

Parkinson's Disease is the 2nd most prevalent neurodegenerative disease in ageing individuals.

There are many environmental factors involved in the progression and development of Parkinson's. It is important to understand the role of nutrition from a neuroprotective (good) and neurodegenerative (poor) perspective.

Although evidence is limited there are emerging studies that suggest some nutrients may reduce the risk and progression of Parkinson's Disease.

👍 Evidence suggests the following foods are associated with neuroprotection

- Omega - 3 (DHA)
- Phytochemicals (fruit and vegetables)
- Soy (genistein)
- Caffeine and tea
- Resveratrol (moderate alcohol such as red wine)

👍 Foods to include in your diet to benefit and improve symptoms of Parkinson's Disease include:

- Nuts - Brazil, pecans and pistachios
- Berries - blueberries, blackberries and goji berries
- Omega-3-rich foods - salmon, oysters, soybeans and flaxseeds
- Vitamin B1-rich foods - pork, beans, lentils and peas
- Vitamin D-rich foods - salmon, tuna, fortified dairy products and cod liver oil

There are potential foods and nutrients that can be neurodegenerative (bad 🗑️) and worsen the progression of Parkinson's Disease.

🗑️ Foods to avoid in your diet to benefit and improve symptoms of Parkinson's Disease include:

- High saturated fat foods - lard, butter, cheese, palm oil and baked/fried foods
- Highly processed foods - foods with artificial ingredients, added sugars and preservatives
- Excessive alcohol consumption

Although there are no specific dietary interventions for Parkinson's Disease, there is emerging evidence to suggest there are specific foods and nutrients (shown above) that can improve symptoms through their neuroprotective (good) properties.

It is beneficial to achieve and maintain a healthy balanced diet and a healthy BMI to ensure optimal health and reduce the degeneration of Parkinson's disease.

Foods and nutrients that continue to be researched for both beneficial and detrimental neurological effects include; dairy products (milk), mono and polyunsaturated fats, saturated fats, vitamin C, D and E, riboflavin, carbohydrates and animal products (meat).

