

IBMPFD Fatty Acid Dietary Suggestions

All persons should try to have a healthy diet, with the proper quantity and balance of all food groups. This is particularly true for those of us with IBMPFD, not only should we have a good diet for normal health, especially maintaining a proper weight, additional nutritional factors may slow the degeneration rate of the disease.

There is research work underway to identify and quantify some of these factors. Initial research has demonstrated that fatty acids, e.g., Omega-3, 6, 9, at some higher than normal quantity in some ratio can slow some of the muscle atrophy. Many fatty acids cannot be synthesized by the human body and must be ingested. Other than balancing the ratio of Omega-3 to other fatty acids, there is little specific data on the optimal dosage as a function of body size and need.

Specific acids that appear to help are C18: 1 ω 9 Oleic and C18: 2 ω 6 Linoleic.

A good source of natural Oleic Omega-9 acid is olive oil. Olive oil has other very good health properties and should be used when cooking vegetables or making a salad. Other sources include peanut, pecan, and sesame seed oils.

Sources of natural Linoleic Omega-6 acid include safflower, sunflower, peanut, soybean, and walnut oils. Eating soybeans, sunflower seeds, walnuts, pistachios, or peanuts provide this nutrient.

Cooking with olive oil, e.g., the Mediterranean diet, has been shown to have numerous health benefits. Regular olive oil mixed with seasonings provides an excellent way of simmering broccoli, asparagus, Brussels sprouts, green beans, squash, and leafy vegetables such as spinach and swisschard. Extra virgin olive oil makes an excellent salad dressing (with seasoning and vinegar) for mixtures of lettuce, spinach, cucumbers, tomatoes, celery, and carrots.

Soybeans, in the shelled form, are a good ingredient for soups, stews, and salads. Soybeans, in the cooked unshelled form with seasoning, i.e., Edamame, are an excellent snack. Pistachios, walnuts, peanuts, and sunflower seeds are good snacks. Walnuts and sunflower seeds can be added to salads.

As your regular diet may not contain enough of the fatty acids, there are supplements. Flax oil supplements, although primarily to increase the ratio of Omega-3 acids, include significant quantities of Oleic and Linoleic acids.

For those of us with IBMPFD, a healthy diet is more important than for others, both for our life and our caregivers. Fortunately, Oleic and Linoleic acids are readily available and part of a healthy diet. Rather than eat too much, even if good for you and tastes good, a pill supplement may be appropriate in order not to gain weight with the IBMPFD imposed sedentary life style.

As an example, my wife is an excellent cook, who uses a lot of olive oil with our vegetables (which I like) and salads. In addition, I take four flax oil tablets per day, each containing 540 mg of Alpha-Linolenic Acid Omega-3, 132 mg of Linoleic Acid, and 132 mg of Oleic Acid. The supplements are about the recommended amount for a healthy person my size, e.g., 6'3" and 215 pounds, with a normal diet to have the proper ratio of Omega-3 to keep the cholesterols (LDL, HDL) at the proper levels.