



Living with Parkinson's



Nutrition Workshop

Presented by:

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Nourish & Thrive: Nutrition Essentials

What is nutrition

- Nutrition is the process of taking food and converting it into energy and other vital nutrients required for life. Nutrients are the substances which provide energy and biomolecules necessary for carrying out various body functions
- Good nutrition is beneficial and critical for everyone

What does good nutrition help us with

Weight loss (or gain)

Healthy gut

Strong bones and teeth

Energy levels

Delays the effects of aging

Wellbeing

Builds muscle

Strong immune system

Non communicable diseases (ie type 2 diabetes)

Nourish & Thrive: Nutrition Essentials

Introducing macro & micro nutrients

- There are 3 main macro nutrients that everyone needs in their diet, protein, carbohydrate and fats. Good nutrition means that these are proportionally eaten and everyone needs all 3 in their diet to maintain a healthy lifestyle
- There are also numerous micro nutrients which are more commonly known as minerals and vitamins and whilst these are equally as important as macro nutrients we need them in much smaller quantities
- The proportions of each of the macro nutrients might vary depending on the individual and any personal goals, so for example an Olympic marathon runner will have a different macro composition to someone who works in an office all day.

Not about a fundamental change or denying yourself

- When we talk about nutrition and changing diets there are certain connotations associated with that like cutting out all the sweet things in your diet or living on vegetables or not eating white bread, unless there are specific dietary requirements, these are all myths
- You also need to think about what your goal is – again most people will associate the goal to weight loss but that's not true for everyone, it could be as simple as healthier living

Food as fuel: Diet and nutrition

More on macro nutrients and calories

- Macro nutrients – proportional split
 - 45% – 60% carbohydrates
 - 20% – 35% fats
 - 10% – 35% protein
- Many foods will contain a combination of the different macro nutrients but some will be dominant in one macro
- Plus each macro nutrient contains an average number of calories for...
 - 1 gram of protein = 4 calories,
 - 1 gram of carbohydrate = 4 calories
 - 1 gram of fat = 9 calories
- There are specific ways to calculate your optimal macro nutrient split depending on your goal (maintain/improve health, lose weight or gain muscle)
- How much you should have of each macro nutrient will depend on your calories in/calories out amount, your body weight and your goal

Food as fuel: Diet and nutrition

Why are macro nutrients important and what do they do?

Protein

- Crucial to our overall health, strength, and well-being. It plays a crucial role in building and repairing tissues, as well as supporting immune function. It break down into amino acids, which can affect our muscle composition, and are involved in creating mood-regulating neurotransmitters.

Carbohydrates

- Breaks down into sugars, which give us energy for immediate use, but also storage.

Fats

- Breaks down into fatty acids, which help form certain structures of our body, like our brain, nervous system, and cell walls.

So, in addition to impacting your body weight and composition, macronutrients can impact how you feel, perform, and even behave.

Food as fuel: Diet and nutrition

Which foods are rich in each macro nutrient

Protein	Carbohydrate	Fats
Lean chicken breast	Oats	Nuts
Cottage cheese	Sweet Potatoes	Flaxseed
Lean beef	Brown rice	Fatty fish
Greek yoghurt	Wholemeal pasta	Eggs
Lentils/ Quinoa	Quinoa	Dark chocolate
Fish	Oranges	Avocado
Eggs	Potatoes	
Tofu	Carrots	

For carbs we want to be eating complex carbs which give a slow release of energy and not simple carbs which cause a spike in sugar levels for an instant hit of energy.

Planning: Healthy plates

When and what?

- We should all eat 3 x healthy meals a day
- Snacks are ok as long as they are healthy and form part of your calories count
- Each plate should contain all your macro nutrients in the proportions we discussed earlier
- Some example meals
 - Mexican chicken – chicken breast stuffed with spinach, low calories cheese, jalapenos and coriander served with brown rice
 - Pasta arrabiata – wholewheat pasta in spicy tomato sauce cooked with ham, peppers and onions with a green side salad
 - Pork burgers – 5% fat minced pork, whole bread bap with sweet potato wedges and salad
 - Homemade chicken curry – using curry powder and tomato passata served with brown rice
- Snacks – nuts, fruit, rice cakes, even chocolate!
- Alcohol – whilst nutritionally it doesn't give us anything, many of us enjoy a beer, a glass of wine and that's ok as long as you factor it into your calories –
 - 1 small glass wine = 100 calories

Planning: Healthy plates



BUILD A HEALTHY PLATE

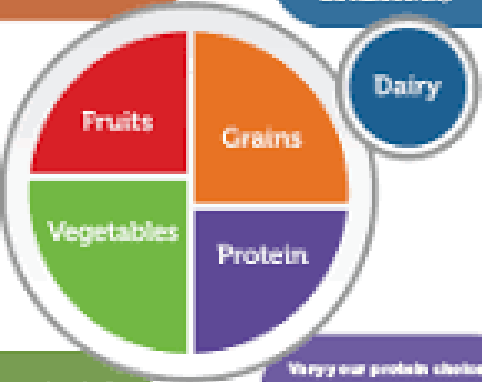
Use these tips to make your plate a healthy plate:

Make half your plate whole grains.

- Choose whole (100% whole grain) to the limit.
- Add more plant protein to your diet.

Switch to low-fat and fat-free dairy products.

- Use low or fat-free versions of products like milk, cheese and yogurt.
- For any products low with fat you love, look for low-fat.



Make half your plate fruits and vegetables.

- Eat fruits and vegetables in variety at all meals.
- Add fruit to meals as part of a meal or side of the meal at least.

Vary our protein choices.

- Use egg and poultry proteins most often.
- Eat lots of protein foods more often — fish, beans, peas, nuts, seeds.
- If you're not eating fish, eat nuts.

Food as fuel: Diet and Nutrition

Calories and goals

	Your goal		
	I want to lose weight	I want to maintain weight	I want to gain weight
I am lightly active (<3 hrs / wk)	10-12	12-14	16-18
I am moderately active (3-7 hrs / wk)	12-14	14-16	18-20
I am very active (<7 hrs / wk)*	14-16	16-18	20-22

If you do want to work out how many calories you should be consuming a day, this simple table is a way to calculate.

Work out which column is your goal and then multiply by **your body weight in pounds** to give your daily calorie intake.

Example:

I weigh 110lb, I'm very active and I want to maintain my weight, so my daily calorie intake should be 1760 – 1980 calories.

“Mastering the Meds”

Information gathered from top Neurologist and Dietician Dr. Lucia Babu, relating specifically to Parkinson's but can also be related to other neuro conditions

Studies have shown:

- Many people with Parkinson's are prescribed **ORAL LEVADOPA** or similar drugs.
- As we have learned from Jane, PROTEIN is essential for good brain health, however eating protein with these meds **restricts the absorption of levodopa.**
- However, there is an easy solution...



“Mastering the Meds”

TIMING

- Take meds on an **empty stomach** (at least one hour without food)
- Then **wait 30-45 mins before eating**, the more the better

TYPE & AMOUNT OF FOOD

- **Proteins** are essential as Jane explained – follow her list of great protein sources
- **Vitamin C** assists absorption of the medication – in supplement form or from oranges
- **Probiotics supplements** effective in managing symptoms – also, reduces the time it takes for meds to ‘kick in’
- Foods rich in **Fibre** – Vegetables and nuts – also great for constipation
- **Don’t take meds with milky coffee or tea with milk** – the milk (protein) is restricting the absorption – take with water.
- **Flavanoids** – these will **assist with the absorption of the meds** – contained in dark red or orange coloured vegetables – berries, beetroot, tomatoes, peppers, RED WINE !
- **B12 Supplement** – protects the brain – improves coordination and movement

KEY RECOMMENDATIONS (Not just for Parkinson’s!)

- **Mediterranean diet** - Olive Oil, salads, nuts, brown rice
- **Omega 3** – Oily fish
- **Try this for one month** – track in a diary and see what happens!