

# NUTRITION WORKSHEET

Refer to **Section 3** for detailed nutrition information highlighted here. Talk with your doctor before changing your diet.

## General Guidelines

### Daily recommendations

- Take a general multivitamin with calcium, phosphorous, vitamin B and D.
- Drink at least eight cups of fluid per day including when you take your medication for general health and to avoid low blood pressure, constipation.
- Select healthy snacks such as fruits, nuts, yogurt, oats, milk or soy.
- Avoid processed food. This is high in sugar, “bad fats” and unwanted chemicals and additives. These foods actually rob you of energy.
- Choose fresh, local and organic products if you can. This will increase the freshness, level of nutrients, and limit pesticides or unnecessary additives.
- Be sure to get enough protein. Ask your doctor how much protein you need daily.
- Avoid fad diets and supplements in high doses.

### Specific suggestions

- Calcium and vitamin D are important supplements for bone strength.
- Use the constipation and dizziness worksheet if you have these problems.
- Antioxidants for brain and heart health (see the following page).
- Add omega-3s. Salmon, halibut, tuna, walnuts, almonds, ground flaxseed and fish oil tablets are your best choice for omega-3s.
- Aim for 30 grams of fiber daily from fruits, vegetables and wheat products.
- Weight gain or weight loss: Speak to your doctor as some medical conditions can cause weight changes.

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## Antioxidants

The following high-nutrient foods are also high in antioxidants thought to be helpful in maintaining nerve cell health.

**Make a list of 10 items you will add to your diet on a weekly basis:**

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |

**Vitamin C:** green vegetables, tomatoes, strawberries, broccoli, citrus fruits and juices, apple juice, potatoes, kiwi, green-red-yellow peppers

**Vitamin E:** whole grains including brown rice, green vegetables, nuts, seeds, vegetable oils, wheat germ, papayas, avocados, sweet potatoes, peanut butter

**Vitamin A (Carotenoids):** sweet potatoes, carrots, tomatoes, kale, collard greens, apricots, cantaloupe, peaches, pumpkin, broccoli, pink grapefruit

**Selenium:** eggs, garlic, chicken, fish, grains, wheat germ and bran, Brazil nuts, shellfish, beans

**Lignans:** flaxseed and oil (omega-3 fatty oils), rye, oatmeal, barley

**Flavonoids:** soy, dark chocolate (70% cocoa), red grapes, cranberries, green or white tea, pomegranate

**Lycopene:** watermelon, pink grapefruit, tomatoes

**Lutein:** spinach, kale, broccoli, kiwi, Brussels sprouts and other dark green vegetables

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**Highly recommended foods rich in antioxidants and other health benefits:**

- ground flaxseed (fiber, omega-3, lignan)
- salmon (omega-3 fatty acids, selenium)
- soy products (protein and good source of all the essential amino acids, calcium, zinc, iron, magnesium, phosphorus, omega-3 fatty acids, fiber and B vitamins)
- whole grains (B vitamins, vitamin E, iron, magnesium),
- berries (vitamin C, folate, fiber, high antioxidant properties)
- green vegetables (vitamin A and C, calcium, iron)

**CoEnzyme Q10:** A 2014 study did not show added benefit when used early in Parkinson's. However, CoQ10 has not been shown to be harmful; speak to your physician before adding it to your diet.

**Antioxidant supplements** are also available, but should not be used in place of a healthy diet; speak with your pharmacist about appropriate choices and brands with consideration of your current medications.