

TraPCAf & Parkinson's Africa Virtual Support Group Series 2024

Session 1: Nutrition and Diet

Session leaders:
Elikem Ame-Bruce

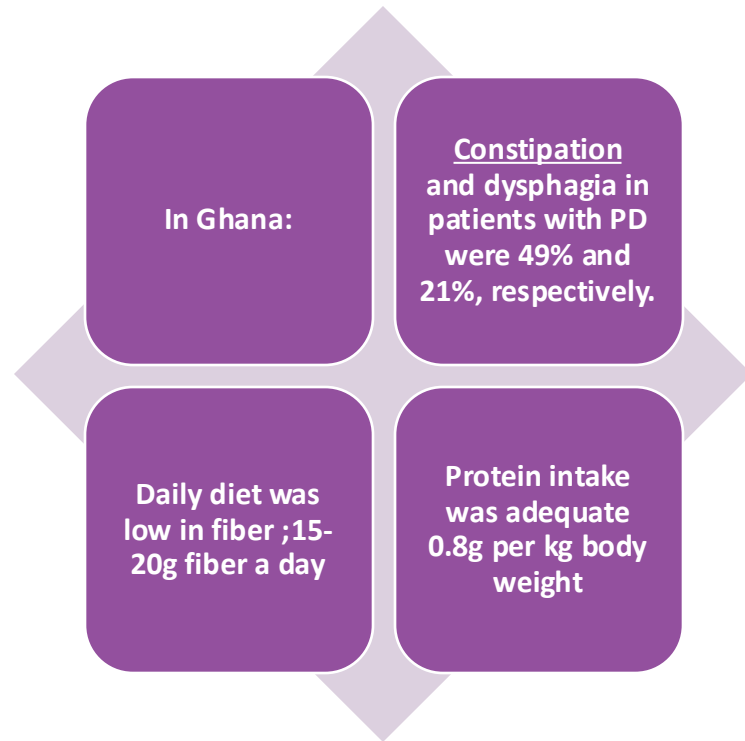
From Newcastle. **For the world.**

Outline of session:

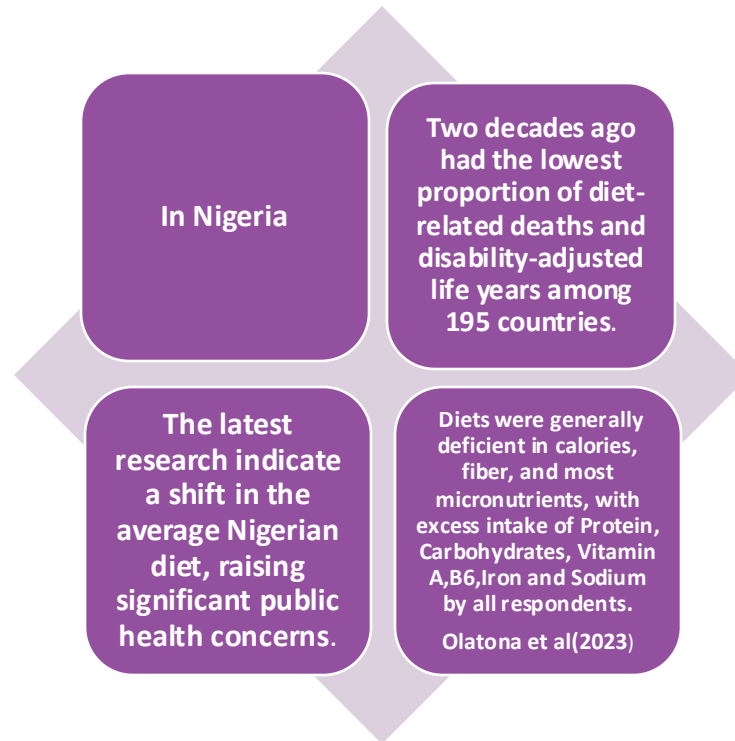
- Research
- Nutritional concerns
- The importance of maintaining a healthy diet for people with Parkinson's
- **Tips for managing dietary restrictions**
 - ✓ *Improving Gut health*
 - ✓ *Essential Nutrients*
 - ✓ *Weight loss*
 - ✓ *Weight gain*
 - ✓ *Mind diet*



Research



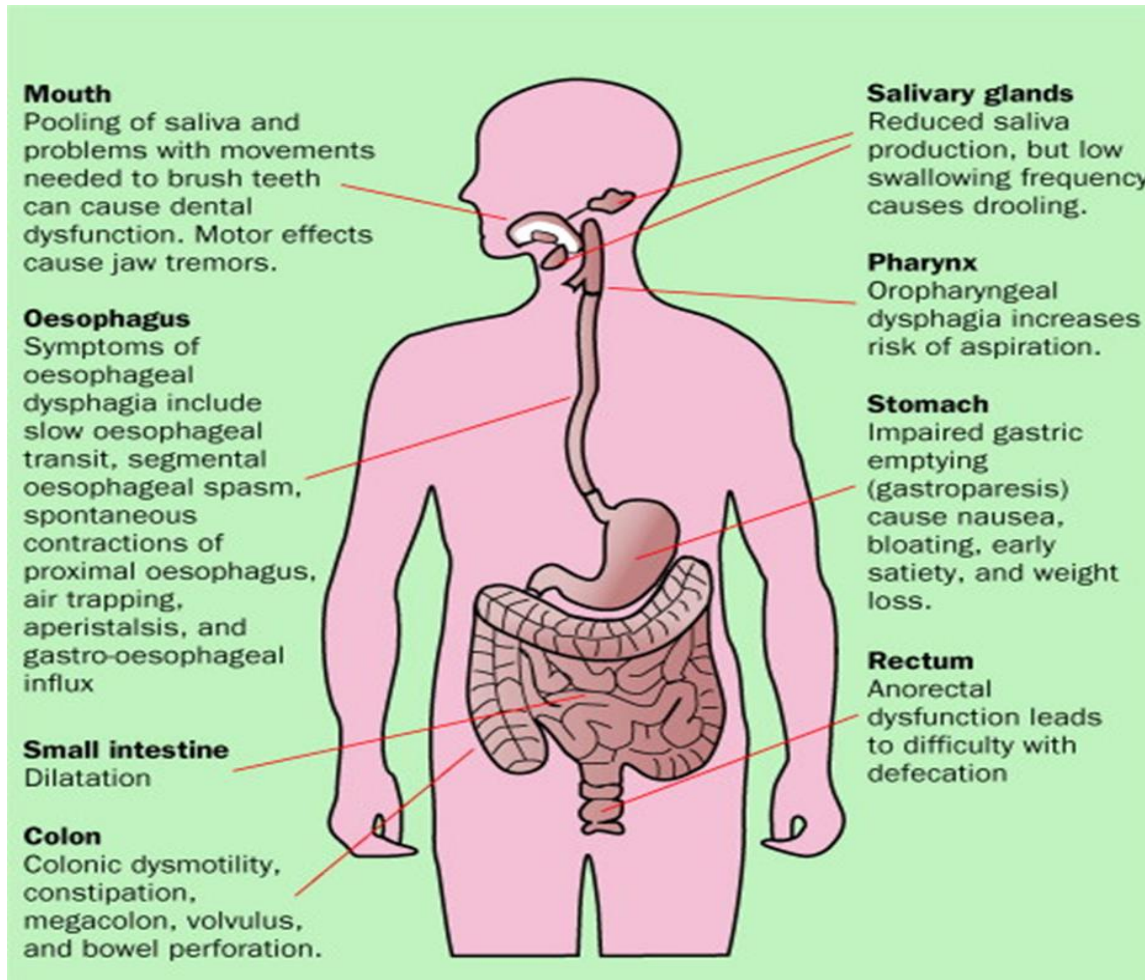
Research



Research



Nutritional Concerns

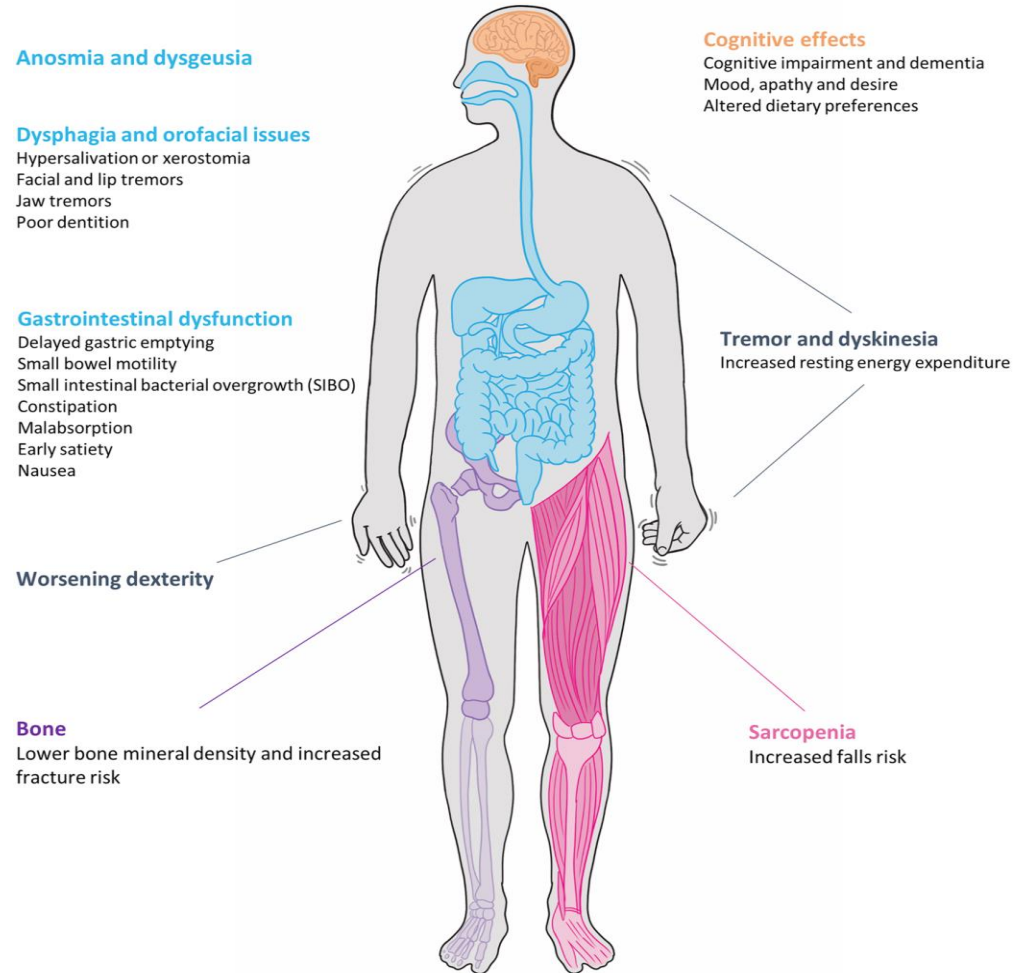


Common Nutritional Challenges:

- Difficulty in swallowing
- Constipation
- Gastroparesis
- GERD
- Micronutrient deficiencies



The importance of maintaining a healthy diet for people with Parkinson's diseases.



- There's no prescription for PD specific diet
- Following a balanced diet improves general well-being and boosts your ability to deal with symptoms of the disease.



Tips for managing dietary restrictions

Soluble and Insoluble fibre



Soluble - dissolve in water and slow down digestion to give you that "full feeling".

Insoluble – add bulk to diet and help with constipation, have that "laxative" benefit.



- oatmeal
- lentils
- apples
- oranges
- nuts
- flaxseeds
- beans
- dried peas
- cucumbers
- celery
- carrots.

- barley
- couscous
- brown rice
- zucchini
- broccoli
- cabbage
- green beans
- dark leafy vegetables
- root vegetable skins.



NutritionResearch101

IMPROVING ON GUT FUNCTION

It is quiet important to consume:

25-30G FIBRE/DAY

Fluids

Stay well hydrated, aim to drink 6 to 8 mugs or glasses of liquid each day.

Water is the easiest way, but any fluid counts.

Avoid or reduce alcohol intake; Makes you pee

- Depletes vitamin & mineral stores

- Dehydrates

- Affects food choices



Essential nutrients

Vitamin D

- Vitamin D contributes to the prevention of PD by regulating calcium ions within the dopaminergic nerves
- boosting vitamin D levels indicates the possibility of improving mood, cognition, and behavior in PD patients along with preventing the aggravation of PD symptoms.

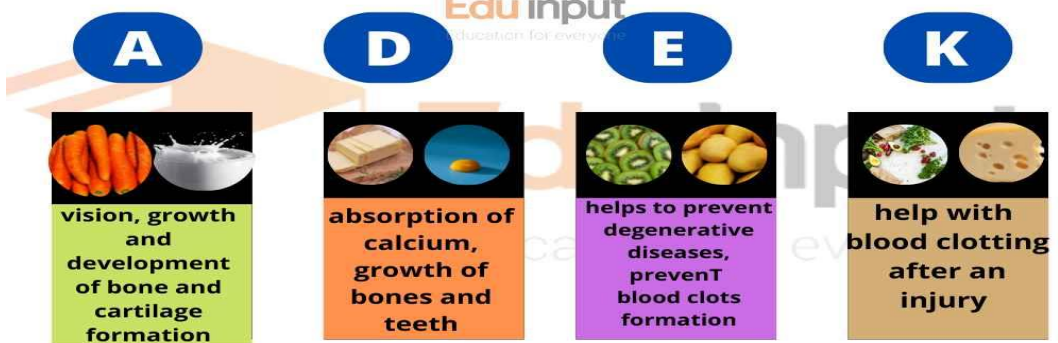
Vit A,C,E & Beta Carotene

- Antioxidant vitamins which helps in reducing cell damage caused by free radicals especially in the brain
- Vitamin E can fight damage in the brain caused by free radicals and has been suggested to lower the risk of PD.

Vit B complex

- Optimal physiological and neurological functioning.
- Vit B9,B6 and B12 plays role in prevention of PD according to some research.

Fat-Soluble Vitamins



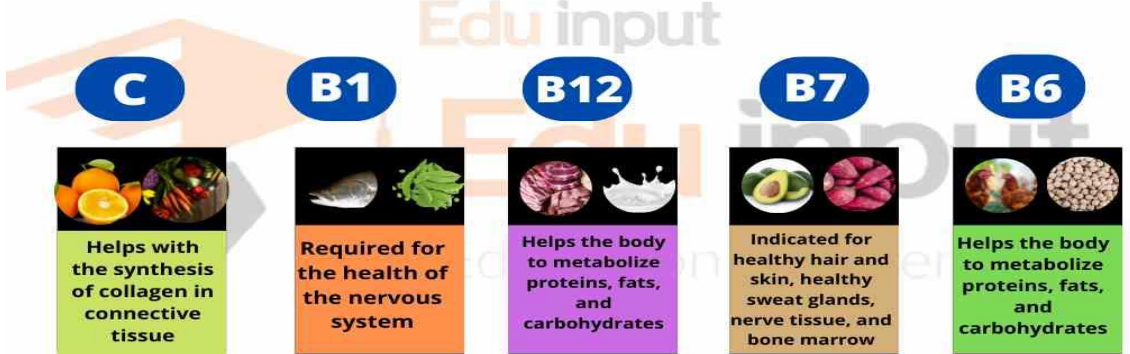
A: vision, growth and development of bone and cartilage formation

D: absorption of calcium, growth of bones and teeth

E: helps to prevent degenerative diseases, prevent blood clots formation

K: help with blood clotting after an injury

Water-Soluble Vitamins



C: Helps with the synthesis of collagen in connective tissue

B1: Required for the health of the nervous system

B12: Helps the body to metabolize proteins, fats, and carbohydrates

B7: Indicated for healthy hair and skin, healthy sweat glands, nerve tissue, and bone marrow

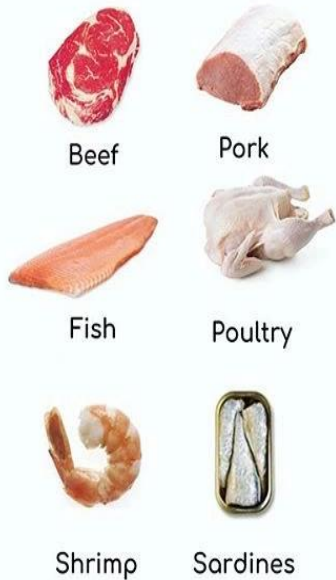
B6: Helps the body to metabolize proteins, fats, and carbohydrates

Iron

Food Sources of Iron

@snackswithjax

Heme Iron



From animal sources only. More efficiently absorbed by the body.

Non-Heme Iron



Less efficiently absorbed by the body. But absorbed 4-6x better with Vitamin C rich foods!

Calcium

CALCIUM-RICH FOODS



optimal nutrient intake = 1,650 mg/2000 cal
bliss point (minimum) = 650 mg/2000 cal

Magnesium

SOURCES OF Magnesium



© Made Whole Nutrition

Proteins

Fats

Potassium

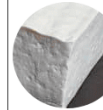

PLANT PROTEIN

ANIMAL PROTEIN

MYFOODDATA

Top 10 Healthy High Fat Foods

78g of Fat = 100% of the Daily Value (%DV)





















1 Avocados  38% DV (29g) per avocado 322 calories	2 Tofu  28% DV (22g) per cup 363 calories
3 Macadamia Nuts  28% DV (22g) per 1 oz handful 204 calories	4 Fish (Salmon)  27% DV (21g) per 6oz fillet 350 calories
5 Peanut Butter  21% DV (16g) per 2 tbslp 191 calories	6 Boiled Soybeans (Edamame)  20% DV (15g) per cup 296 calories
7 Flaxseed Oil  17% DV (14g) per tbslp 120 calories	8 Dark Chocolate (85% Cocoa)  16% DV (12g) per 1oz square 170 calories
9 Cheddar Cheese  12% DV (9g) per oz 114 calories	10 Eggs  7% DV (5g) in 1 large egg 78 calories

PLANT BASED POTASSIUM SOURCES

FromGreens

REFERENCE DAILY INTAKE FOR ADULTS [USDA] - 4700 MG

(Serving size: 100 g or equivalent)

	FRUITS	NUTS/ SEEDS	LEGUMES	VEGGIES
	 APRICOTS (DRIED) 1162 MC, 25%	 LITCHIS (DRIED) 1110 MG, 24%	 PEACHES (DRIED) 996 MC, 21%	 RAISINS 825 MG, 18%
	 PRUNES (DRIED) 732 MC, 16%	 MEDJOOI DATES 696 MC, 15%	 TAMARINDS 628 MC, 13%	 BANANAS 358 MC, 8%
	 HEMP SEEDS 1200 MC, 26%	 PISTACHIO NUTS 1025 MC, 22%	 FLAXSEEDS 813 MC, 17%	 ALMONDS 733 MC, 16%
	 SOY FLOUR 2515 MC, 54%	 PEANUTS 705 MC, 15%	 PINTO BEANS (COOKED) 646 MC, 14%	 WHITE BEANS (COOKED) 561 MC, 12%
	 SUN-DRIED TOMATOES (IN OIL) 1565 MG, 33%	 LEMON GRASS (RAW) 723 MC, 15%	 GREEN SOYBEANS (RAW) 620 MC, 13%	 GARDEN CRESS (RAW) 606 MC, 13%

Source: USDA Food Data Central

% Daily values based on 2000 cal. diet

🟢 = 😄 🟡 = 😊 🟠 = 😐 🔴 = 😞

CHICKPEAS  7g protein	OATS  11g protein	TOFU  13g protein
BROWN RICE  3g protein	QUINOA  4g protein	LENTILS  6g protein
CASHEWS  18g protein	PEANUT BUTTER  28g protein	ALMONDS  29g protein
AVOCADO  2g protein	BROCCOLI  4g protein	EDAMAME  12g protein

protein per 100g

@thefitnesschef_

EGGS  14g protein	TURKEY MINCE  25g protein	CHICKEN BREAST  25g protein
PRAWNS  18g protein	TUNA  25g protein	SALMON  25g protein
PORK CHOP  19g protein	RIBEYE  19g protein	DUCK  27g protein
SEMI SKIMMED MILK  4g protein	0% FAT GREEK YOGURT  10g protein	50% REDUCED FAT CHEESE  30g protein

*incomplete proteins if eaten individually

*complete proteins if eaten individually

WEIGHT LOSS

Weight loss in Parkinson's disease may be due to various factors including :

- reduced sense of smell
- difficulty with self-feeding
- swallowing issues
- slow intestinal movement
- low mood
- loss of appetite
- Nausea
- increased energy needs due to stiff muscles and involuntary movements.

Tips for weight gain:

- **Add extras** ; Add high-calorie foods such as cream, butter or cheese to food where you can.
- **Eat more regularly** ; Try eating 3 meals a day and 2 to 3 snacks between your meals. You should aim to eat every 2 to 3 hours during the day.
- **Drink the calories** ; As an alternative to snacking between meals, try having a high-calorie drink, such as a milkshake made with full-fat milk, malted drink or smoothie.
- **Stimulate your appetite** ; If you have lost your appetite, try stimulating your appetite by seasoning your food with herbs, spices, marinades or sauces.
- Use the right equipment

WEIGHT GAIN

- If you have Parkinson's, you might be less active, leading to potential weight gain if you are consuming the same amount of food.
- Weight gain may also be a side effect of a treatment:
 1. Deep brain stimulation
 2. [Impulsive and compulsive behavior](#) is a side effect of some Parkinson's medication, particularly dopamine agonists and, in some cases, levodopa.

Tips For Weight Loss

- Look at portion
- Eat 5-a-day; Try to eat at least 5 portions of differently colored fruit and vegetables each day. Having at least 2 portions of vegetables with a meal can help fill half your plate and leave less room for less healthy options.
- Choose low-fat alternatives
- Reduce your sugar intake
- Get physically active.
- If you have other health conditions like circulation problems, high cholesterol, heart disease, or diabetes along with Parkinson's and are concerned about being overweight, talk to your GP, specialist, Parkinson's nurse, or a dietitian.

MIND DIET



Adapted from Morris MC, et al. Alzheimer's Dement, 2015, Sep 11(9):1015-1022.

Mind your PD

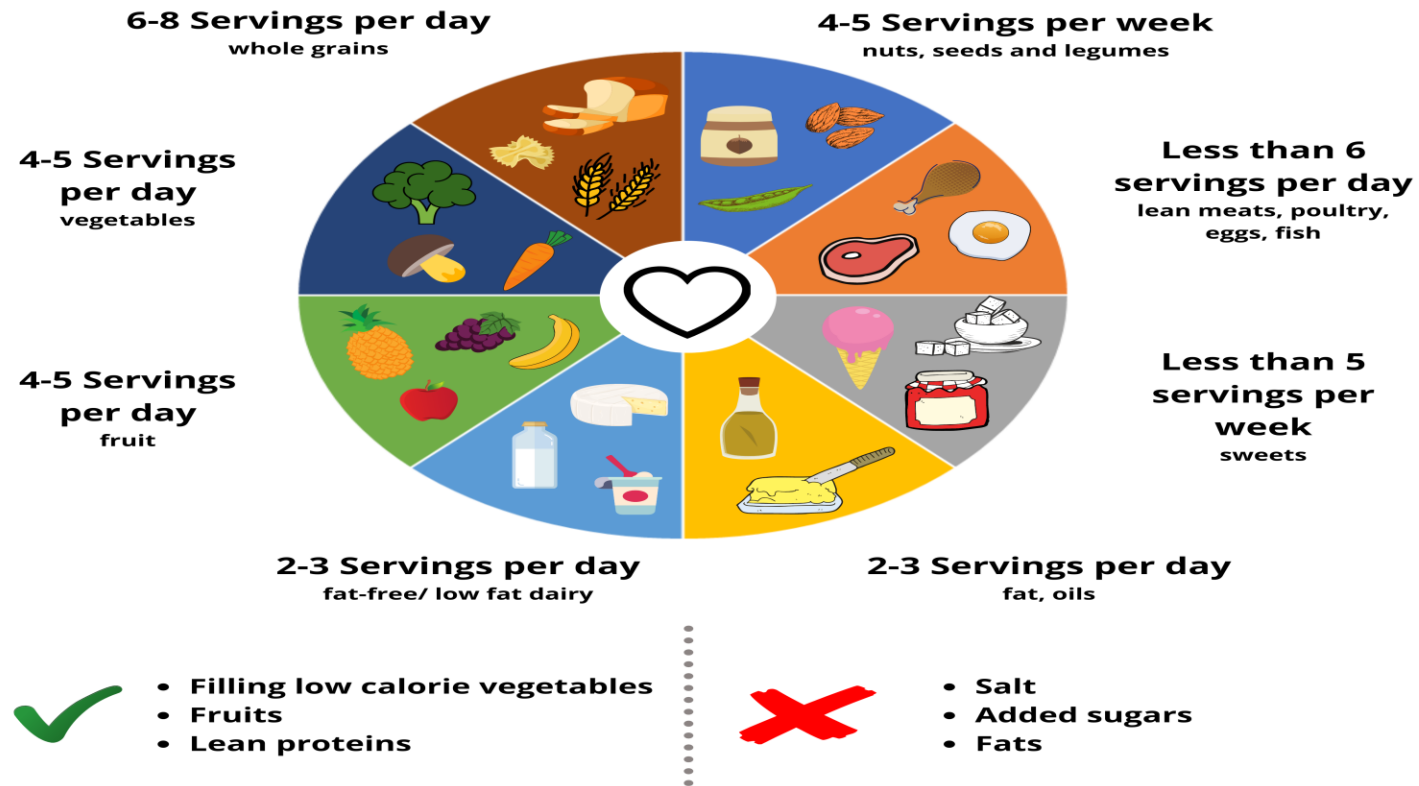
- Mediterranean-DASH
- Intervention for
- Neurodegenerative

MIND DIET

The MIND diet combines parts of the DASH(Dietary Approaches to Stop Hypertension) and Mediterranean diets, both proven to enhance cognition but not specifically designed to slow neurodegeneration

DASH(Dietary Approaches to Stop Hypertension)

DASH DIET



The Sub-Saharan Africa Food Guide Pyramid



Thank you!

For more information and resources visit: www.parkinsonsafrica.org

Get in touch if you have a query: tania@parkinsonsafrica.org

Please complete the post session questionnaire!

