UNIX NUTRITION

Nutrition for Parkinson's Disease

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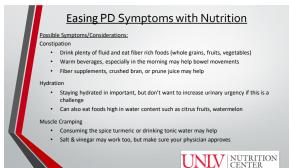


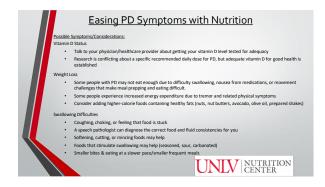
General Nutrition Recommendations

Avoid "fad diets" \rightarrow These are generally not evidence-based and promote false promises

- Choose a dietary pattern low in saturated fat/trans fats
- A Mediterranean style diet pattern is the easiest to maintain and promotes overall health
 - Rich in fruits & vegetables
 - · Whole grains/quality carbohydrates (those that are minimally processed)
 - Healthy fats/oils
 - Lean proteins
 - Lots of plant sources

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Easing PD Symptoms with Nutrition

tion Chal Food & medications can interact

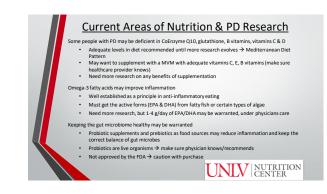
- Possible side effects of medications: dry mouth, nausea/vomiting, appetite loss, insomnia, fatigue, anxiety
 Levodopa medications work best on an empty stomach, so follow instructions

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 However, cometimes taking these on an empty sources the dask to nauses. Work with healthcare provider on plan
 Maybe a small snack like crackers, applessuce, or a bannar can help tolerate
 Taking meds close to a protein-rich meal (meat, fish, eggs, dairy, nuts, beans) may interfere with the absorption of
 the drug, making it work more slowly or less effectively .
- May need to re-distribute protein meals around medication

Iron supplementation can decrease absorption of levodopa → don't take within 2-3 hours

Follow a tyramine-restricted diet • Avoid aged & fermented meats, sausages, salami, pickled herring, sauerkraut, aged cheeses, red wines, soy sauce, totu, any non-fresh/sploted meat, any supplement containing tyramine







Putting Changes Into Effect

- It's ok to make small changes rather than all at once
- There are many members of the medical team who can help
- Physician: medical care
- RDN: food & nutrition
- Occupational Therapist: assistive devices to make meal prepping and eating easier
- Physical Therapist: movement therapy
- Speech-Language Pathologist: swallowing difficulties

Remember, these are guidelines and do not replace the advice of you physician or an RDN working on an individualized plan for you

