Diet & Nutrition

Like exercise, a healthy diet benefits everyone—and it can be especially valuable for people with Parkinson's disease (PD). A Mediterranean-style eating pattern, centered on minimally processed foods, can support overall wellness and may help manage certain non-motor symptoms of PD.

Key Components of a Mediterranean-Style Diet

- Emphasize fruits, vegetables, whole grains, beans, legumes, nuts, and seeds.
- Choose seafood and poultry more often than red or processed meats.
- Consume dairy products and eggs in low to moderate amounts.
- Limit highly processed foods, especially those containing hydrogenated or trans fats, refined grains, and added sugars.
- Use olive oil as the primary source of added fat.

POTENTIAL HEALTH BENEFITS



Digestive Health

Digestive issues are common among people with PD. Because a Mediterranean-style diet is rich in dietary fiber, it may help support regularity and overall digestive health.



Cognitive Health

Some studies suggest that following a Mediterranean-style diet may be associated with a lower risk of dementia and other memory problems that can occur with PD.



Heart Health

The American Heart Association associates the Mediterranean diet with a lower risk of coronary heart disease and stroke.

Eat More

- Fruits & Vegetables
- Fish & Chicken
- Beans & Legumes
- Nuts & Seeds
- Water
- Antioxidant-Rich Foods
- Whole Grains

Eat Less

- Beef & Pork
- Dairy
- Eggs
- Hydrogenated/Trans-Fat
- Refined Grains
- Sugary Drinks
- Alcohol

SHOPPING LIST

Antioxidant-Rich Foods

- **Beverages:** Coffee and green tea
- **Dark chocolate:** Choose varieties with at least 80% cacao
- **Fruits:** Apples, bananas, berries, cherries, grapes, melons, oranges, peaches, pears, and pomegranates
- **Legumes:** Black beans, cannellini beans, chickpeas, kidney beans, lentils, peas, and pinto beans
- **Nuts & seeds:** Almonds, hazelnuts, pecans, pine nuts, walnuts, ground flaxseed, hydrated chia seeds, and pumpkin seeds
- **Red wine:** One 5-ounce glass per day, with your physician's approval
- **Soy foods:** Edamame, soybeans, and tofu
- **Vegetables:** Artichokes, asparagus, beets, bell peppers, broccoli, cabbage, carrots, cauliflower, garlic, kale, lettuce, mushrooms, okra, onions, potatoes, spinach, and squash

Foods That Support Digestive Health

- **Dried fruits:** Apricots, dates, figs, prunes, and raisins
- **Fresh fruits:** Apples, pears, and plums
- **High-fiber foods:** Berries, beans, bran, peas, and whole grains
- **Probiotic foods:** Kefir, kombucha, miso, sauerkraut, tempeh, and yogurt
- **Prebiotic foods:** Artichokes, asparagus, bananas, garlic, onions, soybeans, and whole grains

Before making dietary changes, consult your physician or registered dietitian for guidance tailored to your nutrition needs and Parkinson's management.