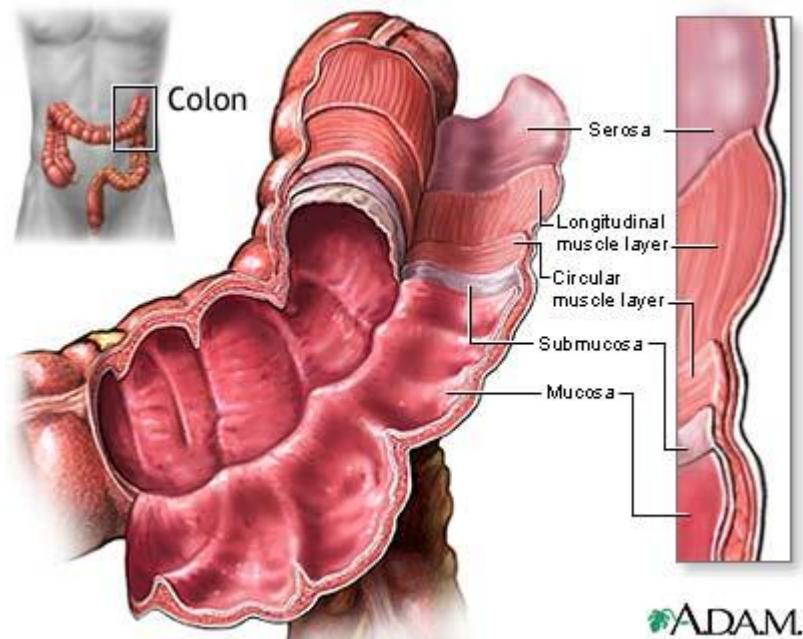
What can you do?

- Six small meals rather than 3 large meals per day, try not to leave gaps between meals of more than 4 hours.
- Keep healthy, high protein meals frozen and ready to use when needed.
- Always combine protein with your complex carbohydrate for a good meal/snack.
- Fat is a useful source of energy and vitamins and some types are healthier than others. Spread fats in small amounts over the day rather than all in one meal.

Top Tips

- Carbohydrate breakfasts
- Drink plenty of fluids
- Avoid too many sweets and fizzy drinks
- Avoid too much time in the sun
- Bedtime snacks

Mitochondria and Muscle



Symptoms

- Loss of appetite
- Feeling of fullness
- Inability to gain weight
- Weight loss
- Change of bowel habit
- Fatigue
- Poor medication absorption



What can we do?

- Review of medication
- Abdominal X-ray
- Laxatives
- Dietary advice
- Referral to Gastroenterologist
- Gastric transit study
- Drug therapy

What can you do?

- Monitor bowel function
- Regular Laxatives
- Drink plenty of fluids
- Exercise
- Well balanced low fibre diet

Foods to Avoid

- **Fruit and Vegetables:** Anything with skins seeds or pips.
- **Cereals:** Wholemeal, granary and soya flour, oats, bran. All granary, wholemeal, soft grain breads. Avoid pastry, biscuits or crispbreads.
- **Meat:** Meat pies or dishes containing vegetables such as peas, onions, mushrooms should be avoided.
- **Fish:** Bones and skins. Fish dishes with vegetables.
- **Eggs:** Egg dishes which include vegetables e.g. Spanish omelette/ tortilla.
- **Cheese:** Cheese containing fruit, nuts or vegetables e.g. Cottage Cheese with pineapple, chives, and onions.

Food Suggestions

- **Breakfast** Cornflakes, Frosted cornflakes, Crispy cereal rice frosted or chocolate.
- **White Rice & Pasta**
- **Pulses** Semolina, tapioca, sago.
- **Potatoes** May be taken in any form without skins. Potato crisps.
- **Fruit & Vegetables** 1 small portion (40g) well cooked allowed a day.
- **Puddings & Cakes** Milk puddings (rice, tapioca, sago) & sponge cakes
- **Fats are good in moderation**

Low Residue Diet

- Residue or fibre is the part of foods which is left over following digestion.
- It normally assists the passage of foods and fluids through the digestive tract.
- A low residue diet involves the amount of fibre or residue in your diet.
- May be a temporary measure.
- Check with the Doctor or Dietitian how long to remain on this diet.
- If you need to remain on a low residue diet for longer than 4 weeks a multivitamin and mineral supplement may be required.

Summary

- Eat small and often
- Drink plenty of fluids
- Structured and planned exercise
- Low fibre diet
- Regular Laxatives
- Take your medication

Talk to your Specialist!!

Thank you for listening

