



Living Well With Parkinson's Disease: Nutrition

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Nutrition-Relevant Non-motor Symptoms

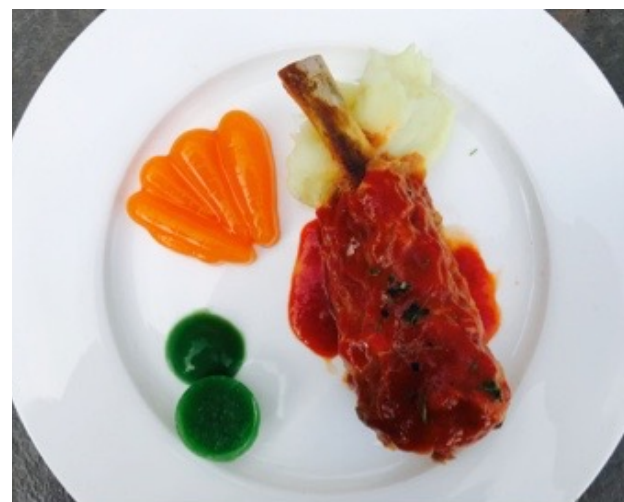
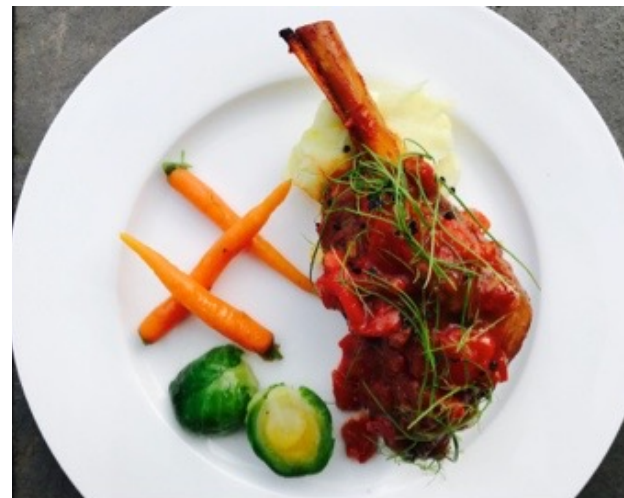
- Dysphagia
- Anosmia
- Dysgeusia
- Constipation
- Gastroparesis
- Apathy
- Depression
- Anxiety



Nutrition in PD

Swallowing Difficulties

- Modifying food texture
- Reduce chewing requirement
 - Chop, mince, or blend
- “Lubricate” foods with sauces, gravies, oils, and other condiments
- Avoid dry and crunchy foods
- Thicken liquids



Nutrition in PD

Constipation

- Adequate hydration
- Dietary fiber
 - Both high and low viscosity fiber
 - Include a variety of fruits, veg, whole grains and cereals, and pulses



Nutrition in PD

Food-Medication Interaction

- Dietary protein interaction
- Meal timing/scheduling
- “Backloading”

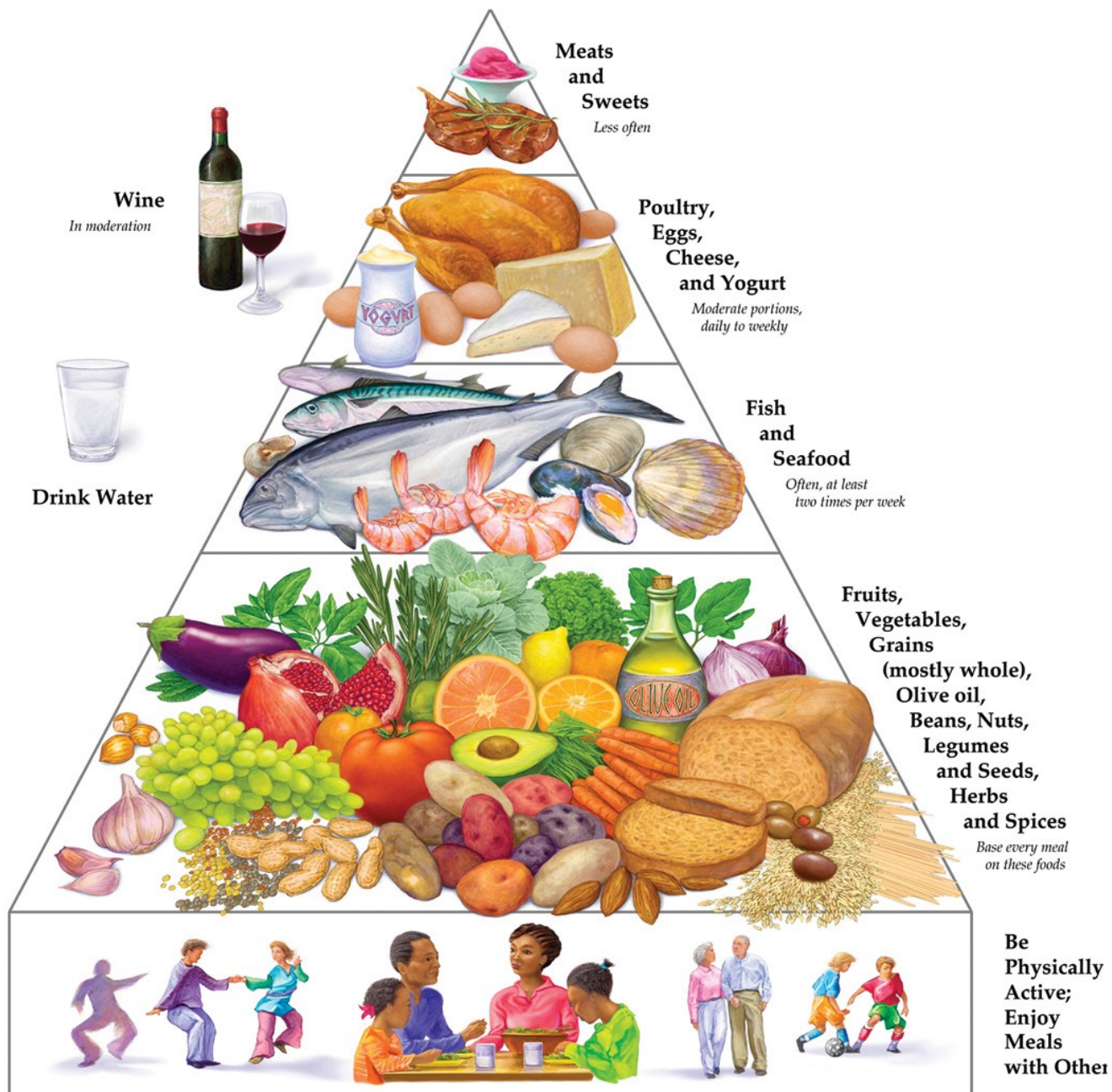


Nutrition in PD

Weight Loss

- May occur before a diagnosis
- May be due to increased energy requirements
 - Anorexia
 - Early satiety
- Make a Plan!
 - Set a schedule
 - Increase intake
 - High quality calories and protein
 - Nutrition supplements





Mediterranean Dietary Pattern

Emphasis on dietary pattern vs. short-term diet

Illustration by George Middleton

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Mediterranean Diet

- Abundant consumption
 - Fruit (especially deep blue and red)
 - Veg (not just the starchy ones)
 - Whole grains
 - Pulses
 - Nuts
 - EVOO



Mediterranean Diet

Moderate consumption

- Fatty fish
 - Tuna, Mackerel, Salmon, Herring, Sardines
- Fermented dairy products
 - Yogurts and cheeses
- Eggs
- Poultry
- Wine (with meals)

Low consumption

- Red and processed meat
- Refined sugars

Master the Mediterranean

- Only use olive oil
- Enjoy at least 2 servings of veg a day
- Enjoy at least 3 servings of fruit per day
- Enjoy wine with dinner, if you drink
- Don't forget to add the beans, peas, and lentils 3 or more times per week
- Enjoy fatty fish 3 or more times per week
- Enjoy walnuts, hazelnuts, almonds, and peanuts 3 times a week
- Choose white meat over red
- Make the base: tomato, onion, and garlic
- Save the red meat, soda, and pastries for special occasions (a few times a month)