

Nutrition and PSP/CBD

A nutritional overview

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Content

- Common issues with feeding
- What does a good diet look like?
- Other useful tips
- Supplement drinks
- PEG feeding
- Questions

What common issues might you experience?

- Dysphagia
- Extended mealtimes
- Weight loss
- Difficulty gripping cutlery/ feeding yourself/getting food to mouth
- Swallow tires/ tiring mealtimes
- Chest infections/aspiration
- Difficult saliva management
- Difficulty preparing meals

What common issues might you experience?

- Issues seeing food – sometimes unable to look down
- Constipation – antimuscarinic medications (medicines to manage saliva)

What is a good diet?

- High protein high calorie
- Avoid low calorie, low fat, low sugar foods and drinks – beware sugar with diabetes
- 3 meals and 2-3 snacks per day
- Food fortification – use fortified milk, add sugar, honey, butter, cream, cheese to foods
- Plenty of fluid
- Plenty of fibre
- High calorie fluids – full sugar fizzy drinks, milk-based drinks
- Might need a modified consistency diet – always refer to dietitian

High calorie diet

Little and often

- Eating smaller meals and snacks, and nourishing drinks in between meals may be more manageable.
- Try having drinks separately from meals, as these can fill you up.
- Try having a pudding once or twice a day such as full cream yoghurt, ice cream, cake or custard.
- Snacks in between meals can help to boost your intake.

Enriching your food

- Choose full fat/cream foods with sugar rather than low fat /low sugar types e.g. full cream yoghurts, full cream milk.
- Add cheese to soups, mashed potatoes, vegetables or pasta dishes.
- Use butter in sandwiches, on potatoes and with crackers or vegetables.
- Add cream or condensed milk to puddings and jam/honey to porridge or cereals.
- Use cooking methods that include the addition of oil e.g. shallow fry, roast or grill but coat or spray the food with oil first.

High calorie diet

Nourishing drinks

- To make fortified milk add four tablespoons of milk powder to one pint of full fat milk. This can be used throughout the day in drinks, on cereals and in sauces.
- Using milk (including fortified milk) to make the drinks is also a good idea. These include hot chocolate, milkshakes or smoothies.
- Over the counter powdered supplements such as Complan and Meritene Energis are available from most supermarkets and pharmacies and can be used between meals.

Other useful tips

- Try not to miss or skip meals.
- Ready meals (frozen or tinned) are a good, easy to prepare option. Consider adding some frozen vegetables to make a more balanced meal.
- If preparing food is too much, consider meal delivery services or ask friends and family for help in shopping, preparing and cooking meals. Some meal delivery services provide pureed diets e.g. Wiltshire Farm Foods/ Oakhouse Foods
- If food choice and quantity is limited, take a one-a-day complete multivitamin and mineral supplement

Food fortification

Milk powder	1 heaped tablespoon	50 calories
Whole milk	75mls (8 tablespoons)	50 calories
Margarine	1 heaped teaspoon	75 calories
Double cream	1 tablespoon	135 calories
Whipping cream		110 calories
Single cream		30 calories
Cheese	Small matchbox (30g)	125 calories
Jam	1 heaped teaspoon	50 calories



Mix the milk powder with whole milk to form a runny paste consistency before adding to dishes, such as custard, porridge, soup, milk pudding

Snacks



Equivalent to less than ½ a standard supplement drink or 4 plain biscuits approximately 140 - 250 calories, less than 5g of protein)

½ milk chocolate bar
½ a jam doughnut or ½ a scone with butter/cream and jam
2 chocolate digestives
A mince pie
Packet of crisps (40g)
3 all butter short bread fingers
1 scotch pancake with honey
1 pakora / Bhagia (vegetanle)
Toasted crumpet or malt loaf topped with butter
Spring roll
Vegetable samosa

**Equivalent to a ½ a standard supplement drink or 6 plain biscuits
Approximately 210 - 300 calories, 5- 9g protein**

2 crackers or digestives with butter and cheese
1 glass of milk or milk substitute and 2 digestive biscuits
Chelsea bun
Peanut butter (&jam) sandwich (2 slices)
Mixed nuts (25g bag)
Seasoned dipping olive oil and ciabatta bread
Medium sausage roll or 2 mini pork pies or a slice of quiche
Croissant with jam / butter
1 meat samosa

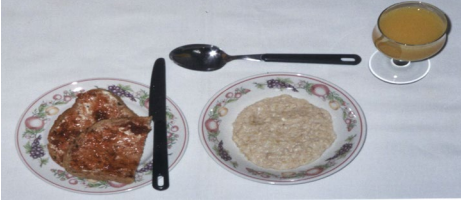





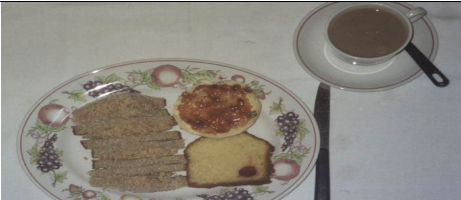

**Equivalent to 1 standard supplement drink or 8 plain biscuits
approximately 250 - 350 calories, at least 10g protein**

Flapjack (small slice)
2 small pieces (a match box size) of cheese and an apple or a bunch of grapes
Medium Cornish pasty
Hummus and pitta bread
Bowl of cereal and fortified (enriched) milk (see recipe page 2)
Slice of fruit cake and cheese

Drinks

Low calorie drinks (<50 calories)	Calories
Water	0
Sugar free/diet drinks	<2
Tea	15
Coffee	15
Tomato juice	20
Ginger ale	30
Shandy	30
Cordial with water	45
Lemonade	45
Moderate calorie drinks (50 - 100 calories)	Calories
Fruit juice	60
Sherry	60
Milk (skimmed)	65
Cola	80
Larger and beer	85
Milk (semi skimmed)	90
Cordial with lemonade	95
High calorie drinks (100 – 200 calories)	Calories
Cider	110
Milky coffee	125
Milk (Whole/full cream)	130
Milk (Channel Island)	155
Hot chocolate (all milk)	170
Malted drink (all milk)	185
Milk shake	200



	GOVERNMENT RECOMMENDED	POOR APPETITE
B'fast		
Lunch		
Dessert		
Tea		
Calories	2160	960

Basic diet

Breakfast		Small	Fortified	Fortified plus nourishing snacks and drinks
Porridge (semi-skimmed & water)		75g		
Toast with jam and margarine		25g		
Orange Juice		120ml		
Lunch				
Mince		70g		
New potatoes in skins		45g		
Carrots		20g		
Green beans		25g		
Apple crumble		80g		
Custard (semi-skimmed milk)		50g		
Blackcurrant squash		200ml		
Tea				
Wholemeal bread (& margarine)		35g		
Tinned pink salmon		45g		
Cherry Madeira cake		25g		
Cup of tea		175ml		
	Men >75	Women >75	Nutritional value of meals	
Calories (kcal)	2,100	1,810	960	
Protein (g)	53	47	40	

Fortifying food

Breakfast			Small	Fortified	Fortified plus nourishing snacks and drinks
Porridge (semi-skimmed & water)			75g	Porridge (fortified)	
Toast with jam and margarine			25g	Toast with jam & marg	
Orange Juice			120ml	Orange Juice	
Lunch					
Mince			70g	Mince	
New potatoes in skins			45g	Mashed potato (fortified)	
Carrots			20g	Carrots	
Green beans			25g	Green beans	
Apple crumble			80g	Apple crumble	
Custard (semi-skimmed milk)			50g	Custard (fortified)	
Blackcurrant squash			200ml	Blackcurrant squash	
Tea					
Wholemeal bread (& margarine)			35g	Wholemeal bread	
Tinned pink salmon			45g	Tinned pink salmon	
Cherry Madeira cake			25g	Cherry Madeira cake	
Cup of tea			175ml	Cup of tea	
			Nutritional value of meals		
	Men >75	Women >75			
Calories (kcal)	2,100	1,810	960	1340 (extra 40%)	
Protein (g)	53	47	40	49 (extra 22%)	

Extra snacks

Breakfast			Small	Fortified	Fortified plus nourishing snacks and drinks
Porridge (semi-skimmed & water)			75g	Porridge (fortified)	Porridge (fortified)
Toast with jam and margarine			25g	Toast with jam & marg	Toast with jam & marg
Orange Juice			120ml	Orange Juice	Orange Juice
Lunch					Cup of tea A digestive
Mince			70g	Mince	Mince
New potatoes in skins			45g	Mashed potato (fortified)	Mashed potato (fortified)
Carrots			20g	Carrots	Carrots
Green beans			25g	Green beans	Green beans
Apple crumble			80g	Apple crumble	Apple crumble
Custard (semi-skimmed milk)			50g	Custard (fortified)	Custard (fortified)
Blackcurrant squash			200ml	Blackcurrant squash	Blackcurrant squash
Tea					Milky coffee Slice malt loaf & butter
Wholemeal bread (& margarine)			35g	Wholemeal bread	Wholemeal bread
Tinned pink salmon			45g	Tinned pink salmon	Tinned pink salmon
Cherry Madeira cake			25g	Cherry Madeira cake	Cherry Madeira cake
Cup of tea			175ml	Cup of tea	Cup of tea
					Hot chocolate (fortified) ½ teacake butter & jam
	Men >75	Women >75	Nutritional value of meals		
Calories (kcal)	2,100	1,810	960	1340 (extra 40%)	2135 (extra 122%)
Protein (g)	53	47	40	49 (extra 22%)	74 (extra 85%)

Other useful tips

- Dysphagia – refer to SLT, ensure upright position while feeding
- Extended mealtimes – keep warm plates, adapted cutlery, refer to OT
- Difficulty feeding themselves – nonslip plates or mat, adapted cutlery
- Swallow tires/tired in evening time – move main dinner to middle of day
- Difficulty preparing meals – use ready meals/meal delivery company/POC

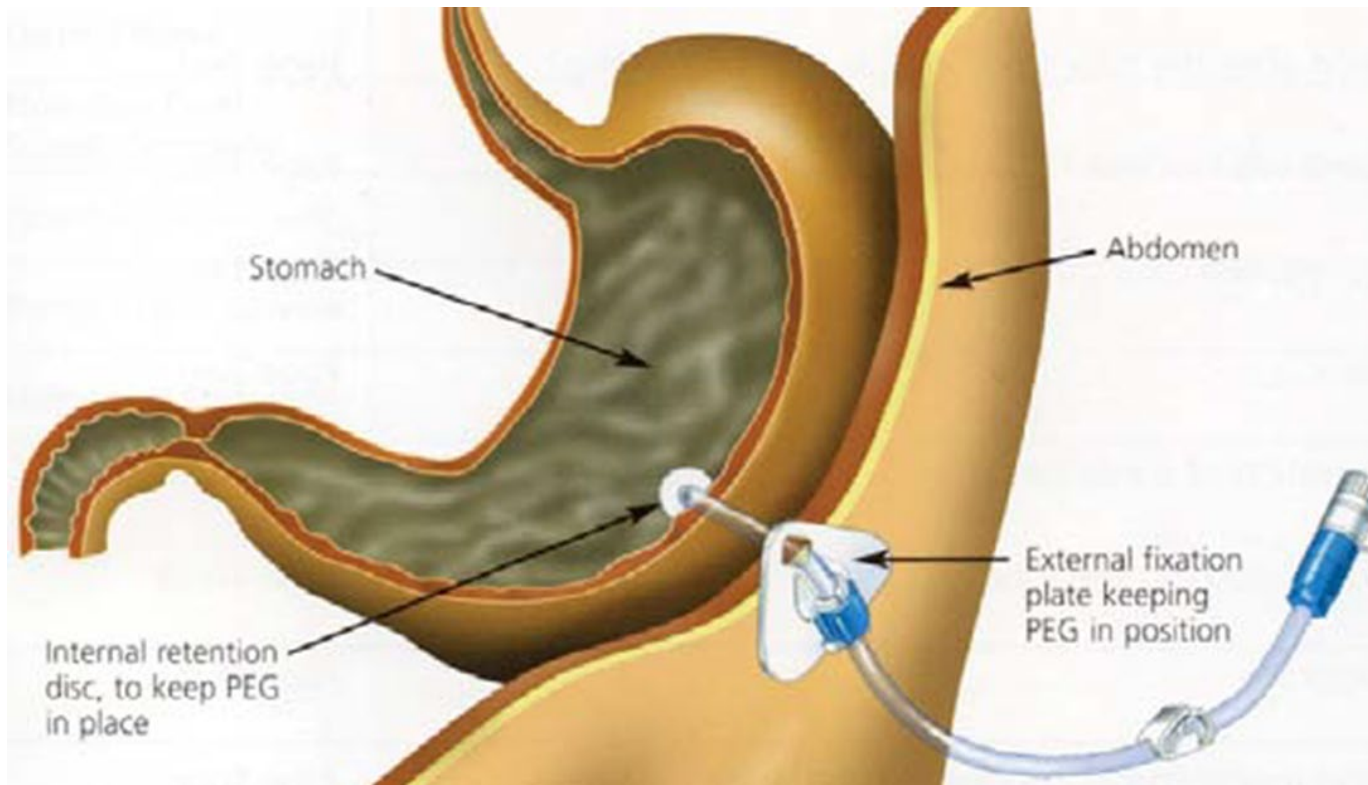
Remember – likely to lose/have reduced swallow – important to enjoy meals while you can!

Nutritional supplements



- No miracle ingredients
- Simply a high calorie drink with added protein and vitamins and minerals
- Therapeutic dose is 2 per day for most supplements
- Different types – milkshake, juice, soup, pudding

PEG feeding



Options for feeding

Two main types of feeding

- Pump feeding
- Bolus feeding
- Mixture of the two

Pump feeding

- 8-16 hours per day
- Usually one large bottle of feed per day
- Can sometimes be given overnight
- Can be mobile using a backpack
- Pump can run without being plugged in for 20 hours



Bolus feeding

- small meals of feed x 5+ times per day
- Small bottles of feed used
- No pump needed
- Handy if going out and about
- Takes 20+ minutes to give one bottle of feed
- Can be time consuming in a hands-on way



Potential benefits of PEG placement

- Free up time to do other things
- Can give all nutritional needs → ↑energy levels and QOL
- Weight gain and improved nutritional state
- Can help prevent/heal pressure areas
- Improved hydration → ↓constipation
- ↓chest infections
- Can give all meds through PEG

Potential benefits of PEG placement

- ↓work from the patient/carer perspective (pureed diet, time for feeding)
- ↓stress for patient/carers (being fed/feeding someone who may choke/cough)

Potential risks of PEG placement

During placement

- Perforation
- Bleeding
- Tear in the oesophagus/stomach from endoscope

It is a low risk procedure

Potential risks of PEG placement

Following placement

- abdominal pain
- peritonitis (Inflammation/infection of the lining inside the abdomen)
- Infection around the feeding tube site
- blockage of the tube
- Leakage around the site

Important points to note

- Timing of placement – the earlier the better
- Having the *conversation* about PEG is not decisive – you can still decide against placement
- Care will not be withdrawn if you say no to PEG
- Can be placed and not used for months
- **You can eat and drink orally with a PEG in place**
- PEG placement will not halt/change disease progression
- As a dietitian, I am neither for nor against PEG feeding – informed choice

Further info

High calorie diet and drinks

- <https://www.mkuh.nhs.uk/wp-content/uploads/2025/02/Food-Enrichment-booklet-July-2024-BLMK.pdf>
- <https://www.mkuh.nhs.uk/wp-content/uploads/2019/04/Nourishing-Drinks-booklet-July-2024-BLMK.pdf>

PEG

- [Helpful videos - Milton Keynes University Hospital](#)



What questions do you have?