



Nutrition for Living Well with Parkinson's

Patina Warinner, RD, LD

Clinical Dietitian

OhioHealth: Delay the Disease

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

- **High protein foods**
 - 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



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

- **25-35 grams of fiber per day**
 - 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)



High Fiber Foods

• Whole-wheat pasta, cooked	1 cup	4.0 g
• Apple with skin	1 medium	4.3 g
• Bran flakes	1 cup	7.0 g
• Almonds	¼ cup	3.4 g
• Black beans, boiled	1 cup	15.0 g
• Raspberries	1 cup	8.0 g
• Broccoli, boiled	1 cup	5.1g
• Brussel sprouts, boiled	1 cup	4.1g

Hydration

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

- 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



Bone Health

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

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

Vitamin D (“sunshine vitamin” 600-800 IU/day)- milk/milk substitutes, fatty fish- salmon, tuna, mackerel * may need supplement

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

Weight Management

- Unintended weight loss

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

- Strategies to try

- * 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

- Strategies to try
 - 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)

Research Topics

- Coffee

- 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

Summary

- 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 Kathryne 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/>