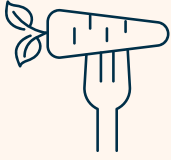




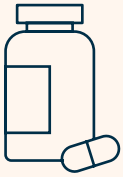
Nutrition for Parkinson's

The Brian Grant Foundation empowers people impacted by Parkinson's disease to lead active and fulfilling lives.



NUTRITION FOR PARKINSON'S OVERVIEW

Nutritious foods can help manage some of the common symptoms of Parkinson's and support healthy brain functions. While more evidence on the effect of diet on the progression of Parkinson's is needed, educating yourself about the benefits of a healthy diet is still important for your overall health and symptom management.



WHAT DO I NEED TO KNOW ABOUT DIET AND MEDICATIONS?

Before making changes to your diet, you should know that protein can interfere with the uptake of levodopa medications. For people taking levodopa, timing your protein intake around your medications may help them work better. If you aren't sure whether protein may interfere with your medications, or for advice on medication timing around meals, talk with your doctor.



WHAT ARE SOME NUTRITION RECOMMENDATIONS?

Plant-based, whole-food diets are healthy for everyone. For people with Parkinson's, loading up on vegetables, fruits, whole grains, legumes, nuts, and seeds can help manage symptoms and support a healthy lifestyle. Research suggests that the staples of a Mediterranean diet—which also includes fish and olive oil—may have benefits for people with Parkinson's. These foods can be incorporated into just about any cuisine.

The table below lists foods that you should try to include in your diet as often as possible (**More Is Better**) and foods that you should eat only occasionally (**Try To Limit**) to help maintain health.



MORE IS BETTER

- Fresh and frozen vegetables and fruits
- Nuts and seeds
- Fresh herbs and spices
- Healthy fats, like olive oil and avocado
- Whole grains
- Legumes
- Fish (not fried!)
- Tea

TRY TO LIMIT

- Processed foods
- Dairy
- Sugar, high fructose corn syrup
- Fried foods
- Refined grains
- Meat and animal fats



WHAT ARE SOME EXAMPLES OF “MORE IS BETTER” FOODS?

Below are some examples for choosing “More Is Better” foods, adapted from Dr. John Dudda’s “Wellness Prescription for People with Parkinson’s Disease.”

MORE IS BETTER

Fresh and frozen vegetables and fruits

Nuts and seeds

Fresh herbs and spices

Healthy fats

Whole grains

Legumes

Fish

Tea

TIPS & EXAMPLES

Dark leafy greens (spinach, romaine lettuce, kale, arugula); **cruciferous vegetables** (broccoli, cauliflower, cabbage, Brussel sprouts); **nightshade vegetables** (tomatoes, peppers, eggplant); **mushrooms**

Berries (blueberries, blackberries, cherries, goji berries, cranberries); **stone fruits** (plums, apricots, peaches, nectarines); **dried fruits** (prunes, dried apricots); **pears, oranges, watermelon, bananas**

Choose a variety of nuts and seeds. Good sources include: **almonds, walnuts, pistachios, cashews, pumpkin, sunflower, flax, chia.**

Choose a variety of fresh herbs and spices. Good sources include: **turmeric, pepper, cinnamon, cilantro, curry, oregano, basil, thyme, ginger, rosemary, nutmeg, and garlic.**

Olive oil. Use in salad dressings, marinades, and some cooking.

Whole grains have the entire grain kernel, which contains dietary fiber and other nutrients. Examples include **oatmeal, brown rice, quinoa, buckwheat, and barley.**

Legumes include **beans, lentils, and soy (tofu, miso, edamame, and tempeh).**

Good sources include **salmon** and small fatty fishes (**mackerel, anchovies, sardines**)

Tea without added milk or sugar contains a variety of nutrients. Try **green or black tea.**



WHAT NUTRIENTS ARE BENEFICIAL FOR PARKINSON’S?

Many nutrients are beneficial for Parkinson’s. One type of nutrient, called antioxidants, helps to reduce damage to cells and some evidence suggests they can reduce the risk of Parkinson’s. Plus, antioxidants are important for overall health. For these reasons, a diet high in foods containing antioxidants is essential for people with Parkinson’s. Antioxidants include flavonoids, vitamin E, beta-carotene and vitamin C. Good sources of these nutrients include leafy greens, berries, citrus fruits, and cruciferous vegetables. Fruits and vegetables that are dark blue, red, and purple are also high in a flavonoid called anthocyanins. These fruits and vegetables include berries, red cabbage, pomegranate, grapes, eggplant, black currants, and black plums.



WHAT ABOUT PESTICIDES ON PRODUCE?

Certain pesticides and herbicides are known to increase the risk of Parkinson's. Yet it's unclear whether these chemicals affect the progression of the disease once someone is diagnosed. Still, it's always a good idea to wash produce thoroughly before eating it. There are also organic options available at grocery stores and farmer's markets. You can also try growing your own produce! Gardening is a great activity for improving physical and mental health.



HOW CAN DIET HELP WITH THE SYMPTOMS OF PARKINSON'S?

Increasing your intake of fiber and water may help **constipation**. Try eating 30–40 grams of fiber (about one cup of legumes) and drinking 1–2 liters (6–8 glasses) of water daily for constipation. Fermented foods may also help with digestion because of their probiotics—helpful bacteria in the gut. Fermented foods include sauerkraut, kimchi, pickled herring, or kombucha. Prebiotics, which help good bacteria grow in our guts, can also help digestion. Prebiotics are found in high fiber, plant-based foods. Before you try a fiber supplement or laxative, speak to your doctor.

Sleep problems are common in Parkinson's and affect quality of life. Though there are many things involved in getting a good night's sleep, diet can help. Some studies have shown that a Mediterranean diet is associated with better sleep. There are also some things you should try to avoid before going to bed:

- Avoid caffeine in the afternoon and evenings so it won't keep you up at night.
- Avoid alcohol because it disrupts your sleep cycle, even if it makes you feel tired at first.
- Avoid eating too late so that you aren't still digesting at bedtime.
- Avoid spicy and fatty foods that can also give you indigestion.
- Limit fluids right before bed so that you aren't waking up to use the bathroom.

Problems with **chewing and swallowing** can lead to choking or breathing food and liquids into the lungs. A speech therapist can help with these dangerous conditions. Additionally, choosing foods that are easier to chew and swallow can help. ParkinsonNet's Dietetic Guideline for Parkinson's Disease (parkinsonnet.com/guidelines) can help you make decisions about what to safely eat. In general, liquids and soft and grinded foods can help with chewing and swallowing difficulties.



Get more nutrition information,
plus recipes and cooking videos, at

briangrant.org

