

SUMMARY OF NUTRITIONAL RECOMMENDATIONS FOR PARKINSON'S DISEASE

	Servings	What to look for	Why	Example
VEGETABLES	4-5/day	Eat a colorful variety of cooked and raw vegetables. Dark green leafy vegetables are among the best.	Rich in flavonoids with anti-oxidant and anti-inflammatory activity.	One serving is half a cup of cooked brussel sprouts, or 1-2 cups of salad greens.
FRUIT	3-4/day	Eat a variety of colors. Berries are recommended.	Rich in flavonoids with anti-oxidant and anti-inflammatory activity. Prunes can help with constipation.	One serving is 1 medium sized piece of fruit or half a cup of berries.
WHOLE GRAIN	3-4/day	This is not the same as “whole wheat” which is made from flour. Whole grains include brown rice, barley, and quinoa.	Reduces blood sugar spikes that promote inflammation. A source of fiber that helps with constipation.	One serving is half a cup of cooked quinoa.
BEANS & LEGUMES	1-2/day	Includes beans, chickpeas/hummus, and lentils.	Rich in minerals like folic acid. A source of fiber that helps with constipation.	One serving is half a cup of hummus.
GOOD FAT	5-6/day	Includes olive oil, nuts, seeds, and avocado.	Rich in omega-3 fatty acids and phenols which have anti-oxidant activity.	One serving is 1 tsp of olive oil or 1 ounce of avocado.
FISH	2-6/week	Includes salmon, sardines, and cod. Fish oil supplements are also available.	Rich in omega-3 fatty acids with anti-oxidant and anti-inflammatory properties.	One serving is 4 ounces of salmon.
OTHER PROTEINS	2-3/week	Includes cheese, yogurt, eggs, and poultry. In general, try to reduce consumption of these animal products. Look for organic if possible. Try to substitute with soy products sometimes. Remember, high protein meals can decrease the absorption of levodopa (Protein can improve nausea, but can also make the medication less effective, so time your medication appropriately).	Dairy and soy products contain calcium and vitamin D for bone health.	One serving is half a cup of tofu or 1 ounce of cheese.

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HERBS/SPICES	unlimited	Includes turmeric, ginger, garlic, rosemary, thyme, cinnamon, etc.	Turmeric and ginger have anti-inflammatory properties. Rosemary can affect levels of acetylcholine, a chemical which is important for memory function.	
SUPPLEMENTS	Daily	A multivitamin regimen should include vitamins C, E, and selenium. Consider fish oil and vitamin D depending on individual needs. CoQ10 will not hurt, but evidence shows unlikely to help.		
RED WINE	1 glass per day is ok (optional)	Be aware that with advanced disease, the side effects of alcohol consumption, such as impaired balance and thinking, may be more pronounced. Determine appropriateness on an individual basis.	Has antioxidant properties	
SWEETS	Use sparingly	If you have trouble avoiding sweets, try to replace with fruit or dark chocolate.	Dark chocolate contains phenols which have antioxidant properties.	
WATER	6-8 glasses per day.	Note: some water consumption comes from food. Be aware that if you have congestive heart failure, you need to be cautious about drinking too much water.	Drinking plenty of water helps with constipation and lightheadedness, both of which are common problems in PD.	
Red meat, partially hydrogenated oils, simple carbohydrates (bagels, pasta, desserts).	NONE	Avoid these foods.	These foods are pro-inflammatory, cause blood sugar fluctuations which impact energy levels and lead to weight gain.	