

PARKINSON'S DIET

Eating Well with Parkinson's Disease

The Must-Knows about the Mediterranean Diet
for Parkinson's

Parkinson's Disease and Diet Guide: A Practical
Guide

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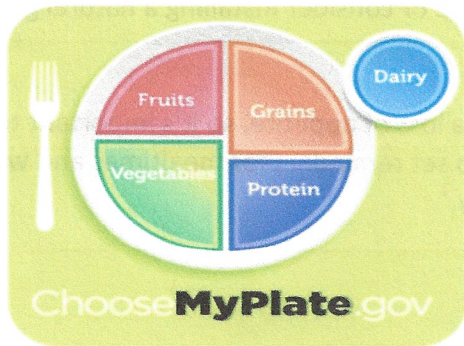
Yvonne Hylton & Karen Miltner

Class Objectives

1. Share simple preparation techniques with minimal tools/gadgets
2. Present creative options & opportunities to use prepared ingredients
3. Provide nutritious recipes that require minimal processing & are PD-friendly (easy to swallow, non-constipating)
4. Focus on ingredients (Food as Medicine)
5. Introduce fresh ways to incorporate more veggies & fruit into your diet

Strategic Concepts to Keep in Mind

1. Stability & safety in the kitchen
2. Foods that are neuroprotective
3. Foods that lower inflammation
4. Eat clean food (minimize chemicals, pesticides and processing)
5. Minimize dairy (to keep uric acid levels in check)
6. Largest percentage of plate consists of fresh vegetables and fruits



7. Drink water (often and lots of it)...recommendation is 2 liters or 8 cups per day.

Suggested tools for your kitchen

Slow cooker
Immersion blender
Food processor
Non-skid cutting board
Cut-resistant glove

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Menu

Pomegranate Juice Spritzer

Almost Guiltless S'mores (Fruit Paste & Goat Cheese on Graham Cracker)

Banana "Ice Cream"

Hummus on Cucumber

Creamy Potato Soup with Dollop of Cilantro Pesto

Versatile Quinoa & Kale Salad

Chocolate Avocado Mousse

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3) Banana "Ice Cream" with Sweet & Salty Roasted Almonds (Serves 4)

4 ripe bananas, peeled and sliced into thin rounds
¼ c finely chopped roasted almonds
2 t plus 2T maple syrup, divided
Pinch of coarse sea salt
½ c unsweetened almond milk (or soy or cow's milk), cold
1 t vanilla extract

Freeze the banana slices in a single layer on a tray or plate lined with parchment or wax paper. Once slices are frozen (~90 minutes), use them immediately or keep frozen in a zip-top plastic bag or airtight container for up to a month.

Meanwhile, in a small bowl, combine the almonds with 2 t of the maple syrup and the pinch of salt and set the mixture aside.

Combine the frozen banana slices, the cold almond milk, the remaining 2 T of maple syrup and the vanilla in a food processor and pulse until the mixture is the texture of soft-serve ice cream, scraping down the sides as necessary.

Spoon the banana "ice cream" into bowls immediately and sprinkle each serving with a bit of the almond mixture.

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Substitutions for Classic Hummus

- Cucumber Dill Hummus - Replace Water with ½ peeled, seeded, and chopped cucumber and ½ c fresh dill (or 1 T dried).
- No Fat Hummus - Leave out tahini and olive oil and use 3 T each of water and lemon juice and extra ¼ tsp salt.
- Chocolate Mousse Hummus - Leave out tahini, garlic, lemon juice; add 1 T honey, 4 T unsweetened cocoa powder, 5 T sugar, 3 T water total, and an extra ¼ t salt.
- Guacamole Hummus - Leave out the tahini and lemon juice and use only 1 T each olive oil and water. Add 1 medium peeled and pitted avocado, 2 T lime juice, ½ t onion powder, or 2 T chopped red onion, 1 c loosely packed cilantro leaves, 1 T diced & seeded jalapeño, and an extra ¼ t salt.
- Artichoke & Garlic Hummus - Add a 14 oz. can of drained marinated artichoke hearts and 3 additional cloves of garlic.
- Horseradish Hummus - Add 2 T jarred horseradish.

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Cilantro Pesto (Serves 8)

1 c packed cilantro leaves
¼ c extra virgin olive oil
6 Brazil nuts
1 T fresh lemon juice
1 clove garlic (1 t)
½ t cayenne pepper
Sea salt to taste

Place all ingredients in a food processor and pulse until smooth.

Notes:

- Brazil nuts are high in calories and contain good quantities of vitamins, anti-oxidants, and minerals.
- Their high caloric content chiefly comes from their fats. However, much of this fat content is monounsaturated fatty acids (MUFA) that helps lower LDL or "bad cholesterol" and increase HDL or "good cholesterol" levels in the blood.
- The nuts are also a great source of **vitamin-E**. Vitamin-E is a powerful lipid soluble antioxidant. It's required for maintaining the integrity of mucosa and skin by protecting it from harmful oxygen-free radicals.
- Brazil nuts hold exceptionally high levels of **selenium**, the highest natural sources of this mineral. Selenium is an essential cofactor for the anti-oxidant enzyme, *glutathione peroxidase*. Just 1-2 nuts a day provides enough of this trace element.

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Substitution ideas for Quinoa & Kale Salad

For apples...	For sprouts...	Cheese
Fresh peaches	1 c Chicken, grilled & diced	Feta
1 c Dried apricots	1 c Pecans	Gorgonzola
1 c Dried cherries	1 c Pine nuts	Parmesan
1 c Dried cranberries	1 c Pumpkin seeds	¾ c toasted sunflower seeds
1 c Currants	1 c Cooked shrimp	
Kalamata olives	1 c Walnuts	
Pomegranate seeds		
Sun-dried tomatoes		

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Resource list

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The Must-Knows About the Mediterranean Diet for Parkinson's



By Melissa Halas 5 days ago

It's not another fad diet but a time-tested lifestyle! The Mediterranean diet for Parkinson's is consistently suggested by dietitians as a preventative and therapeutic approach to disease management.

While it's commonly known for its heart-healthy and diabetes-friendly benefits, the Mediterranean diet has also shown neuroprotective properties, making it a positive fuel choice for people with Parkinson's disease.

Check out how the Mediterranean diet can help you eat your best with a brain-boosting approach to mealtime.

What is it?

It's a lifestyle adopted from the dietary habits of Mediterranean countries such as France, Italy, Greece, and Spain. This plant-forward approach to eating consists of meals rich in whole grains, vegetables, legumes, fruits, nuts, seeds, and healthy fats.¹

It also includes moderate consumption of fish, seafood, dairy, and poultry. In contrast to the American diet, red meat and sweets are infrequently consumed.¹

Unlike the saturated fat primarily found in the typical American diet, the Mediterranean diet prioritizes heart-healthy alternatives. It heavily relies on olive

oil - a monounsaturated fat that can improve cholesterol levels.

Fish such as salmon, tuna, mackerel, and sardines are also widely consumed. These options are rich in omega-3s, which can help improve chronic inflammation, cardiovascular health, and cognitive function.^{1,2}

What are the benefits?

Research shows that foods consumed in the Mediterranean diet, combined with minimal intake of sugar-containing beverages, may lead to both a healthier and larger brain with age progression.^{3,4}

It's also rich in micronutrients and phytonutrients — plant-based compounds that help combat inflammation, oxidative stress, and decrease the risk of disease. Specifically, phytonutrients can help protect cognitive function by reducing amyloid accumulation, which negatively impacts neurons, the working units of the brain.⁵

Then, with a pronounced inclusion of omega-3 rich ingredients, the Mediterranean diet may also provide protective benefits against Parkinson's disease due to its docosahexaenoic acid (DHA) content. DHA may result in neuroprotective properties by combating oxidative stress and reducing dopaminergic cell death.⁶

Alleviating constipation

The truth of the matter is that the Mediterranean diet helps people with Parkinson's disease from head to toe. Along with the cognitive benefits, this lifestyle may help alleviate constipation - one of the symptoms associated with Parkinson's disease.⁷

After all, pooping shouldn't be this hard. But the high-fiber nature of the Mediterranean diet may help stimulate bowel function, improve gastrointestinal

health, and boost immune function.

Reducing red meat consumption

However, it's not only about the foods included in the Mediterranean diet, but also about those that get minimized. For instance, the Mediterranean diet emphasizes a rare consumption of red meat.

While more research is needed, some studies show an association between high red meat intake and incidence of Parkinson's disease. It has been speculated that the improper digestion of the heme content, specifically found in red meat, may increase free radical production, ultimately leading to mitochondrial damage.⁶

Easy ways to implement the diet

Okay, you are sold on the benefits of the Mediterranean diet and want to give it a try. But doing a complete mealtime overhaul may feel overwhelming. Don't fret! As the saying goes, "Rome wasn't built in a day."

Whatever your starting point may be, making small positive changes are still steps in the right direction. If you are new to the Mediterranean game, check out these easy-to-implement ways I tell my clients to embrace this lifestyle.

Minimize animal products

While the Mediterranean diet still includes moderate consumption of lean meats, it's not the star of the show. Instead, give the spotlight to vegetables, legumes, nuts, and seeds to reach nutritional needs.

Try a new recipe

If fish doesn't float your boat, perhaps you simply haven't found a variety or recipe that connects with your tastebuds. Look through your favorite recipe

book to find one that makes your mouth water.

Fish tacos anyone? Or adjust a meal in your recipe Rolodex to include fish. Don't forget to experiment with different food preparation methods to find your favorite. There is a fish for everyone!

Substitute saturated fats

Skip the butter and try olive oil. This simple switch adds a burst of wholesome nutrition and flavor to any dish. Use it on vegetables, lean proteins, legumes, and more.

My favorite is popcorn drizzled with cold-pressed olive oil sprinkled with parmesan cheese or nutritional yeast with pepper – bellissimo!

Go with garlic

Mediterranean cuisine is no stranger to vibrant flavors. Create dishes that your tastebuds will love by incorporating garlic or a variety of herbs and spices. Garlic may serve as a brain-boosting ingredient that protects against neurological disfunction and signs of aging.⁸

Its high-sulfur content can also help improve glutathione production, which may help detoxify the body and help protect against Parkinson's disease. Garlic provides benefits well worth the less than desired breath.⁹

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