



**Parkinson's Disease Nutrition**

**You Are What You Eat**

# We Teach Food!

- Nutrition Consults
- Cooking Classes
- Meal Delivery Service
- Community Events; Lectures, Potlucks, Dinner Parties

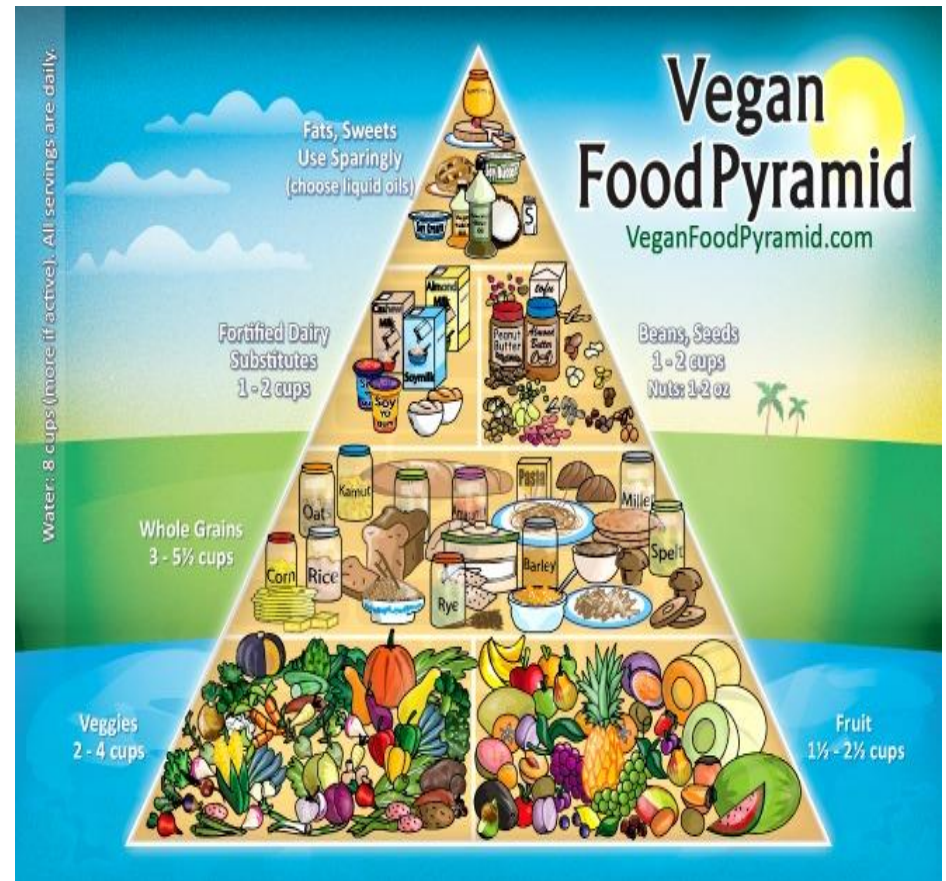
# What is the best diet for Parkinson's?

The most recent research on Parkinson's and diet shows there are several benefits to a plant-based diet with **no known negative effects**

<http://nutritionfacts.org/2013/08/29/treating-parkinsons-disease-with-diet/>

# Plant Based Diet

- Consists of fruits, veggies, grains, nuts, seeds
- No meat, fish or dairy
- High in vitamins, minerals, antioxidants, **fiber**
- High water content
- Naturally helps with constipation



# Foods to Limit (or avoid)

- ▶ **Dairy:** Milk, cheese, butter, ice cream, yogurt
- ▶ **Processed foods:** Frozen dinners, canned meals, instant foods, margarine
- ▶ Foods high in sodium and sugar
- ▶ **Sugar substitutes:** Splenda, Equal, Sweet N Low

These foods contain chemical ingredients, can cause health issues and deplete your body of the vitamins and nutrients it needs

# Try:



Dairy-free milks- Milks made from almonds, soy, hemp, oat, flax, cashews, coconut or macadamia nut



Dairy-free yogurts- There are several dairy-free yogurts on the market



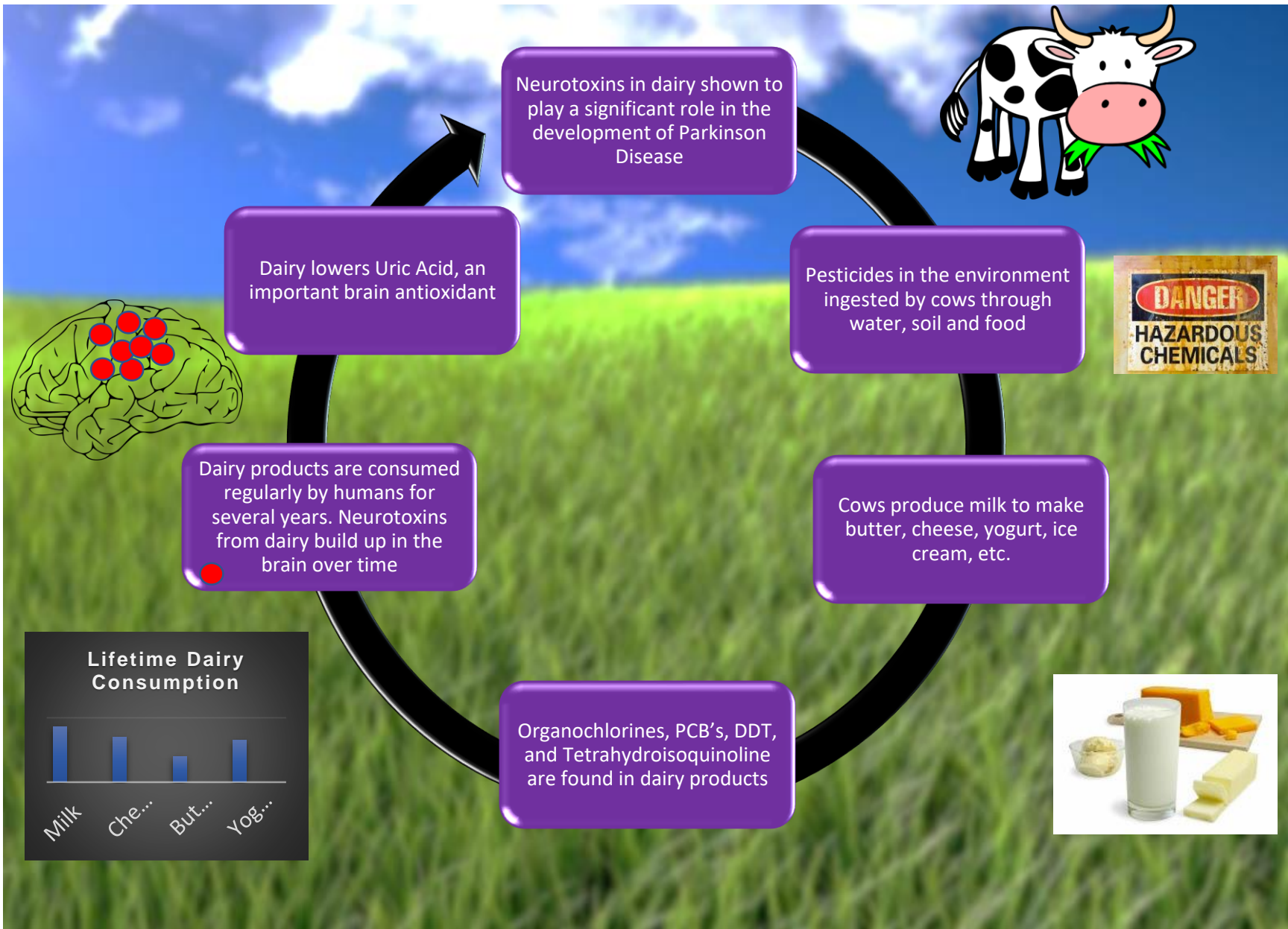
Dairy free ice cream, yogurt, butter and cheese



Fresh fruits and veggies



Raw sugar, honey, maple syrup, Stevia or Swerve



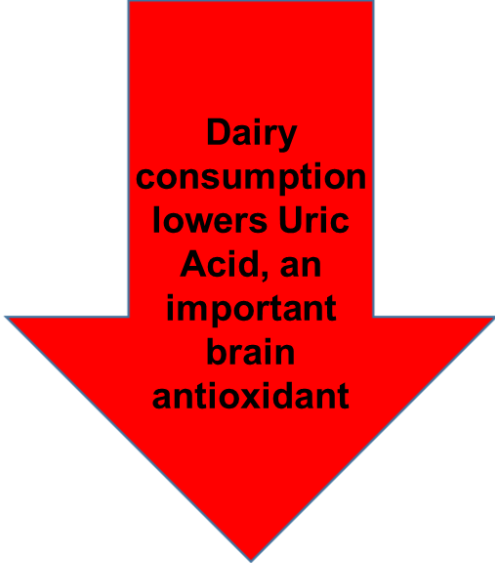
**Neurotoxins** -Neurotoxins are substances that are poisonous or destructive to nerve tissue. Neurotoxins are an extensive class of exogenous chemical neurological insults that can adversely affect function in both developing and mature nervous tissue.

**Organochlorines** – A class of compounds with a similar chemical structure that persist in the environment and in the bodies of humans and other animals long after their use such as **PCB's & DDT**, both found in the brains of Parkinson patients AND in dairy.

**Tetrahydroisoquinoline** - Parkinsonism-related toxin found predominantly in cheese. Although the amounts of this neurotoxin is low, the chemical may accumulate in the brain over long periods of consumption resulting in the brain damage associated with Parkinson's disease.

**Galactose** - Sugar in milk. Can cause damage to the brain if unable to detoxify

**Uric Acid** – An important brain antioxidant that protects nerve cells against the oxidative stress caused by pesticides. May also slow the progression of Parkinson's. **Milk lowers blood levels of Uric Acid.**



Dairy  
consumption  
lowers Uric  
Acid, an  
important  
brain  
antioxidant



# Foods to Increase

**Antioxidants-** Antioxidants protect the cells from oxidative damage. Some of the benefits of consuming antioxidant rich foods include:

- ▶ Slower aging
- ▶ Healthier skin
- ▶ Reduced cancer risk
- ▶ Detox
- ▶ Most fruits, vegetables, and herbs contain antioxidants such as vitamin C, beta-carotene, flavonoids and lycopene.

Eating a diet high in antioxidants reduces “oxidative stress” that aggravates Parkinson’s and similar conditions, according to the Michael J. Fox Foundation for Parkinson’s research.

# Antioxidants

- ▶ Goji berries and pomegranates
- ▶ Berries- Blueberries, blackberries, strawberries
- ▶ Cranberries, raisins, grapes
- ▶ Dark green leafy vegetables- Spinach, kale, arugula
- ▶ Prunes, plums
- ▶ Herbs- Cilantro, dill, parsley, basil, ginger, thyme
- ▶ Kidney beans, lentils
- ▶ Nuts- Pecans, walnuts
- ▶ Dark Chocolate
- ▶ Tea



# Foods to Increase

**Nightshades**- Have natural nicotine which is neuroprotective.

At the conclusion of the study, the researchers wrote that eating lots of vegetables in the Solanaceae family was inversely related to Parkinson's risk. No other foods had a higher positive relation, and peppers won the gold star for having the highest association. They could only suggest that eating these veggies two to four times per week could provide protective effects.

- [Mercola.com](http://Mercola.com)

# Nightshade Vegetables

- ▶ Tomatoes
- ▶ Eggplant
- ▶ Potatoes
- ▶ Peppers (bell peppers, chili peppers, paprika, tomatillos, pimentos, cayenne) Highest amount
- ▶ Cauliflower
- ▶ Tea



# Foods to Increase

## ▶ Omega-3s

If you're concerned about secondary symptoms of Parkinson's, like dementia and confusion, get serious about consuming more, soybeans, flax seed, and kidney beans. Soy in particular is being studied for its ability to protect against Parkinson's. These foods contain omega-3 fatty acids, which might improve cognitive function.

<https://www.ncbi.nlm.nih.gov/pubmed/27977429>

# Fiber

NaturalHealthyConcepts.com

## HEALTHY HIGH FIBER FOODS

| Source  | Amount           | Calories | Fiber (g) |       |           |
|---|------------------|----------|-----------|-------|-----------|
|    | Navy Beans       | 1 cup    | 254.8     | 19.11 | EXCELLENT |
|    | Raspberries      | 1 cup    | 64.0      | 7.99  |           |
|    | Collard Greens   | 1 cup    | 62.7      | 7.60  |           |
|    | Turnip Greens    | 1 cup    | 28.8      | 5.04  |           |
|    | Beet Greens      | 1 cup    | 38.9      | 4.18  |           |
|    | Cinnamon         | 2 tsp    | 12.8      | 2.76  |           |
|    | Dried Peas       | 1 cup    | 231.3     | 16.27 |           |
|    | Lentils          | 1 cup    | 229.7     | 15.64 |           |
|    | Pinto Beans      | 1 cup    | 244.5     | 15.39 |           |
|    | Black Beans      | 1 cup    | 227.0     | 14.96 |           |
|    | Lima Beans       | 1 cup    | 216.2     | 13.16 |           |
|    | Tempeh           | 4 oz     | 222.3     | 12.00 |           |
|    | Kidney Beans     | 1 cup    | 224.8     | 11.33 |           |
|    | Barley           | .33 cup  | 217.1     | 10.61 |           |
|    | Green Peas       | 1 cup    | 115.7     | 7.58  |           |
|    | Winter Squash    | 1 cup    | 75.8      | 5.74  |           |
|    | Pear             | 1 med    | 101.5     | 5.52  |           |
|    | Broccoli         | 1 cup    | 54.6      | 5.15  |           |
|    | Cranberries      | 1 cup    | 46.0      | 4.60  |           |
|    | Spinach          | 1 cup    | 41.4      | 4.32  |           |
|    | Brussels Sprouts | 1 cup    | 56.2      | 4.06  |           |
|    | Green Beans      | 1 cup    | 43.8      | 4.00  |           |
|    | Cabbage          | 1 cup    | 43.5      | 3.90  |           |
|    | Flaxseeds        | 2 tbsp   | 74.8      | 3.82  |           |
|    | Swiss Chard      | 1 cup    | 35.0      | 3.67  |           |
|   | Asparagus        | 1 cup    | 39.6      | 3.60  |           |
|  | Carrots          | 1 cup    | 50.0      | 3.42  |           |
|  | Oranges          | 1 med    | 61.6      | 3.14  |           |
|  | Strawberries     | 1 cup    | 46.1      | 2.88  |           |
|  | Mustard Greens   | 1 cup    | 36.4      | 2.80  |           |
|  | Fennel           | 1 cup    | 27.0      | 2.70  |           |
|  | Cauliflower      | 1 cup    | 28.5      | 2.68  |           |
|  | Kale             | 1 cup    | 36.4      | 2.60  |           |
|  | Summer Squash    | 1 cup    | 36.0      | 2.52  |           |
|  | Eggplant         | 1 cup    | 34.6      | 2.47  |           |
|  | Tomatoes         | 1 cup    | 32.4      | 2.16  |           |
|  | Kiwifruit        | 1 kiwi   | 42.1      | 2.07  |           |
|  | Romaine Lettuce  | 2 cups   | 16.0      | 1.97  |           |
|  | Chili Peppers    | 2 tsp    | 15.2      | 1.88  |           |
|  | Bell Peppers     | 1 cup    | 28.5      | 1.85  |           |
|  | Bok Choy         | 1 cup    | 20.4      | 1.65  |           |
|  | Black Pepper     | 2 tsp    | 14.6      | 1.47  |           |
|  | Cloves           | 2 tsp    | 11.5      | 1.42  |           |
|  | Celery           | 1 cup    | 16.2      | 1.40  |           |

NaturalHealthyConcepts.com

Source: The George Mateljan Foundation | WHFoods.com

# Constipation

- ▶ Drink 48-72 ounces of water daily
- ▶ Increase fiber intake
- ▶ Eat slowly and chew thoroughly
- ▶ Fruits and vegetables are full of water AND easily digested, helping to ease constipation
- ▶ **AVOID DAIRY!**
- ▶ **EXERCISE-** keeps things moving



# So what about protein?

- ▶ You can get all your protein from plants
- ▶ Protein can interfere with the absorption of some PD meds.
- ▶ It is best to eat high protein foods after medications to avoid the interference























# TOP PROTEIN VEGAN SOURCES

Per 100 gram




 @PLANTBUILTSTRONG

|   |   |   |  |  |
|---|---|---|--|--|
|  <p><b>PUMPKIN SEEDS</b><br/>24G PROTEIN</p>   |  <p><b>PEANUT BUTTER</b><br/>23G PROTEIN</p> |  <p><b>TAHINI</b><br/>22G PROTEIN</p>      |  <p><b>ALMONDS</b><br/>21G PROTEIN</p>     |  <p><b>PISTACHIOS</b><br/>21G PROTEIN</p> |
|  <p><b>TOFU</b><br/>20G PROTEIN</p>            |  <p><b>FLAX SEEDS</b><br/>18G PROTEIN</p>    |  <p><b>OATS</b><br/>17G PROTEIN</p>        |  <p><b>SOY BEANS</b><br/>17G PROTEIN</p>   |  <p><b>WALNUTS</b><br/>15g PROTEIN</p>    |
|  <p><b>WHOLEMEAL BREAD</b><br/>11G PROTEIN</p> |  <p><b>LENTILS</b><br/>9G PROTEIN</p>        |  <p><b>CHICKPEAS</b><br/>9G PROTEIN</p>    |  <p><b>KIDNEY BEANS</b><br/>9G PROTEIN</p> |  <p><b>HUMMUS</b><br/>7G PROTEIN</p>      |
|  <p><b>GREEN PEAS</b><br/>5G PROTEIN</p>     |  <p><b>KALE</b><br/>5G PROTEIN</p>         |  <p><b>RED QUINOA</b><br/>4G PROTEIN</p> |  <p><b>SPINACH</b><br/>3G PROTEIN</p>    |  <p><b>POTATOES</b><br/>2G PROTEIN</p>  |

# What can I do?

- ▶ Keep a food diary
- ▶ Evaluate your kitchen and pantry. What can you get rid of and add for healthier options
- ▶ Meal prep for your week. Make some meals ahead of time to avoid making last minute unhealthy choices. Always have some healthy snacks readily available
- ▶ Attend a cooking class, recipe exchange or potluck to try new foods and get fresh ideas.

*“There is no other medication, if you will,  
that’s taken with such regularity as food”*

*-Dr. Randy Horwitz*

# SNACKS

## PARKY BALLS

- ▶ DATES
- ▶ ROLLED OATS
- ▶ SUNFLOWER SEEDS
- ▶ COCONUT
- ▶ ALMONDS
- ▶ PEANUT BUTTER
- ▶ CINNAMON



# SNACKS

## POPCORN SEASONING

- ▶ Nutritional yeast
- ▶ Thyme
- ▶ Garlic Powder
- ▶ Marjoram
- ▶ Parsley
- ▶ Cumin
- ▶ Chili Powder

