for haemophilia patients

let’s talk healthy eating

for haemophilia patients
Healthy eating can help everyone, but it is especially important for children and adults with haemophilia. Unfortunately, obesity is a growing problem worldwide. In fact, childhood obesity has tripled in the past 30 years. A basic understanding of healthy eating and making good decisions about diet can help you or your child to maintain a healthy body weight.

What’s in this booklet?

Information on…
The benefits for you or your child of healthy eating and maintaining a healthy weight
A section for parents and caregivers that covers:
  • The key components of a healthy diet for infants, toddlers and kids
  • Healthy eating tips for your child
A section for teenagers and adults with haemophilia that covers:
  • The nutritional content of fast food
  • Making healthy choices when eating out
  • Things to consider before drinking alcohol
Recipe ideas

CHECK WITH YOUR LOCAL HAEMOPHILIA TREATMENT CENTRE (HTC) FOR MORE INFORMATION ABOUT NUTRITION AND HEALTH

about this booklet
Lower your/your child’s risk of joint disease

- Excess weight puts added stress on already fragile joints, such as knees and ankles. The additional pressure and stress can cause damage to the padding between the joints (cartilage). Over time, you/your child can develop joint damage (haemophilic arthropathy) that can be painful and may limit movement. Being overweight can make the symptoms of joint damage worse.  

Reduce your/your child’s risk of joint bleeds

- The extra stress that excess weight puts on your/your child’s joints can lead to an increased frequency of bleeds and greater discomfort.

Help your/your child’s physical fitness

- Overweight people with haemophilia find physical exercise, such as walking or riding on an exercise bike, much more difficult than their non-overweight friends with haemophilia. Poor fitness may lead to further weight gain, making the problem worse.

Protect yourself/your child from developing diabetes

- The proportion of people with haemophilia affected by diabetes is significantly greater than for people without haemophilia – this is likely to be due to excess weight. Diabetes is a significant risk factor for cardiovascular disease in men with haemophilia.

Improve the health of your/your child’s heart

- Overweight children and adults will be at increased risk of developing cardiovascular disease later in life, such as high blood pressure, heart attacks or strokes.

Maximise your/your child’s quality of life

- Obesity adversely affects quality of life, causing problems in daily life and social situations, as well as increased pain, worry, anxiety and depression. A healthy individual is a happier individual.

Cut down on the amount of factor you/your child needs

- Because body weight determines how much factor a person needs to treat a bleed, maintaining a healthy weight can reduce the amount of factor needed.

The benefits of good nutrition and maintaining a healthy weight for children and adults with haemophilia

Good nutrition is good news

TalkingJoints®

feel something, do something

GEORGE MIHAI
Romania
Haemophilia A
parents and caregivers

This is the part of the book that helps you make healthy eating and nutrition decisions on behalf of your child with haemophilia.
lead the way for the health of your child...

As your child grows and becomes more independent, their food choices will be influenced by what you eat yourself.

For children with haemophilia whose parents lead the way and model healthy eating habits, the long-term benefits to their health will be substantial.1

On the next few pages are some important considerations for healthy eating options for infants, toddlers and kids.

0–8 months of age

Recommended

Choose breastfeeding, if possible

- For all infants, the World Health Organisation (WHO) recommends exclusive breastfeeding for the first 6 months of life and continued breastfeeding complemented with appropriate foods up to 2 years old and beyond.3
- Breastfeeding appears to reduce the risk of obesity in children and this benefit increases with the duration of breast feeding.4,5 Breast-fed babies also naturally develop self-regulation of milk intake, which they carry forward into late infancy, unlike bottle-fed babies.6

To be avoided...

- Feeding solids too early is not recommended and can result in overfeeding7
- A fussy baby may need attention, rather than food.7

6–8 months of age

Recommended

Offer strained fruits and vegetables7

- 4 servings of 2–3 tablespoons per day
- Start with plain vegetables such as peas, potatoes, carrots, sweet potatoes, squash, beans, beets
- Then introduce plain fruits, such as bananas, applesauce, apricots, pears, peaches, and melon
- Introduce a few vegetables before fruits, as the fruit’s sweetness may make a less-sweet food such as vegetables less appealing.

Choose healthy ‘finger foods’7

- Soft-cooked vegetables, such as sweet potato, carrots, zucchini, cauliflower, cut into small pieces
- Washed and peeled fruits
- Unsalted crackers broken into small pieces
- Bagels & teething biscuits
- Noodles.

To be avoided...

- Salty or sugary finger foods are not recommended.7

8–12 months of age

Recommended

Introduce iron rich food7

- Strained or finely-chopped meats; 3–4 tablespoon servings
- Egg yolks; 3–4 times per week
- Increase serving sizes for fruits and vegetables7
- 3–4 tablespoons, 4 times per day.

The nibble tray

Put colourful and nutritious foods in each compartment of the nibble tray and call these foods by ‘fun’ names, e.g. avocado boats, banana wheels, broccoli trees, moons (peeled apple slices).
1 year of age

Recommended

Introduce dairy foods

• Whole milk may replace breast milk
• Cheese, cottage cheese, and yogurt may be given in small amounts.

Other sources of nutrition should include meats, fruits and vegetables, breads and grains

Snacking is strongly encouraged

• Offer small amounts frequently (4–6 times per day).

If your child dislikes the new food, try giving it again later

Water can be offered between feedings

To be avoided...

• Feeding sweets or sugary/fizzy drinks is not recommended
• Too much pure fruit juice should be avoided; guidelines recommend 1 serving per day. Diluting juice 50:50 with water can help it go further
• Salt, sugar, and strong spices are not recommended
• Caffeine products are not recommended (soft drinks, coffee, tea, chocolate)

Older kids

Recommended

Offer foods that are high in calcium

• Children who consume little or no dairy products are at particular risk for calcium deficiency that can interfere with bone growth and development
• The 2 years before and after puberty are the most important for the development of bones, so proper calcium intake is particularly important at this time
• Include low-fat or non-fat milk, yogurt, and cheeses
• Broccoli, cooked greens, and canned salmon (without bones) will also provide a source of calcium in the diet
• Fizzy drinks containing caffeine can stop calcium being absorbed from your normal diet and carry a risk that children replace milk as their preferred drink

Offer foods rich in vitamin D

Vitamin D helps promote healthy bones, but is often deficient in people with haemophilia. Vitamin D is found in fish, eggs and fortified milk, as well as in dietary supplements. The sun also contributes significantly to the daily production of vitamin D in the body: around 5-15 minutes of sunshine can be enough to boost vitamin D levels.

To be avoided...

After the age of 2, your child’s diet should be low in fat

• High-fat diets may contribute to heart disease, obesity and other health problems later in life
• Choose lean meats, such as pork loin, top sirloin beef and boneless, skinless chicken
• Trim away all of the visible fat from meats and poultry before cooking
• Broil, grill, roast, poach, or boil meat, poultry or fish instead of frying
• Switch to fat-free or low-fat milk

Healthy children should get all their nutrients from foods rather than vitamin supplements.
Wherever possible, include a variety of foods for proper development. A diet that contains a variety of foods from each of the food groups (breads and grains, meats, fruits and vegetables, and dairy) will help prevent nutrient deficiencies.7

As a guide, follow the principles of the food guide plate (see page 14/15). Reduce portions and number of servings per day for children.13

- Fill half of your child’s plate with fruit and vegetables (slightly more vegetables than fruit)
- Grains and protein should fill the other half
- Make at least half of their grains whole grains, such as whole wheat bread instead of white bread or brown rice instead of white rice
- Kids also need a serving of milk or another dairy food (like cheese or yogurt) at each meal
- Children between 2 and 8 years old should drink between 2–2½ cups of milk per day
- Children over the age of 9 should drink 3 cups of milk per day.

Blueberry oatmeal snack
(Makes 9 squares)
- 1½ cups quick oats
- ½ cup whole wheat flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ½ cup fresh or frozen blueberries
- 1 egg
- 1 cup low-fat milk
- 3 tablespoons apple sauce
- ½ cup brown sugar

Preheat oven to 180°C.

Coat baking pan with cooking spray.

Place all of the ingredients into a large bowl and mix until just combined.

Pour into prepared pan and bake for 20 minutes or until a toothpick inserted into the centre comes out clean.

Allow to cool for 5 minutes and cut into squares.

TRY THIS

- Set a good example for your child by eating fruit, vegetables and whole grains every day with meals or as snacks
- If old enough, let your child help shop for, peel or cut up fruits and vegetables
- At the supermarket, encourage your child to pick out a new fruit or a whole grain snack to try later at home
- Decorate plates or serving dishes with fruit slices – make a smiley face
- Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries or other berries
- Offer raisins or other dried fruits instead of sweets or candy
- Make fruit kebabs using pineapple chunks, bananas, grapes and berries
- Pack water or a carton of fruit juice in children’s lunches instead of soda or other sugar-sweetened drinks
- Teach older children to read the ingredient list on cereals or snack food packages and choose those with whole grains at the top of the list
- Reduce the frequency that you and your child eat out.

Is your child’s weight right for his/her age?

Ask your doctor for your child’s body mass index (BMI) and know which weight classification they fall into for their age. Are they...

- Underweight?
- Healthy?
- Overweight?
- Obese?

Once you know, you can ensure you take steps to prevent or address weight issues in your child as soon as they are identified. BMI calculators are also available online.
This is the part of the book that helps you make healthy eating and nutrition decisions, so that you can live your life in as full and rewarding a way as possible.

teenagers and adults with haemophilia
Eating healthy foods will keep your body strong and well-nourished and better-equipped for living life to the full with haemophilia. It will also help you maintain a healthy weight. Eating lots of foods high in calories, with extra saturated fat, added sugar and salt, such as fast foods, will pile on the weight—putting extra stress on joints and potentially increasing the number of painful bleeds.

Recommended
- Calories in the diet come from three main sources: carbohydrates, protein and fat. The US Department of Agriculture recommends that most calories come from carbohydrate.
- For an average 2000 calorie/day diet, this means approximately 1100 calories from carbohydrate, 450 from fat and 550 from protein.
- Different foods contain different proportions of carbohydrate, fat and protein. For example, an egg contains mostly fat and protein with a little carbohydrate, whereas a skinless chicken breast is mostly protein with a little fat and no carbohydrate.
- A diet that contains a variety of foods (breads and grains, meats, fruits and vegetables, and dairy) will help prevent nutrient deficiencies.
- The US ‘my plate’ guide helps you balance the food options.

Recommended proportion of calories from different foods
- **Carbohydrate**: 45-55%
- **Protein**: 20-35%
- **Fat**: 10-35%

Fruits and vegetables
- Breads and cereals and other grains
- Milk and milk products
- Foods containing added sugars e.g. cakes, cookies and sugar-sweetened beverages

**Grains**
- Bread
- Pasta
- Cereal

**Protein**
- Meat
- Poultry
- Fish
- Beans and peas
- Nuts and seeds
- Eggs

**Fats**
- Cheese
- Milk
- Butter and margarine
- Oil
- Eggs

**Vegetables**
- Fruits
- Grains, some vegetables and some fruits

**Dairy**
- Milk
- Yogurt
- Cheese

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For a healthy breakfast...

Poach an egg and serve on a slice of whole wheat toast, with an apple on the side and a glass of low-fat milk.

Poached egg, toast, apple and milk

*Calorie values based on a 2000/day diet and using the US recommendations for calories from carbohydrates, fats and protein. Nutritional data for foods quoted come from the US Food-a-Pedia www.choosemyplate.gov/supertracker/. Graphs assume calorie values of 4/g for protein and carbohydrate and 9/g for fat.

Compare this with...

10 chicken nuggets washed down with a fizzy cola drink

For a healthy lunch...

Consider a tuna salad sandwich with sparkling water and a fruit salad:

Tuna salad sandwich and fruit salad

These charts show what proportion of the recommended calories from fat, protein and carbohydrate each meal would contribute.

healthy choices at breakfast

healthy choices at lunch

These charts show what proportion of the recommended calories from fat, protein and carbohydrate each meal would contribute.
healthy choices at dinner

For a healthy dinner...

Instead of being tempted by a fast food dinner, cook a chicken breast in the oven and serve with brown rice, vegetables or salad. If you have more time, bake a medium potato and serve it with a grilled steak and salad. Both these options are simple and easy – not quite as quick as stopping at a fast food store, but your body will thank you for it!

Chicken, rice and vegetables

Compare this with...

Half a pepperoni pizza and fries

8% FAT
14% CARBOHYDRATE
23% PROTEIN
58% CARBOHYDRATE

100% FAT
37% PROTEIN
14% CARBOHYDRATE

ANIL ÖZCAN
Turkey
Haemophilia A

HALİL ÖZCAN
Turkey
Haemophilia A with inhibitors
**Healthy Choices Everyday**

It is a good idea to eat three balanced meals during the day, and it’s important not to skip breakfast or lunch.

Research shows that a nutritious breakfast is good for school or work performance, and it may protect against obesity and other illnesses. Think about how many calories you need depending on your activity and judge your meals accordingly. If you have a large lunch, then choose lighter options at dinner. If you are planning a meal out with friends, plan in advance with a smaller lunch.

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### Home-Made Nutritious Tomato Soup

*(Makes 6 x 1-cup servings)*

- 1 tablespoon extra virgin olive oil
- 1 small onion, finely chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 clove garlic, chopped
- 1 (16 oz) box of low-sodium vegetable stock
- 1 (28 oz) can of crushed tomatoes
- Salt and pepper to taste
- 1 teaspoon black pepper
- ½ cup basil, chopped
- ¾ cup alphabet-shaped pasta – whole wheat if possible

Place olive oil into the large pot over medium heat. Add onion, carrots, celery, and garlic and cook until vegetables begin to soften, about 8 minutes. Stir in vegetable stock and crushed tomatoes. Season with salt and pepper. Reduce heat to low and simmer for 25-30 minutes. Stir in basil and pasta and cook until pasta is tender, about 5 additional minutes. If desired, blend until smooth. Serve hot.

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### Garden Fresh Chicken Wrap

*(Makes 4 wraps)*

- 4 whole-wheat wraps (8 inches)
- 2 cups chicken breast, shredded
- ½ cup shredded carrots
- 1 avocado, thinly sliced
- 1 cup baby spinach leaves
- ¼ cup of your child’s favourite fat-free/half-fat dressing (about 1 tablespoon per wrap)

Place wraps side by side on a flat surface. Divide chicken into four portions (about ½ cup each). Place a portion of chicken on each wrap. Top each wrap with carrots, avocado, and spinach. Drizzle dressing evenly over each wrap. Roll each wrap up tightly and cut on the diagonal. Serve immediately or wrap tightly in aluminium foil and refrigerate for lunch the next day.

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**Guidelines recommend different daily calorie intakes for men depending on age and how much activity is undertaken.**

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Sedentarya</th>
<th>Moderately activeb</th>
<th>Activec</th>
</tr>
</thead>
<tbody>
<tr>
<td>14-18</td>
<td>2000-2400</td>
<td>2400-2800</td>
<td>2800-3200</td>
</tr>
<tr>
<td>19-30</td>
<td>2400-2600</td>
<td>2600-2800</td>
<td>3000</td>
</tr>
<tr>
<td>31-50</td>
<td>2200-2400</td>
<td>2400-2600</td>
<td>2800-3000</td>
</tr>
<tr>
<td>51+</td>
<td>2000-2200</td>
<td>2200-2400</td>
<td>2400-2800</td>
</tr>
</tbody>
</table>

- a. Light physical activity associated with typical day-to-day life
- b. Sedentary plus physical activity equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour.
- c. Sedentary plus physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour.

**TRY THIS**

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**Note:** Try carrot or celery sticks on the side!
making healthy choices when eating out\textsuperscript{13,16}

We have little control when eating out over how our food is prepared or the size of our portion. Foods in restaurants and cafés tend to be higher in fat – in fact, those who eat out regularly generally have a higher consumption of calories, fat and salt. In addition, eating with friends can tempt us to overeat. However, with some simple tips and a little effort, eating out can be enjoyable and healthy!

- Think ahead – if you know you’re eating out later, eat healthy meals earlier in the day
- If you’re unsure what a dish on the menu contains, ask the waiter
- Order water or low-fat milk, unsweetened tea or other drinks with no added sugars
- Start your meal with a salad to help keep hunger at bay and avoid ordering too much for your main
- Don’t be shy about telling the waiter about how you would like your meal to be prepared. For example:
  - When ordering sandwiches, ask for whole-wheat bread
  - Ask for no mayonnaise or butter on your bread or vegetables
  - Ask for all dressings to be served on the side and use only as much as you need
  - Choose steamed, grilled, baked, poached or broiled dishes instead of those that are fried or sautéed
- Don’t order foods that have cheese, cream or butter-based sauces or gravies
- Don’t add butter or salt to your food
- Avoid all-you-can-eat buffets
- If main portion sizes are more than you need, you could:
  - Order an appetiser-sized portion or a side dish instead of a main dish
  - Share a main dish with a friend
  - Leave what you don’t finish – you DON’T have to finish everything
  - Take leftovers home in a ‘doggy bag’
- Choose fruit or sorbet for dessert – but only if you’re still hungry
- Adults: limit how much alcohol you drink – it’s not very healthy and you could end up forgetting all about your good intentions!
Drinking alcohol can irritate and damage the lining of your stomach. This can be very serious in people with haemophilia.

You're also more likely to injure yourself if you've had a lot of alcohol. And don't forget the all those calories that pile on the weight!

Drinking less or no alcohol reduces the risk of developing serious diseases such as cancer, liver disease and stroke later in life. It also improves your skin, can help you to sleep better and can even improve your sex life.

If you do drink alcohol, drink sensibly and in moderation.

•  Men should not regularly drink more than 3–4 units of alcohol a day
•  The number of units in your drink will depend on its strength (or its alcohol content) and the size of the drink.

- 25ml of spirits = 1 unit
- 125ml (small glass) of wine = 1.5 units
- A (440ml) can of lager, beer or cider = 2 units

Choose a small one
• If you're a wine drinker, buy small (125ml) glasses rather than the large 250ml ones. If you like beer, drink halves or bottles instead of pints, or mix it with lemonade.

Beware of rounds
• Drinking in rounds can be expensive and dangerous if it means keeping pace with the fastest drinker. Stay in control (and save cash) by going in on smaller rounds with only a couple of friends or opting out of rounds completely.

Fill up on healthy food beforehand
• Eating a healthy meal before you go out can help to slow down the absorption of alcohol and help you stay in control. With less alcohol inside you those greasy fries or kebab will feel a lot less appetising on your way home.

Sip non-alcoholic drinks in between
• Sipping a healthy soft drink or water between alcoholic drinks slows down the rate of your drinking and means you'll drink less over the course of the evening.

References
“let’s talk healthy eating” is part of the TalkingJoints® programme to encourage better understanding of how to look after your body and your joints (or those of a child in your care).

TalkingJoints® is a programme of information, education and support that talks to healthcare professionals, patients and carers about haemophilia and its impact on joint function. TalkingJoints® aims to help individuals detect changes early (feel something) and act accordingly (do something). We hope that by helping people with their joint function we can help improve the way they live with haemophilia, for the better.