

Navigating Parkinson's Nutrition

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Outline

- Hydration
- Nutrition
- Constipation
- Protein

#1 Hydration

Eat your water



Massa's.nutriclub

Water Content of Foods

Percentage	Food item
100%	Water
90%-99%	Fat-free milk, cantaloupe, strawberries, watermelon, lettuce, cabbage, celery, spinach, pickles, squash (cooked)
80%-89%	Fruit juice, yogurt, apples, grapes, oranges, carrots, broccoli (cooked), pears, pineapple
70%-79%	Bananas, avocados, cottage cheese, ricotta cheese, potato (baked), corn (cooked), shrimp

Water Content of Foods

Percentage	Food item
60%-69%	Pasta, legumes, salmon, ice cream, chicken breast
50%-59%	Ground beef, hot dogs, feta cheese, tenderloin steak (cooked)
40%-49%	Pizza
30%-39%	Cheddar cheese, bagels, bread
20%-29%	Pepperoni sausage, cake, biscuits
10%-19%	Butter, margarine, raisins

Water Content of Foods

Percentage	Food item
1%-9%	Walnuts, peanuts (dry roasted), chocolate chip cookies, crackers, cereals, pretzels, taco shells, peanut butter
0%	Oils, sugars

#2 Nutrition

	Greens	Veggies	Berries	Nuts	Olive oil
EAT					
					
	Whole grains	Fish	Beans	Poultry	Red wine
LIMIT					
	Butter	Cheese	Red meat	Fried foods	Sweets

MIND Diet

- Each unit increase in MIND score associated with a **13% reduction** in the rate of developing Parkinsonism (out of 15 points)

- **Partial** Diet Compliance:

30% ↓↓ risk

- **Complete** Diet Compliance:

42% ↓↓ risk



2024

#3 Best Diet Overall

Morris MC Tangney CC et al. (2015)

MIND Diet

- **Women** aged 65 and older:
 - associated with delayed onset of PD up to 17 years

Greek Mediterranean Diet

- **All men:**
 - Associated with delayed onset of PD of up to 8 years

Metcalfe-Roach et al (2021)

MIND Diet

Every day

- **3 servings of whole grains** (1 serving = 1 ounce of pasta, or ½ cup of oatmeal) Look for the whole grain label.
- **1 serving of vegetables** (1 serving = 1/2 cup cooked or 1 cup fresh vegetables)
- **1 glass of wine OR purple grape juice, more is *NOT* better!** (1 glass = 5 oz = 2/3 cup)

Most days

- **Leafy green vegetables** (1 serving = 1 cup) Best sources: lettuce, kale, spinach, collard greens, broccoli and Brussels sprouts.
- **Nuts** (1 serving = ¼ cup = 1 small handful)

Every other day

- **Beans and legumes** (1 serving = ½ cup) Low in cost and rich in nutrients.

Twice a week

- **Poultry** (1 serving = 3 oz) Skinless breast is the healthiest.
- **Berries** (1 serving = 1 cup)

Once a week

- **Fish** (1 serving = 3 oz) High in omega-3 and vitamin D.

Extra Virgin Olive Oil
As main source of
cooking

MIND Diet

**No more than
once a day**

- **Butter or margarine** (1 serving = 1 tablespoon)
Substitute olive oil as your primary cooking fat.

**No more than
4 times a week**

- **Pastries, sweets** (1 serving = 2 cookies =
1 cupcake = 1 snack-size candy bar)

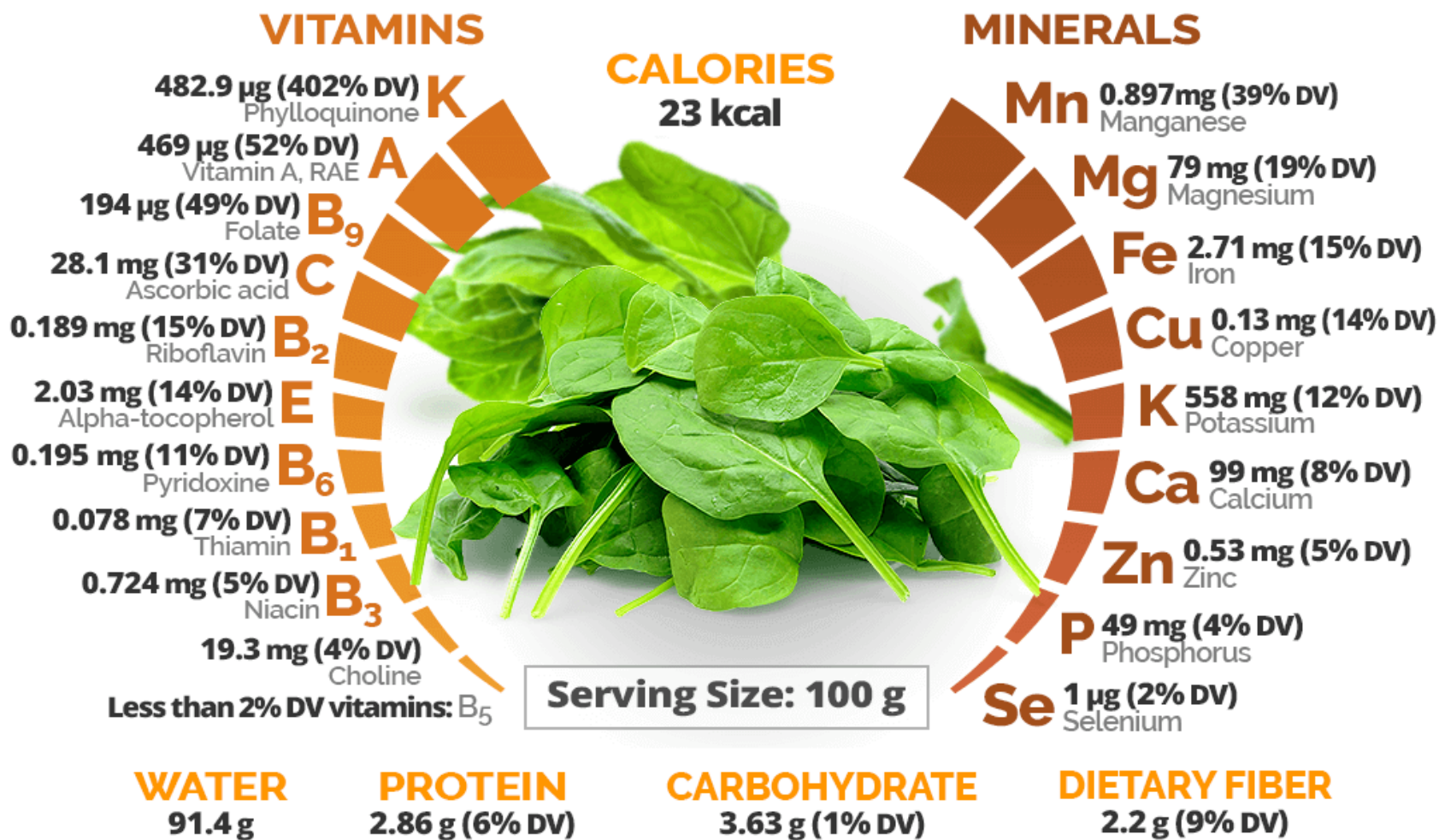
**No more than
3 times a week**

- **Red meat** (1 serving = 3 oz)

**No more than
once a week**

- **Whole-fat cheese** (1 serving = 1 oz)
- **Fried foods**

Spinach Nutrition



Sources: USDA National Nutrient Database
Average Daily Values reference: NHI Dietary Supplement Label Data Base

HerbaZest

5 BENEFITS OF WILD RICE

1

PROTECTS AGAINST DISEASE

As a high-antioxidant food, wild rice is able to fight chronic diseases, such as coronary heart disease, stroke and potentially even some forms of cancer.

2

MAY HELP REDUCE BIRTH DEFECTS

The folate in wild rice promotes and healthy pregnancy and can lower the risk of birth defects.

3

STRENGTHENS BONES

The phosphorus content helps eliminate the weakness of bones and reduces the risk of stress fractures.

4

BOOSTS ENERGY LEVELS

Magnesium is known to boost energy levels and improve performance during physical activity, and wild rice is rich in magnesium.

5

IS GLUTEN-FREE

Wild rice is naturally gluten-free, so it's safe to consume for those with gluten intolerance or celiac disease.



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every victory counts.

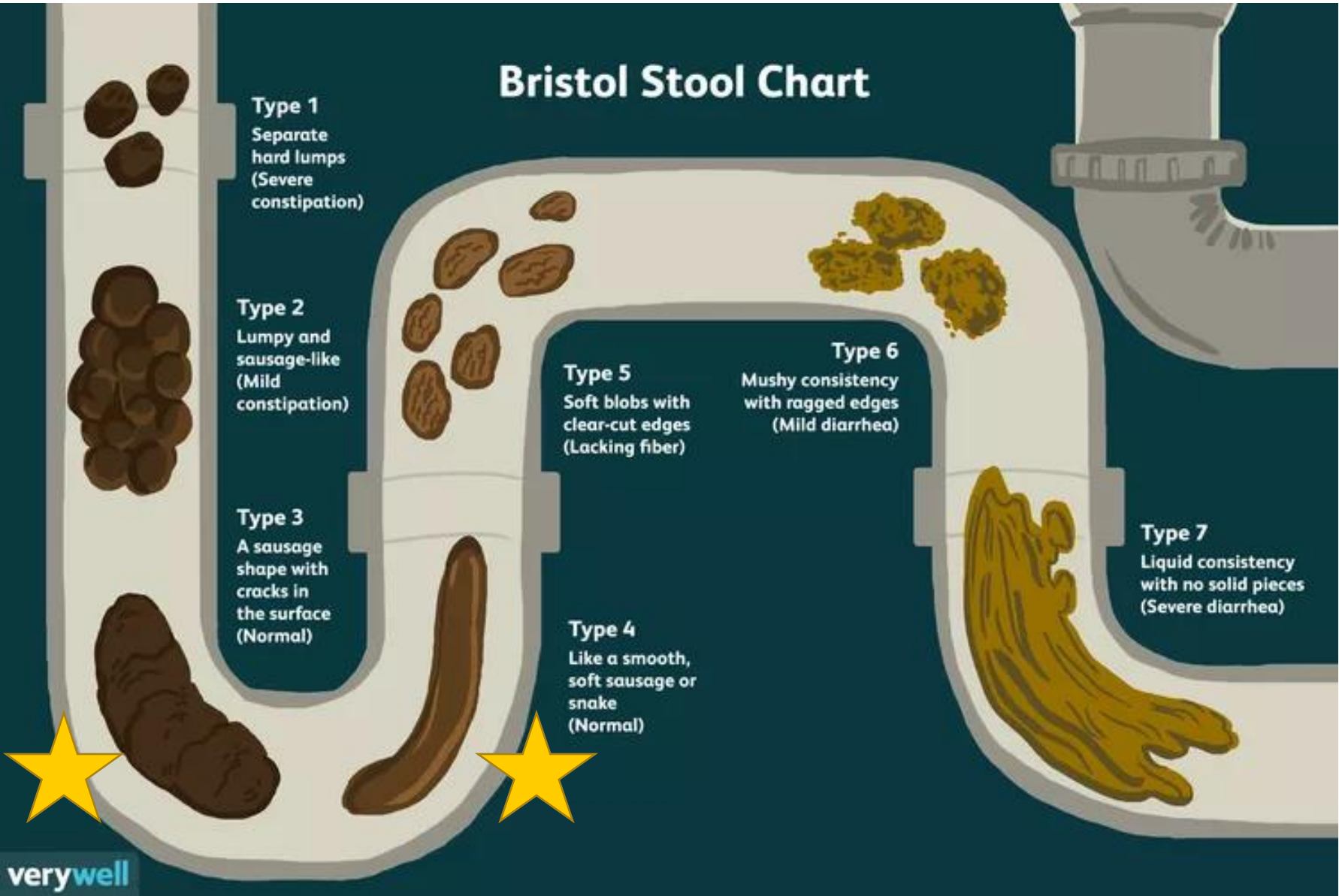
#3 Constipation

Constipation and Parkinson's Disease

- 70% of people have GI issues
- Prevalence of constipation as high as 60%
- Nervous system control of the gut slows, gut function slows and constipation results
- Impaired neurological control of the rectum and anus, which may cause straining and incomplete emptying



Bristol Stool Chart



Constipation and Overflow Diarrhea



Normal Stool
in Rectum



Chronic constipation
Large stools can get stuck in the colon and cause more stool to back up



Fecal impaction with overflow diarrhea
Hard stool can become impacted in rectum. Liquid stool then spills around, leading to soiling without sensation

From: [Overflow Diarrhea: Understanding and Managing It \(pooped.org\)](https://pooped.org/overflow-diarrhea/)

CONSTIPATION WORKSHEET

Digestive health and specific problems, like constipation, can be improved through dietary and lifestyle changes. Check the items listed on this worksheet to indicate actions you can take to improve your constipation. Discuss any problems that may persist with your doctor.

Dietary Changes

- Drink at least eight cups of fluid per day.
- Be sure you are eating 20–30 grams of fiber per day. Good examples are prunes, pears, nuts, grains, ground flaxseed and bran.
- Eat a well-balanced diet with plenty of fruits, vegetables, multigrain breads and cereals. Eat smaller meals several times per day, rather than three large meals.
- Avoid high-sugar foods and snacks.
- Choose high-fiber bread (>5 grams fiber) instead of refined white or wheat bread.
- Try homeopathic herbal teas blended to help relieve constipation.
- Try drinking a caffeinated warm beverages with earlier meals, but avoid carbonated beverages if bloating is a problem.

CONSTIPATION WORKSHEET Cont.

Lifestyle Changes

- Exercise! At least take a walk daily, if possible. A physical therapist can help you get started with an exercise routine that's right for you.
- Try to maintain good posture while doing cardio or strengthening exercises.

Medication Recommendations

(Note: talk to your doctor before beginning)

- Stool softeners once or twice a day can help. You can also try a stool softener with a stimulant if you experience moderate to severe constipation.
- Glycolax powder (like Miralax) can be purchased over the counter and is very effective, has few side effects and can be used daily if needed.
- Consider taking once-a-day supplements, such as fish oil, flaxseed oil or magnesium.
- Avoid excessive use of fiber supplements such as Metamucil or Citrucel as they can sometimes worsen constipation and lead to obstruction.



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#4 Protein

Protein and Levodopa

- Are absorbed by the same transporter in the gut
- May have an affect on medication absorption
- Many people do not notice a difference
 - Start paying more attention if medication response is less predictable
- Do NOT over restrict diet!



If you Think Protein IS affecting medication

- Create a Protein timing plan:
 - Take meds 30-60 minutes before or 1-2 hours after eating
 - If meds cause nausea eat carbohydrates with meds
- Include more carbohydrates than protein at each meal
- Check if animal-proteins effect your meds more than plant-based proteins

Foods to Eat For a Healthy Brain:



Carrots



Pumpkin Seeds



Figs



Almonds



Edamame



Apples



Avocados



Cacao Beans



Bananas



Berries



Hemp Seeds



Broccoli



Millet



Squash



Flax Seed



Black Beans



Spinach



Mushrooms



Sweet Potatoes



Olives



Walnuts



Coffee Beans



Oranges



Chia Seeds



Coconut



Collard



Quinoa



Wild Rice



Romaine



Chickpeas



Chard



Teff



Lentils

Nutrition Action Steps

- Meet your Hydration needs through food and fluids every day**
- Aim to add 1 or 2 new food items from the MIND diet**
- Pick one food to Limit from the Avoid List of the MIND diet**
- Get enough protein each day!**
 - Only adjust if needed**

Questions??

