

## Enjoy healthy eating

Young adults with 22q11.2 deletion syndrome (22q or 22q11.2DS) may experience low calcium levels, constipation, and/or problems with their weight. Healthy eating habits are therefore important.

### Tips for young adults

- Limit your intake of sugary drinks like pop, iced tea and juice. Drink these items only once in a while.
- Eat enough calcium. Add foods like low fat milk, cheese and yogurt, dark green leafy vegetables (such as broccoli, spinach, and kale), canned salmon (with bones) and almonds.
- Eat at least ½ cup (about the size of your fist) of fruits and/or vegetables with every meal.
- Drink about 4 glasses of water each day.
- Choose snacks that are natural and not processed. Unsalted nuts, fruits, raw vegetables, and low-fat yogurt are all great choices.
- Avoid “super-sizing” restaurant or fast food meals.

### Tips for caregivers

- Reward your young adults for healthy eating habits.
- Stock up on healthier snacks and leave them in visible, easy-to-reach places. Strive to limit the amount of unhealthy foods in your home.
- Involve your young adults in food shopping and preparation. They will be more likely to taste the final dish.
- Remember to model healthy behaviours. If you aren't eating it, neither will your young adults.



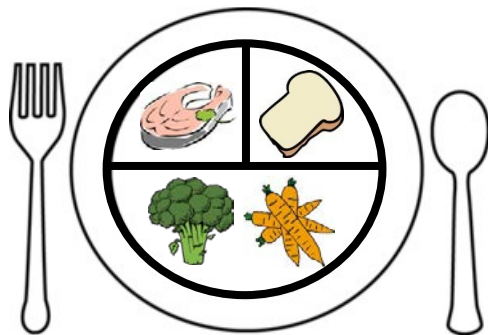
### Did you know...

- Healthy eating habits will help you feel good.
- Up to 80% of individuals with 22q have a history of low calcium levels, which can cause seizures.
- Soft drinks (“pop” or “soda”) contain ingredients that prevent calcium from being absorbed in our bodies.
- The high levels of sugar in pop can cause cavities and weight gain.

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## Healthy plate method

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- **1/2 your plate has vegetables.** Try to include at least 2 colours
- **1/4 of your plate has protein,** such as meat, fish, beans and lentils or tofu
- **1/4 of your plate has starch,** such as brown rice, whole wheat pasta or potatoes

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## Healthy eating and weight control check list

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Do you experience:

- Problems with appetite or cravings?
- Constipation or diarrhea?
- Weight gain?
- Heartburn?

If you answered yes to any of the above, you may benefit from nutrition counselling. Please talk to your doctor or dietitian about it.

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### Please contact us if you have any questions

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#### 22q Deletion Syndrome Clinic

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[www.sickkids.ca/CGenetics/What-we-do/22q-deletion-syndrome-clinic/](http://www.sickkids.ca/CGenetics/What-we-do/22q-deletion-syndrome-clinic/)

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This fact sheet was produced in collaboration with the **Good 2 Go Transition Program** at The Hospital for Sick Children. [www.sickkids.ca/good2go/](http://www.sickkids.ca/good2go/)

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Note: 22q11.2 deletion syndrome ("22q" or "22q11.2DS") has also been known as DiGeorge syndrome, velocardiofacial syndrome, and many other names. For more information, please visit [www.22q.org/awareness-events/awareness/same-name-campaign/](http://www.22q.org/awareness-events/awareness/same-name-campaign/).