



Considering nutrition as a management option in Sickle Cell Disease (SCD) plays an important role in enabling people affected by sickle cell to Eat Well and Live Well. This leaflet aims to empower people affected by sickle cell to Eat Well to prepare them to better self-manage their condition.

HELPFUL SUGGESTIONS TO EAT WELL WITH SICKLE CELL.



1. PLANNING TO EAT WELL

- Follow healthy eating guidelines – see SCD Eatwell guide
- Prioritise your health
- Identify your health goals
- Choose healthy options to match your goals
- Take advantage of help available

2. EATING WELL ON A BUDGET

- Make a meal plan and a shopping list
- Take stock of what you already have available
- Use tinned, frozen and dried food options
- Buy value brands as much as possible
- Reduce takeout meals and lunch options

3. EATING WELL WHEN FATIGUED

- Ask for help from family and friends
- Have healthy snacks to hand – nuts, dried or fresh fruit cut up
- Have nutritious drinks available – milk based, fruit smoothies
- Prepare meals in advance, freeze meals
- Choose healthy meal and snack options over high fat and sugar options



4. EATING WELL WITH A LOW APPETITE

- Eat little and often
- Choose high protein foods and snacks-
- Fortify your meals and snacks – grated cheese, pea or soy protein powder
- Have nourishing drinks – milk based or alternatives
- Have energy dense snack in between meals – nuts, dried fruit, egg, crackers

5. EATING WELL WHEN UNWELL

- Don't skip meals
- Choose foods you enjoy eating - as tolerated
- Focus on choosing high protein and energy dense meals and snacks
- Avoid low energy food and drink options- skimmed and semi-skimmed milk options
- Use nutrient dense food fortifiers (cheese, butter, cream)

6. EATING WELL WHEN IN CRISIS AND DURING RECOVERY

- Prioritise nutrition as much as possible
- Prioritise high energy and protein foods, snacks and drinks
- Have nourishing drinks if eating is a problem
- Eat smaller meals and snacks throughout the day
- Choose foods you enjoy eating

SUMMARY:

Tailoring the nutritional advice to the unique health and social care needs of people affected by SCD is an essential part of enabling and empowering those individuals to Eat Well to Live Well!

Reference: