

## Steps for a Healthy Diet

The choices we make about food, what we eat, how much, and when, impacts our health and well-being.

### Make good dietary choices

- Avoid “fad” diets, and choose food from all food groups, following guidelines of the US Department of Agriculture (USDA) food pyramid.
  - The food pyramid can help you choose from a variety of foods so you get the nutrients you need. The suggested serving sizes can help you control the amount of calories, fat, saturated fat, cholesterol, sugar or sodium in your diet.
- Because constipation can be common in Parkinson's it is important to get at least 20-25 grams of fiber a day.
- Some individuals with PD feel full after eating a small quantity of food. Eating smaller more frequent meals may remedy this problem.
- It is important to drink plenty of fluids daily, working toward eight 8 ounce glasses
- The Mediterranean diet is thought to be a healthy diet. It is a diet high in monounsaturated fats, such as olive oil, and in antioxidant containing foods.
- Many foods are high in antioxidants (important substances for overall brain health). These include brightly colored and dark fruits and vegetables. Incorporate a variety of them in your daily diet!
- For those taking the medication Sinemet® (carbidopa/levodopa), there is a possibility of protein in your diet interfering with its absorption. Ask your medical team if this is a concern for you.

### Involving Your Team:

Seek reliable information regarding nutrition and diet from your medical team, community classes, and reliable websites and books. Caution is advised in purchasing expensive dietary supplements that promise a cure for PD! At this time, there is no known substance that can make this claim.

