

Cerebral Palsy

CEREBRAL PALSY

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► Diet Therapy for Cerebral Palsy ◀

There are several factors that may cause poor nutrition in children and adults with CP, such as:

- swallowing and feeding problems because of weakness in the throat, jaw, tongue, and facial muscles;
- poor appetite because of constipation or gastroesophageal reflux disease (GERD)
- frequent infections and hospitalization
- higher nutritional needs

A good, nutritious diet can help improve weight gain and growth, immune function, circulation, and cognition.

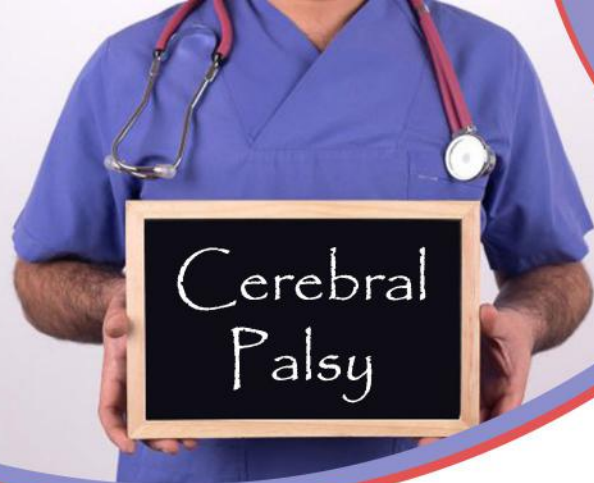
- One of the most important components of a Cerebral Palsy Diet is adequate hydration. drink at least 2-3 sips of liquid per hour along with the liquids at mealtime
- Fiber is another important component to a Cerebral Palsy Diet. There are a variety of foods that are loaded with fiber, including many vegetables and fruits, especially raisins, and grains such as bread, rice, and cereal.
- Vitamin C is also an important nutrient and should be a part of any Cerebral Palsy Diet.
- Calcium and Protein are essential in any diet, especially a Cerebral Palsy Diet. It is important to maintain a healthy weight for optimal health, so be sure to select lean proteins.
- Alcohol should be used in moderation or eliminated completely.



- Choosing lean foods over calorie-packed fatty foods will keep you at an optimal weight.
- Choosing whole foods over junk foods will keep you on track.
- Some children with cerebral palsy have gastrointestinal reflux disease, which can cause stomach acid to irritate the esophagus and cause heartburn. Greasy, spicy, or acidic foods can trigger acid reflux and should be avoided.

The diet for individuals with CP should include:

- Calcium-rich foods such as milk, yogurt, cheese, and calcium-supplemented fruit juices.
- Vitamin D-rich foods such as fish, fish liver oil, Vitamin-D supplemented milk, orange juice, and cereals.
- Phosphorus-rich foods such as dairy products, meat, fish, eggs, poultry, nuts, seeds, and whole grains.



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Movement and coordination problems associated with cerebral palsy include:

- Slow, writhing movements
- Favoring one side of the body
- Delays in speech development or difficulty speaking
- Learning difficulties



- Lack of balance and muscle coordination
- Stiff muscles with normal reflexes
- Variations in muscle tone

➤ Cerebral Palsy Definition ◀

Cerebral palsy (CP) is a group of disorders that affect a person's ability to move and maintain balance and posture. Cerebral Palsy is considered a neurological disorder caused by a non-progressive brain injury or malformation that occurs while the child's brain is under development. Cerebral Palsy primarily affects body movement and muscle coordination. Cerebral Palsy affects body movement, muscle control, muscle coordination, muscle tone, reflex, posture and balance. It can also impact fine motor skills, gross motor skills and oral motor functioning.

➤ Cerebral Palsy Signs ◀

Signs and symptoms can vary greatly.

➤ Cerebral Palsy Causes ◀

Brain damage is the cause of CP, but there are many different things that can trigger damage.

- Ingestion of toxins or drugs during pregnancy
- Genetic conditions
- Poor brain development in the womb
- Maternal infections or medical conditions
- Disruption of blood flow to the developing brain