

A 'right diet' for Down Syndrome?

- Nutritionist in Sydney CBD
- 4 children
- I do/don't like seafood



Get in touch



@nickyclarknutrition
/nickyclarknutrition





Part 1.
What the
research
says?

Part 2.
What should
we do?



Part 1. What the research says?

- Limited research on DS
- Very limited research on diet and DS
- Mostly low quality
- Rate is slowing



PubMed®



National Library of Medicine
National Center for Biotechnology Information

The research doesn't tell us much

- 13 quality research papers
- Supplements, not food
- Small studies on children



Summary of the 13 'quality' studies

No.	Year	Food or supplement?	Who	Findings
1	2022	ECGC	70 DS children	No differences cognition
2	2014	Vitamin E, ALA	93 DS children	May improve oxidative stress
3	2013	Ca, exercise	48 DS children	Improved bone health
4	2013	Nutrition & exercise education	21 overweight DS adolescents	Improved weight loss
5	2011	Vitamin E, Vitamin C, ALA	53 DS adults	No differences cognition
6	2008	Se, Zn, vitamins A, C, E, B9	156 DS infants (<7mths)	No differences cognition
7	2006	Vitamin D, Ca	23 institutionalised DS adults	Improved bone health
8	2002	Review	11 trials with 373 DS people	No differences
9	1997	Exercise	16 DS adults	No differences
10	1983	Multivitamin	20 DS children	No differences
11	1983	Multivitamin	24 DS children	No differences in IQ/vision/motor/behaviour
12	1983	Multivitamin	Unknown	'Failed'
13	1983	Not accessible	-	-

Conclusion: No 'right diet' for people with Down Syndrome

- Gluten free?
- Dairy free?

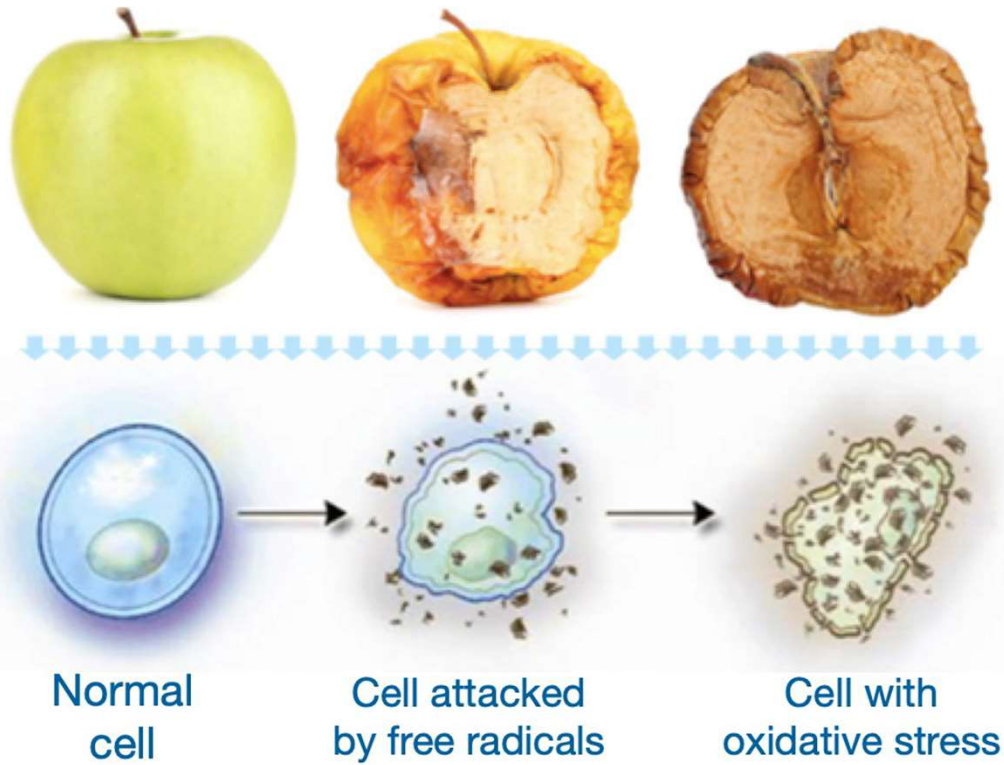


If we dip deeper...and follow the money



7 out of the 13
quality research
papers studied
antioxidants

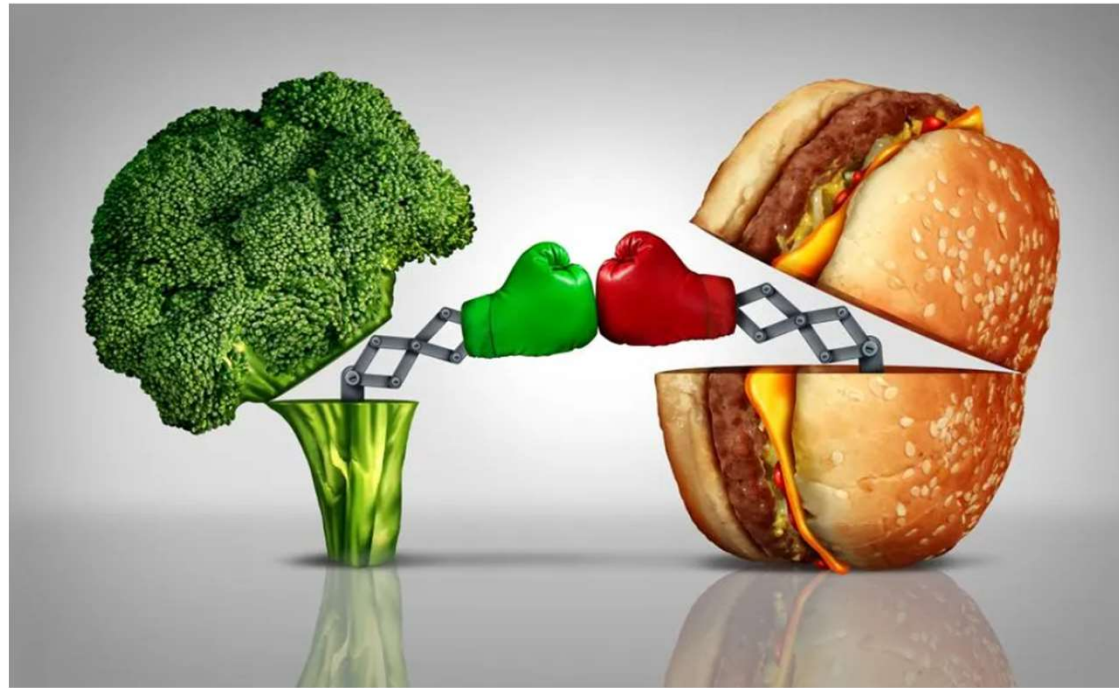
What are antioxidants?



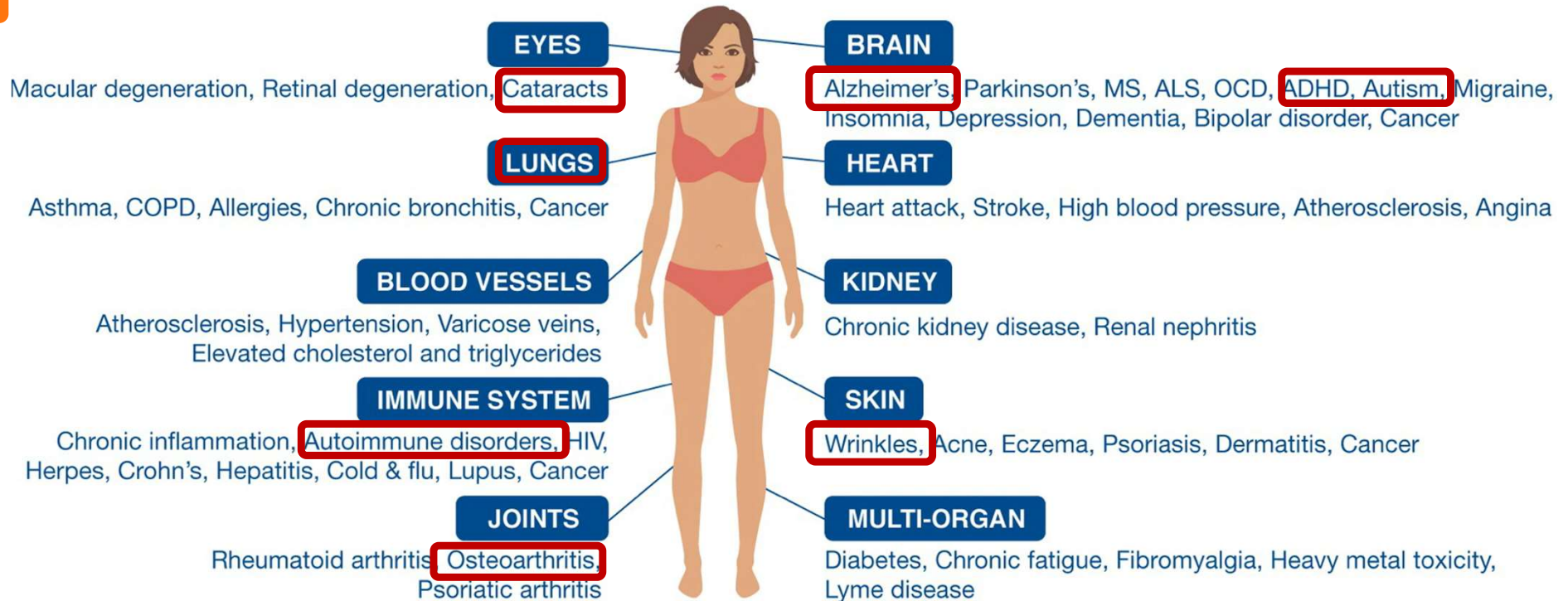
Antioxidants counter oxidative stress


 **Good guys
= antioxidants**

**Bad guys =>
oxidative stress**



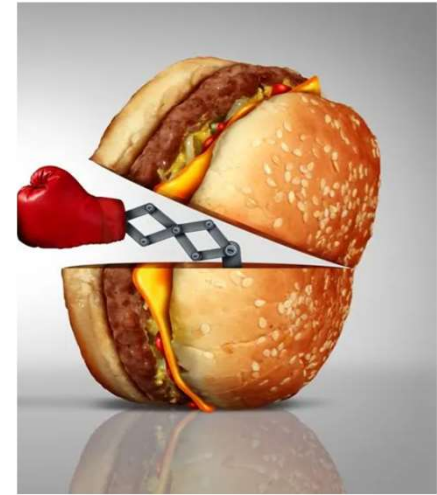
High levels of oxidative stress in people with Down Syndrome





Part 2.
What should
we do?

Balance oxidative stress



 **Good guys**

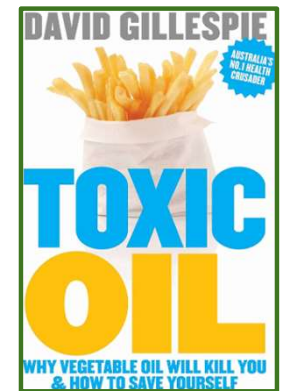
 **Bad guys**

Lower oxidative stress

- Sugar
- Refined carbohydrates
- Damaged fats / oils
- Alcohol

Non-food sources

- Sunburn
- Smoking
- Pollution



 **Bad guys**

Increase antioxidants

1.



2.



- Zinc
- Selenium
- Others

↑ Good guys

Specific nutrients to make antioxidants

ZINC

Two serves
each day
(10mcg)



1 oyster



3 chicken
breasts



200g
steak



8 tbsp pumpkin
seeds



2.5 cups
chickpeas

- Zinc in DS
- Thyroid
- Tricky

SELENIUM

One serve
each day
(70mcg)



1 nut*



4 x whole
bread*



3 oysters



110g
tuna



3 eggs



1 chicken
liver

- Thyroid
- Soil quality
- Seafood

Summary: balance oxidative stress



Good guys



Bad guys



Closing

- Don't give up on foods
- Be hungry
- Fun & enjoyable
- Familiar



Practical ideas: egg pancakes



Egg pancakes



Scan for
recipe



Make it fun & familiar



Skewers



Sushi



Nut / seed
butters



Oyster
'nuggets'

Nutrient dense foods to include

 Sardines



Sardines on toast



Sardine dip



Chicken liver



Pate




Bolognese sauce




Want to learn more?

1. Watch my 90 minute talk on 'a right diet for DS'
2. Get my antioxidant recipes
3. Watch my sugar talk
4. Join my online Health Reboot program
5. Get in touch



NICKY CLARK
NUTRITION 

6-week Health reboot
a 6 week nutrition programme to get
back your energy and lose weight



Next programme starts
Tues. 30 July 2024
Register interest at
info@nickyclarknutrition.com



www.nickyclarknutrition.com/products/downsyndrome

Health Reboot: 6-week online program

*“Completely changed
the way I look at food
and meals.”*

*“Before- Overweight
and lacking energy.
Now- Needing to snack
less and consuming
better foods”*

NICKY CLARK
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Health reboot
a week nutrition programme to get
back your energy and lose weight



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*“Honestly I got so
much out of this I
don’t know how
to choose [what I
enjoyed most]”*

*“[Now]...much more
energy and better
mood”*

Special program for people with Down Syndrome – starts 10 Sept

6-week Health Reboot for Down Syndrome



Topics covered:

- Why it is important to eat well
- What a healthy plate looks like
- Identifying 'no foods'
- To snack or not to snack?
- The importance of sleep and exercise
- And more...

NICKY CLARK 
NUTRITION



What's included?

- 3x 60 minute online sessions at 7pm on Tuesday nights (10, 24 Sept, 8 Oct)
- Homework between session
- Limited to 10 places

Sign up at info@nickyclarknutrition.com, call 0487 660 161 or use QR code



Scan to book



Select 10th
Sept. date
when booking

Get in touch or come and say hi



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