



GENERAL DIETARY RECOMMENDATIONS

To date, no evidence suggests that specific diets or nutrients affect the progression of Parkinson's disease. However, a healthy diet is essential to the overall well-being of people at both early and late stages of Parkinson's disease. A healthy diet means eating a variety of foods daily and in sufficient amounts to meet your body's needs.

BODY WEIGHT

Involuntary movements in Parkinson's disease burn lots of energy and often result in weight loss.

Depressive symptoms, which are common in those living with Parkinson's disease, can result in decreased appetite and can lead to weight loss.

To ensure adequate nutritional intake, it is sometimes recommended to have small, frequent meals that include some high calorie foods (cream, ice cream, butter, sauces, high calorie drinks, and desserts).



P A R K Ì N S O N QUÉBEC

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To find the appropriate resources,
visit the Info Centre Parkinson at

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BONE HEALTH

People diagnosed with Parkinson's disease are more at risk for fractures because their bones are weaker (osteoporosis).

Diet including calcium and vitamin D as well as exercise are key factors to maintain healthy bones.

Foods high in calcium include: dairy products, fortified soy beverages, fortified orange juice, canned fish with bones (salmon, sardines), baked beans, almonds, and broccoli.

Vitamin D is obtained primarily from eating fortified milk products and exposure to sunlight.

People having difficulty consuming enough calcium and vitamin D may need to take supplements.

SWALLOWING PROBLEMS

Swallowing problems (dysphagia) become more common as Parkinson's disease progresses.

Warning signs include:

coughing or choking while eating/drinking;

hoarse voice after eating;

excessive chewing or drooling;

delayed/absent swallowing;

pocketing of food in the mouth.

People with these symptoms should see their physician and should be assessed by a trained swallowing therapist (nutritionist, speech therapist). Diet and feeding modifications may be needed.

CONSTIPATION

Constipation is a frequent problem for people with Parkinson's disease.

Factors include:

poor appetite;

inadequate physical activity;

medication side effects;

effects of the disease on the intestine.

To maintain regularity, increase fluid, fibre and activity!

Tips and advice:

Drink 6 to 8 glasses of fluid each day: soup, juice, milk, water.

Avoid coffee or alcoholic beverages.

Favor high fibre foods: bran, whole grain cereals and breads, fruits and vegetables, and dried beans, peas, and lentils.

See your physician if constipation persists.



SUPPLEMENTS

Exercise caution. "Natural" does not necessarily mean "safe". And "more" is not necessarily "better".

The safest approach is to take a daily moderate dose of a multivitamin and a mineral supplement (a variety of brands are available).

PROTEIN RESTRICTION: IS IT NECESSARY?

Protein restriction is not necessary. Is it recommended for most people with Parkinson's disease, as it can result in malnutrition.

People who notice that protein affects the effectiveness of their medication can avoid consuming high protein foods at the time medication is taken.

For more information, see the pamphlet *Daily Living: Levodopa and Proteins*.

NUTRITION-RELATED MEDICATION SIDE EFFECTS

Nausea, vomiting and poor appetite are common side effects of antiparkinsonian medications.

Many of these side effects decrease as medication tolerance develops.

If nausea persists, it may be beneficial to take medications with food such as crackers, cookies, or fruit. If this isn't helpful, see your physician, as you may need a medication against nausea.