For ALS DIET and NUTRITION

1. Why diet and nutrition is important? 1 to 2 line
2. How much calorie intake for ALS patients?
3. 2 diet plans with meal breakup – 1 Veg and 1 Non-Veg
4. What should be a balanced diet for ALS? Should it be high carb, high protein
5. What Foods to avoid?
6. What are must-have foods? Multivitamins, fiber, anti-oxidants with examples
7. Why constipation is an issue for ALS patients ?
8. How to do dietary management of constipation?
9. PEG Feeding / Ryle’s tube – You can give details
10. Any web links that new patients should read ?