

If you have any questions, please ask your physician or dietitian.

Parkinson's Disease and How to Stop Weight Loss

People with Parkinson's Disease (PD) can lose weight for different reasons. You can lose weight when you do not feel like eating, move more than usual or have trouble swallowing. Losing weight can make you more likely to fall, break bones, get infections, have problems thinking and feel worse overall. But there are things you can do to stop losing weight.

How to stop losing weight

Eat more high-calorie foods

A calorie is a unit of energy. Eating more calories can help prevent weight loss.

- Snack on high-calorie foods, like full-fat yogurt with granola, or apples with peanut butter
- When possible, choose nutritious, high-calorie ingredients, like canola or olive oil, avocado, or nuts. If weight loss continues, you can add less nutritious foods, such as heavy cream.
- Do not forget about beverages. Drink milk (2% or whole), smoothies or high-calorie shakes like Ensure® or Boost®. But, take your levodopa medications with water or apple sauce.

Avoid skipping meals

It can be easy to forget to eat, but making nutrition a priority can help you stop losing weight.

- Try to eat every 2 to 3 hours. If you are not hungry, still try to eat a small, high-calorie snack, like nuts, dried fruit or a full-fat yogurt cup.
- Keep snacks in places you spend your time. Keep granola bars or trail mix in different rooms of the house or in your car.

Protein and levodopa

Protein is an important nutrient in foods that helps maintain muscle and strength. Protein is found in foods including meat, eggs, nuts, beans, soy and dairy products (including milk and high-calorie supplement drinks).

Protein interferes with the absorption of levodopa, a common PD medication. If you take levodopa, try to take it at least 30 minutes before or 60 minutes after eating a high-protein meal, snack or drink (like milk, Ensure or Boost).

If you have any questions, ask your care team.

High-calorie ingredients

This is a list of high-calorie ingredients you can add to your diet to limit weight loss.

Most nutritious high-calorie ingredients

Ingredient	Serving Size	Calories	Grams of Protein
Canola or olive oil	1 tablespoon	120	0
Greek yogurt, 5% milk fat	3/4 cup	170	16
Avocado	1 avocado (150 grams)	240	3
Peanut butter	2 tablespoons	190	8
Almonds	1 ounce	165	6
Brazil nuts	1 ounce	190	4
Cashews	1 ounce	160	5
Hazelnuts	1 ounce	180	4
Macadamia nuts	1 ounce	200	2
Pecans	1 ounce	195	3
Pine nuts	1 ounce	190	4
Pistachios	1 ounce	160	4
Walnuts	1 ounce	185	4

Other high-calorie ingredients

Ingredient	Serving Size	Calories	Grams of Protein
Heavy cream	1/4 cup	200	0
Cream cheese	3 tablespoons (1.5 ounces)	150	3
Butter	1 tablespoon	100	0
Margarine	1 tablespoon	100	0
Oil (most types)	1 tablespoon	120	0
Coconut milk (full fat)	1/4 cup	110	1
Sugar (most types)	1 tablespoon	50	0
Maple syrup	1 tablespoon	50	0
Honey	1 tablespoon	50	0
Jam/jelly	1 tablespoon	60	0
Mayonnaise	1 tablespoon	95	0
Ranch dressing	2 tablespoons	145	0