

## Nutritional Macronutrient Options

(Suitable for low-volume calorie-dense tube-feeds)

V.1 - Saturday, 29 October 2022

### Fat

(Always store according to the items directions. Dark glass helps retain nutrients and storage life. For better quality products look for (where applicable) Organic, grass fed, non-GMO, unrefined, pure, cold-pressed, extra-virgin, Australian made and Australian Produced goods.

- Coconut Oil (choose Unrefined organic where possible. Vegan friendly. This fat is a stable product higher in saturated fat than other nut and seed oils. Is more stable when heated compared to other fats and oils)
- MCT Oil (Helpful for achieving higher ketone levels for those following the ketogenic diet)
- Hemp Oil (good ratio of omega 3:6. Vegan friendly)
- Flaxseed Oil (best home made fresh or purchase fresh and use within a few weeks)
- Olive Oil (cold pressed Australian Olive Oil)
- Avocado (bulkier food and contains other macro-nutrients besides fat. Good source of omega 3 fatty acids)
- Butter (not suitable for dairy intolerant or sensitive stomach)
- Ghee (not suitable if dairy intolerant or sensitive stomach)

**Animal Fats** (closest to our fat composition, supposed to be better utilised by the body. Use organic, free range and grass-fed products where applicable and available. I currently use Tassie Tallow. They have online ordering, good range to choose and delivery is stress free). Making your own is easy and can be combined when making your own bone broth.

- Lard
- Dripping
- Tallow

### Carbohydrate (choose organic, fresh, and good quality when possible.)

#### Juice

- Non-Citrus (some better suited to these juices and can react to citrus fruits)  
Prune, Pomegranate, Banana, Mango, Apple, Pear, Guava
- Citrus (can be problematic for some people, higher acidity can affect other ingredients, helpful to break down fats)  
Pineapple, Orange, mandarin

#### Natural Sugar

- Honey – Australian, organic, (use Manuka, cinnamon, hemp oil for sore throats, fever and cold/flu. Manuka is also used to help heal wounds and combat infection.
- Molasses, rice bran, agave and monk fruit

## Starchy Carbohydrate

- Banana Flour (high in potassium – high potassium levels are not desirable so limit amounts and seek professional advice to determine suitability), starchy carbohydrate, Starch resistant when consumed cooled, helpful for diabetes and weight management
- Wheatgerm, Buckwheat

## Protein

**Collagen** provides the highest protein concentration with lowest volume. It mixes / disguises well, absorbs easily and is able to be added to most foods and ingredients.

- Beef Collagen – Australian and New Zealand Collagen. Made From beef Gelatin. Easily digested.
- Marine Collagen – choose quality ingredients. Most expensive and sourced from Scandinavia. Easiest of all collagens to disguise from fussy eaters.
- Vegan Collagen – must be manufactured as no vegan friendly collagen exists in nature. Nutraviva Australian company. (Buy from them direct or through Anjelstore).

**Protein powder** requires more digestion to break down and absorb the product. Some forms are less tolerable and have lower concentrations of protein due to the fat and carbohydrate components usually included.

- Dairy (Whey) protein
- Soy protein

## Vegan friendly Protein

- Hemp Protein
- Pea Protein – can be hard to digest for some
- Brown rice protein

## Recommended Stores and Brands

Hemp foods Australia. [www.hempfoods.com.au](http://www.hempfoods.com.au)

Tassie Tallow <https://tassietallow.com.au/>

Nutraviva <https://nutraviva.com.au>

Gelatin Australia <https://www.gelatinaustralia.com.au/>

Angel Glow Collagen <https://www.angelglow.com.au/>

\*\*This information is to provide ideas however some of these foods may not be suitable for your needs. If you are not sure about an ingredient, always speak to a trusted health professional.

Thank you.

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