

PARKINSON'S DISEASE AND NUTRITION

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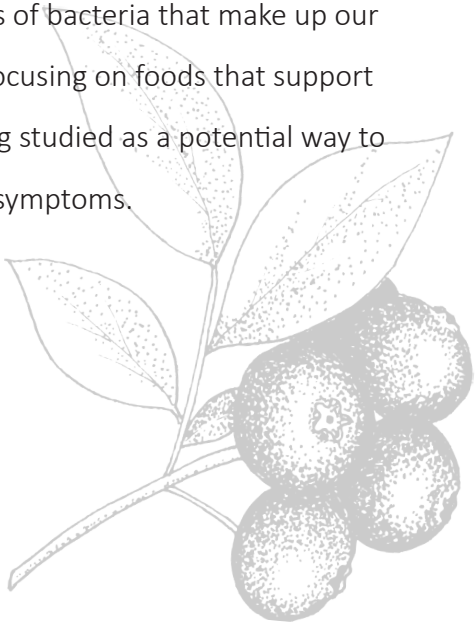
spectrum generations

There are many things about Parkinson's Disease (PD) that cannot be changed or controlled, however a healthy diet can help individuals live better with the disease. There is not one specific diet for PD, but your diet may impact some of your symptoms such as constipation and weight loss. The primary nutrition recommendation for PD is to have a balanced diet rich in fruit and vegetables. Fruit and vegetables contain anti-oxidants that help fight harmful bacteria in our bodies.

Diet recommendations focus on including healthy fats and whole grains as well as lean proteins. There is also ample emerging evidence that our gut health and brain health are connected. The gut is made up of trillions of bacteria that make up our gut microbiome. Focusing on foods that support a happy gut is being studied as a potential way to curb some of PD's symptoms.



NUTRIENTS OF INTEREST

Food Nutrients and Compounds of interest	Role	Food list
Anti-Oxidants 	Helps fight "Free Radicals" (harmful bacteria) In our body that cause disease and inflammation	**Fruit and Vegetables:** Berries, pomegranate, apples, artichokes, plums, kale, peppers, dates, mangos, olives, cabbage, beets , alliums, grapes, eggplant, pumpkin, spinach, broccoli, cauliflower **Legumes:** Pecans, walnuts, chesnuts, sunflower seeds, tofu, lentils **Other:** Coffee, dark chocolate, tea, red wine
Omega 3 Fatty Acids 	Found in the brain; helps to reduce inflammation in the body, supports brain health	**Seafood:** Salmon, herring, sardines, mackerel, trout **Nuts and seeds:** Flaxseeds, walnuts, chia seeds, hemp seeds **Oils:** Flaxseed, canola, soybean
Fiber 	Supports heart health, healthy blood pressure and cholesterol levels Help with constipation, inflammation and help booth immune function	**Whole grains products:** cereal, oatmeal, popcorn quinoa, wheatbran **Legumes:** Beans, lentils, peas, nuts, nutbutters, pumpkin seeds **Fruit and Vegetables:** potatoes, peas, spinach, berries, coconut, pear, beets, broccoli, brussels sprouts, carrots, cabbage, cauliflower, apples, banana
Anthocyanins 	Supports brain health, fights harmful "Free Radicals" in the body (including brain neurons)	**Blue and Red Foods:** Berries, eggplant, green tea, cabbage, radishes, cherries, acai, grapes, blackcurrant

COMMON PD SYMPTOMS AND NUTRITION IMPLICATIONS

Symptoms	Nutrition Needs	Foods and Lifestyle Patterns
Constipation	Fiber Probiotic Foods Prebiotic Foods Hydration	**Fruits** with skin such as kiwis, apples and pears, prunes, bananas, dates, figs, berries and apricots **Veggies** such as radishes, broccoli, cauliflower, Asparagus, garlic, onions **Whole grains:** oats, quinoa barley and also flaxseeds **Probiotics:** Kombucha, yogurt, tempeh, kefir Eight glasses water/day
Weight Loss	Increased calories, higher fats, protein	poultry, beef and seafood Coconut, avocado, eggs Protein shakes such as Ensure, Fairlife Smaller more
Dysphagia or trouble swallowing	Soft or thickened liquids	**Swallow safety strategies:** Cutting foods into small pieces and using gravy or broth to soften Working with speech language pathologist for exercises

Diets for PD

Research has not shown that any specific diet can slow the decline of PD or ease all of the symptoms. Parkinson's is different for every individual, so each person may benefit from different regimens.

The right diet for those with PD is not about following strict rules but an overall pattern that supports health. Below are some diet patterns that are currently being researched for PD:

MEDITERRANEAN DIET

Heart Healthy approach that emphasizes a predominately plant based diet rich in colorful fruits and vegetables, beans, whole grain, healthy fats, fatty fish and meats and sweets in moderation. Research has linked this diet to decreased risk of PD and many recommend this diet for possible benefits on memory, but no direct research has been proven at this time.

MIND DIET

This approach combines different aspects of the Mediterranean and DASH Diet (dietary approach to stop hypertension). This diet has been associated with lover rates of PD and Alzheimers.

General principals of diet:

- At least 6 servings of leafy greens per week
- At least 1 serving of other vegetable per day
- Two or more serving of berries per week
- 3+ servings of whole grains/day
- 5+ servings of nuts per week
- 4+ servings of beans per week
- 2+ servings of poultry per week
- 1+ meals of fish per week
- Using mainly olive oil as primary fat source
- Less than 5 servings of sweets per week
- Less than 4 servings of red meat per week
- Less than 1 serving of cheese per week
- Less than 1 tablespoon of butter per day

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Kirsten is excited to be offering **1:1 nutrition counseling** through Spectrum Generations at no cost to you. If you are interested in learning more about how diet can improve your overall health and wellbeing, **feel free to call or email.**

To schedule 1:1 nutritional counseling or get more information:

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