



# Nutrition for Living Well with Parkinson's

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The Victory Summit<sup>®</sup>: Parkinson's Support Symposium | April 24, 2020

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### **Nutrition Topics to Consider**

- Healthy Eating Pattern
- Food/Medication Interactions
- Digestion/Motility
- Hydration
- Bone Health
- Weight Management
- Swallowing Difficulty





# **Mediterranean Diet**

- Plant-based, may be neuroprotective/improve cognition
- Possibly reduce risk and slow progression of PD

### **Fruits and vegetables**

- Antioxidants/phytochemicals, prebiotics
- High fiber, hydrating, variety

### **Omega-3 fatty acids** (anti-inflammatory)

- Sources: fish (2-3 servings/week), nuts/seeds (flaxseed, chia seeds, walnuts); Healthy fats!!















# **Food/Medication Interaction**



• Levodopa (ex: Sinemet®)

- Competes with protein for absorption in the small intestine

• Take 30-60 minutes before or at least 60 minutes after a meal

\* Make a meal plan!

• Take with a low protein snack to prevent nausea

-Fruits, vegetables, grains (ex: crackers/fruit)





# **Sources of Protein**

- <u>High protein foods</u>
  - Eggs
  - -Beef
  - -Poultry (chicken, turkey)
  - -Fish/Seafood
  - -Pork
  - -Dairy (milk, yogurt, cheese)
  - -Legumes, nuts, seeds, soy







## **How Much Protein Do You Need?**

- Divide your body weight in half
  - -Ex: 150 pounds/2= 75 grams protein
- Evenly divide protein between meals
- Portion size with meals
  - Palm of hand



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# **Bowel Motility**

- Constipation (< 3 bowel movements in a week)
- Possible causes
  - -Degeneration of nerves in the GI tract (slows movement)
  - Certain medications
  - -Not drinking enough water/fluids
  - -Low fiber diet







### **How to Treat Constipation**

### <u>25-35 grams of fiber per day</u>

- -Soaks up water and adds bulk
- Exercises intestinal muscle
- \* Include a fruit and/or vegetable each meal

### Sources of fiber

- Fruits, vegetables, beans, nuts, seeds,
  - "whole" grains
- Supplement if needed (discuss with physician)

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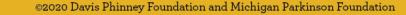




# **<u>High Fiber Foods</u>**

<ul> <li>Whole-wheat pasta, cooked</li> </ul>	l cup	4.0 g
<ul> <li>Apple with skin</li> </ul>	l medium	4.3 g
• Bran flakes	l cup	7.0 g
• Almonds	<sup>1</sup> ⁄4 cup	3.4 g
<ul> <li>Black beans, boiled</li> </ul>	l cup	15.0 g
<ul> <li>Black beans, boiled</li> <li>Raspberries</li> </ul>	<b>l cup</b> l cup	<b>15.0 g</b> 8.0 g
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# Strategies to try

- Keep a log of water intake (48-64 ounces per day)
- Limit caffeine (16 ounces per day or less) and alcohol
- \* Carry a water bottle with you



- Relieves constipation
- Limits dry mouth
- Prevents low blood pressure (dizziness, falls)











## **Bone Health**

- Osteoporosis is more common in PD
- Goal to have strong bones and prevent fractures

<u>**Calcium</u> (1,200 mg/day)- milk/milk products, dark green</u> vegetables, fortified cereal/orange juice/almond or soy milk)</u>** 

<u>Vitamin D</u> ("sunshine vitamin" 600-800 IU/day)- milk/milk substitutes, fatty fish- salmon, tuna, mackerel \* may need supplement

<u>Magnesium</u> (310-420 mg/day) dark green vegetables, beans, nuts, peas, whole grains

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# Weight Management

- <u>Unintended weight loss</u>
  - Decreased appetite, nausea, feeling full/bloated, loss of smell/taste, swallowing difficulty, tremor
  - Effects immunity, muscle mass, nourishment

### <u>Strategies to try</u>

- \* Eat small meals and snacks
- Add seasonings, meal replacement shakes, healthy fat, ginger tea
- Take medication with food to prevent nausea
- Uses adaptive utensils if needed

(Consult occupational therapy for individual guidelines)





### Weight Management (cont.)

### Unintended weight gain

- Compulsive eating, decreased activity

### <u>Strategies to try</u>

- Eat small meals and snacks, use small plates/bowls
- Practice mindfulness
  - -Remove distractions (TV, cell phone)
- \* Slow down: put utensil down between bites
- -Stay active





# **Swallowing Difficulty**

- Mindfulness: slow down while eating
- Sit upright, avoid much conversation
- Dining out: finger foods, omelettes
- \* Review menus ahead of time
- Eat one food at a time
  - Avoid mixing foods in your mouth
  - Choose soft foods with sauces added
  - Caution with long noodles, mixing mediums (broth, vegetables)

### (Consult speech therapy for individual guidelines)

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# **Research Topics**

- <u>Coffee</u>
  - Possibly neuroprotective (may decrease risk and onset)
  - -Antioxidants (quercetin)
  - -No specific amount recommended
  - May decrease daytime sleepiness



### Green and black tea

- Possibly neuroprotective/antioxidants (may decrease risk and onset)
- -Studies show benefits with 2 cups per day





### <u>Summary</u>

- Enjoy a healthy diet!!
- Eat mindfully
- Focus on fiber
- Hydrate often
- Avoid food/medication interactions
- Stay active





### **Resources**

• "Manage Parkinson's Disease Through Diet & Nutrition" and "The Role of Certain Diets for People with Parkinson's Disease"

www.apdaparkinson.org

• "Parkinson's Disease: Nutrition You Can Live With!"

www.nutritionucanlivewith.com

- Eat Well, Stay Well with Parkinson's Disease and Cook Well, Stay Well with Parkinson's Disease
  - By Kathrynne Holden MS, RD
- "Parkinson's Disease: Nutrition Matters" & Ask About Nutrition Forum

www.parkinson.org

http://forum.parkinson.org/index.php?/forum/6-ask-about-nutrition/

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