

The Role of Nutrition in Children with Mitochondrial Disease

Nutrition plays a crucial role for children with mito for several reasons:



ENERGY PRODUCTION, GROWTH AND DEVELOPMENT

Proper nutrition provides the mitochondria with glucose and fatty acids needed to generate ATP. Proper nutrition is critical for regular growth and development. Nutritional deficiencies can worsen growth and developmental delays.

IMMUNE FUNCTION AND SYMPTOM MANAGEMENT

Proper nutrition can help bolster their immune defences. Children with mito may have compromised immune function, making them more susceptible to infections. Certain nutrients can help manage mito symptoms and mitigate oxidative stress.



MUSCLE FUNCTION AND BRAIN HEALTH

Protein is an important nutrient which supports muscle health and prevents muscle wasting. Proper nutrition, including essential fatty acids and vitamins, is crucial for supporting brain health and cognitive function.



METABOLIC STABILITY AND QUALITY OF LIFE

Regular and balanced meals can help maintain stable blood sugar levels and prevent metabolic crises. Good nutrition can help improve energy levels, reduce fatigue, and support physical and cognitive activities, leading to a better quality of life.



Check out our Guide “Navigating Nutrition: Dietary Management in Children with Mito.”