



# Nutrition for People Living with Parkinson's

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# Intro and overview

- How nutrition supports wellness
- Living with PD presents unique nutritional challenges
  - Getting enough energy and protein
  - Eating difficulties and digestive issues
    - Constipation
    - Swallowing difficulties
  - Protecting your bone density
- How partners and caregivers can help
- Label Reading
- When to see a dietitian
  - How you can access one
- Questions



# How nutrition supports wellness

- Physical: Give your body the nutrients it needs to stay healthy.
- Social: Eating with others is part of every culture. It promotes good mental health and healthy social relationships.
- Emotional: Cooking and eating food is part of our life story and can keep us connected to family, friends and culture.



EMOTIONAL



SOCIAL





# Getting Enough Energy and Protein

# Energy – why it can be hard to get enough

- People living with PD:
  - Often burn more energy than other people of the same age and weight
    - Involuntary movements use a lot of energy
    - Need more calories than other people to maintain their weight
    - Can be challenging to regain lost weight
      - Need to protect muscle and bone tissue

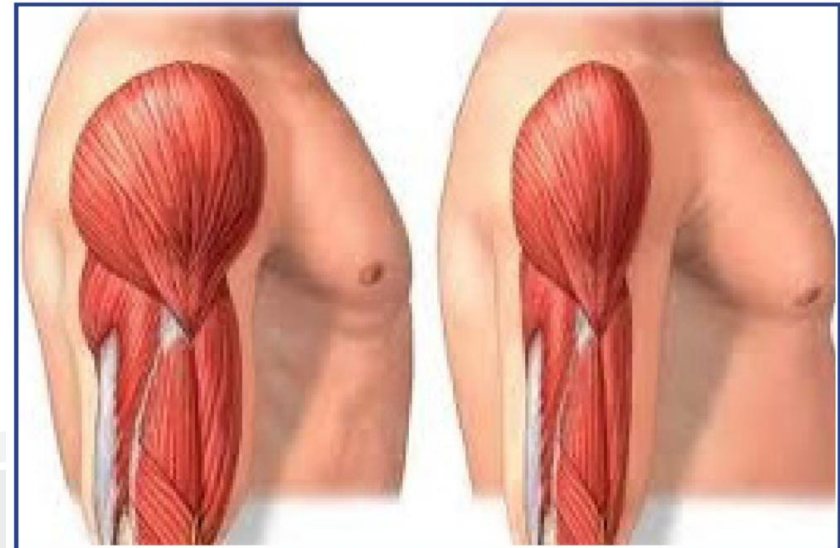
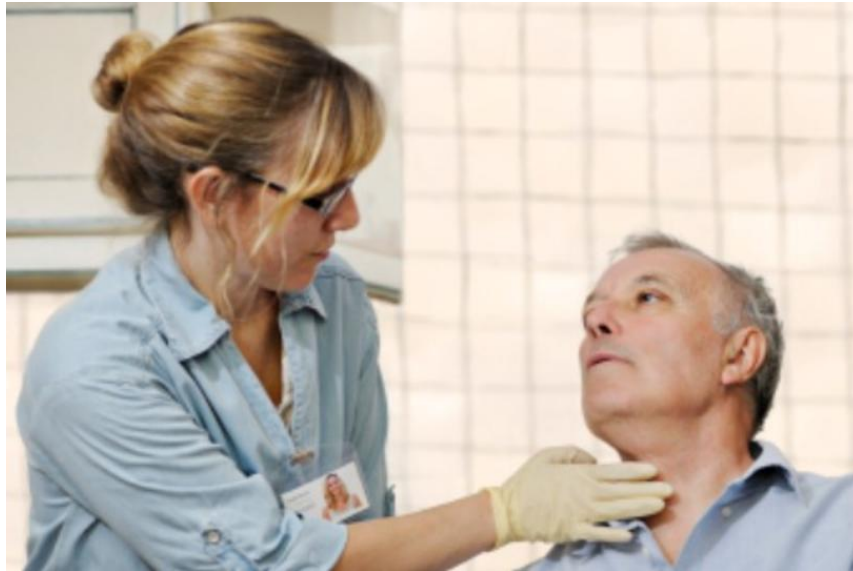


Fig 3

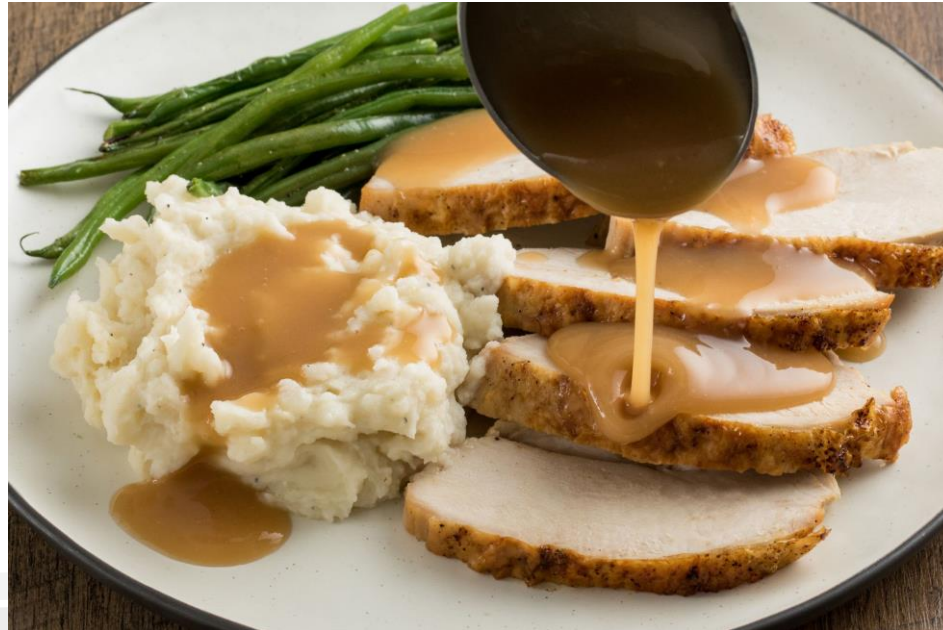
# Energy – why it can be hard to get enough

- People living with PD:
  - May have difficulty with swallowing safely
    - May lead to undereating due to safety
    - Modified textures can make food less palatable



# Energy – how to get more

- Energy (calories)
  - Do not buy low calorie or “lite” versions of foods you enjoy
  - Add gravies and sauces to food to make them more palatable and easier to swallow



# Energy – how to get more

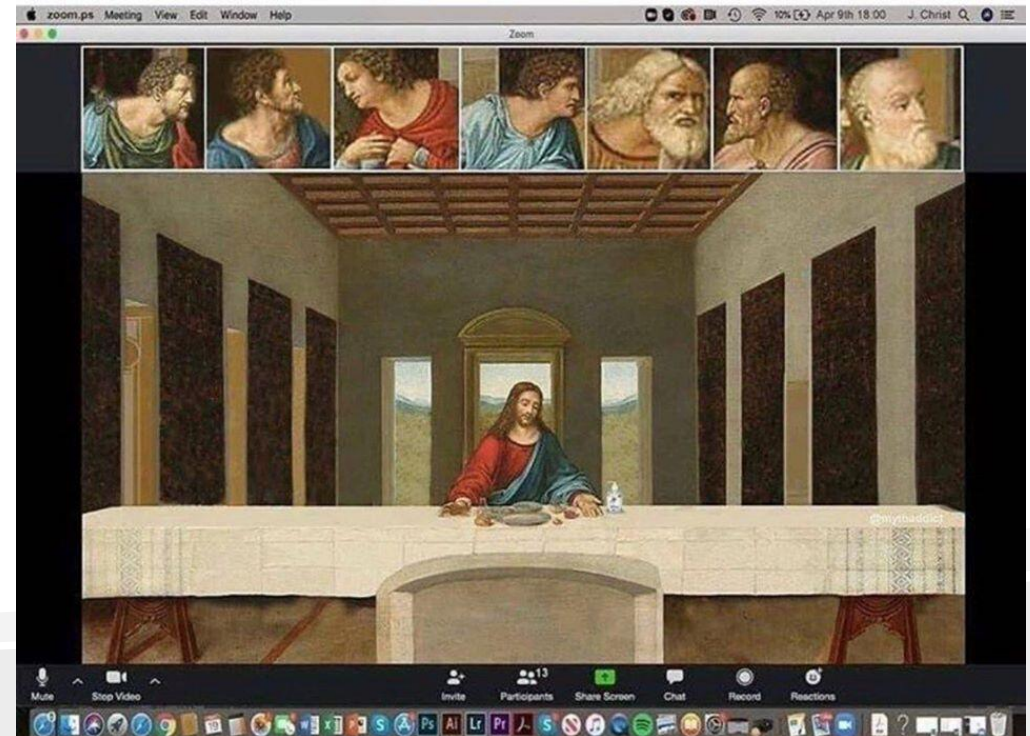
- Energy (calories)
  - Add nuts and seeds to salads and cereals or eat them as a snack (only if you can swallow them safely)
  - Add drizzles of olive oil to noodles, vegetables, meats, soups to add rich energy





# Energy – how to get more

- Energy (calories)
  - Eat frequently throughout the day
  - Eat with people you care about- even on video chat



# Protein – why is it important

- Provides the building blocks of every tissue in the body
  - Muscle, bones, vital organs, blood
  - Can be difficult to get enough when money is tight and/or when you struggle with safe food preparation and swallowing.





## Protein – how to get more

- Eggs, peanut butter, beans and lentils are most affordable
- Add protein to every meal and most snacks
- Can use supplements like protein powder and shakes
- Consider a prepared meal service like Meals on Wheels
  - Can accommodate texture modifications and taste preferences
  - Don't have to order it every day
  - Also have frozen meals that you can heat and serve when you want



# Protein and Levodopa Therapy

- Problem: Protein may compete with Levodopa for absorption in the gut
- Solution: Plan your meals and snacks around your medication schedule.
  - Ex: give your body 30-60 mins after taking levodopa before eating any high protein foods such as meat, cheese, fish, yogurt, etc
  - It may be okay to have a low protein (less than 5g protein) snack such as fruit or veggies with your medication dose- try this and monitor your tolerance and symptoms
  - See handout: *Levodopa and Protein*
- You still need to consume adequate protein every day
- Evidence for protein restriction is VERY WEAK- I don't recommend it
  - If you want to try this, plan for it with the help of a dietitian
  - Protein redistribution diets include very little protein throughout the day (eat mostly fruit and vegetables), then includes an unlimited amount at supper



# Eating Difficulties

Constipation and Dysphagia

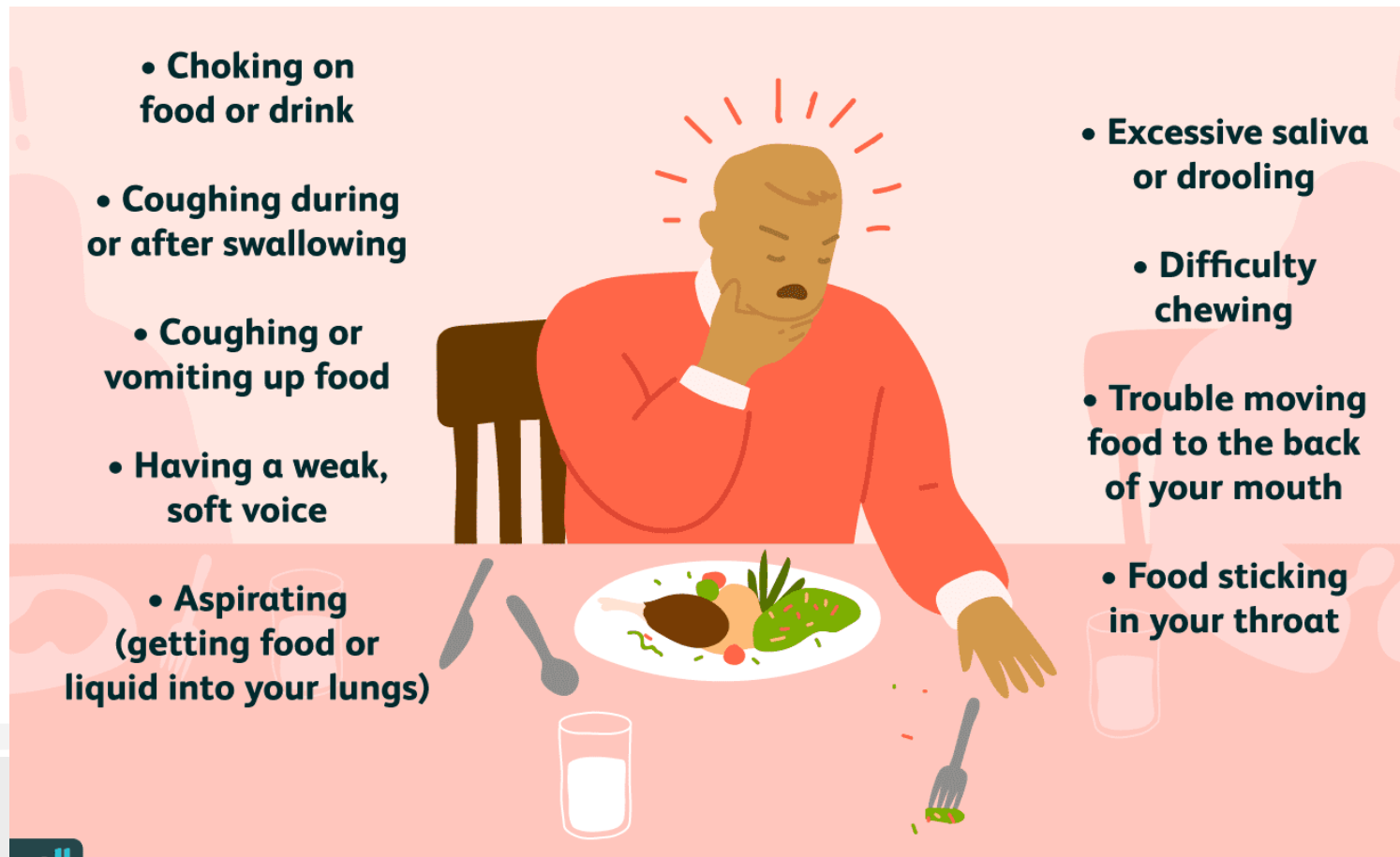


# Digestive Issues: Constipation

- Many reasons why it happens: poor appetite, inadequate physical activity, medication side-effects, disease progression in intestine, low fibre intake.
- What you can do:
  - Increase fluid intake: soup, water, milk, juice, broth, coffee/tea all count
  - Add fibre: Whole grains, beans/lentils, nuts/seeds, vegetables and fruit, Metamucil are all good options
  - Physical Activity
  - Listen to your body and go to the bathroom when the urge comes
  - Set aside a time to sit on the toilet and allow yourself to go, even if you don't feel like it.
    - 10-15 mins daily at the same time can help promote a routine for your body.

# Eating Difficulties: Dysphagia (Difficulty Swallowing)

- Do not ignore this. Get a swallowing assessment to find out what specifically is happening when you swallow and get personalized recommendations.



# Eating Difficulties: Dysphagia (Difficulty Swallowing)

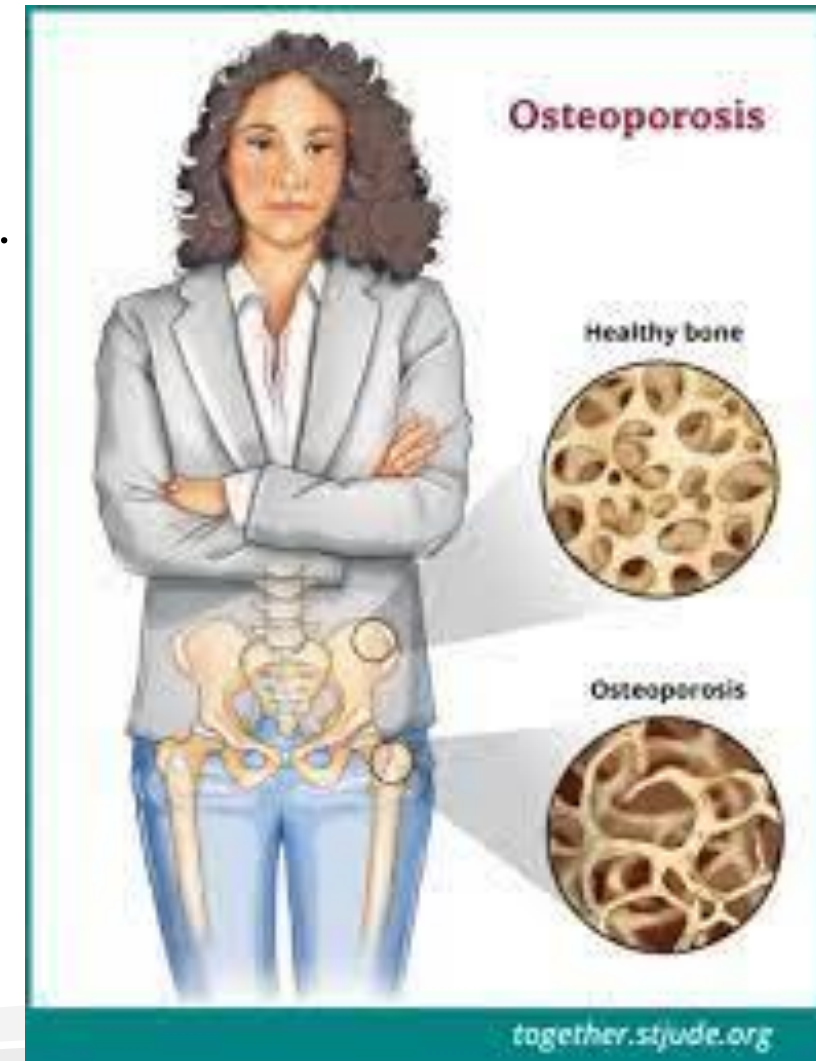
- Tips to manage dysphagia:
  - use gravies and sauces to lubricate food
  - Avoid mixed texture foods (eat one type of bite at a time)
  - Focus on eating, turn off TV or other distractions (music and visiting is okay!)
    - Take your time, eat small bites, chew carefully, swallow completely before taking next bite
  - Choose softer cooked foods (ie: braised meat and mashed potatoes instead of roasted, ground beef instead of steak)





# Protecting Your Bone Density

- Problem: Higher risk of Osteoporosis with PD
  - Concerning especially when combined with higher risk of falls.
- Solution: Consume foods with calcium and vitamin D daily
  - Dairy products, fortified dairy alternatives, fortified juices, canned fish with bones (if you can safely swallow it)
  - Take a daily 1000 IU Vitamin D supplement
  - Adults before age 50 need ~1000 mg of Calcium per day
  - Adults over age 50 need 1200 mg of Calcium per day-
    - Best to get it from food
    - Discuss calcium supplementation with your doctor or pharmacist.



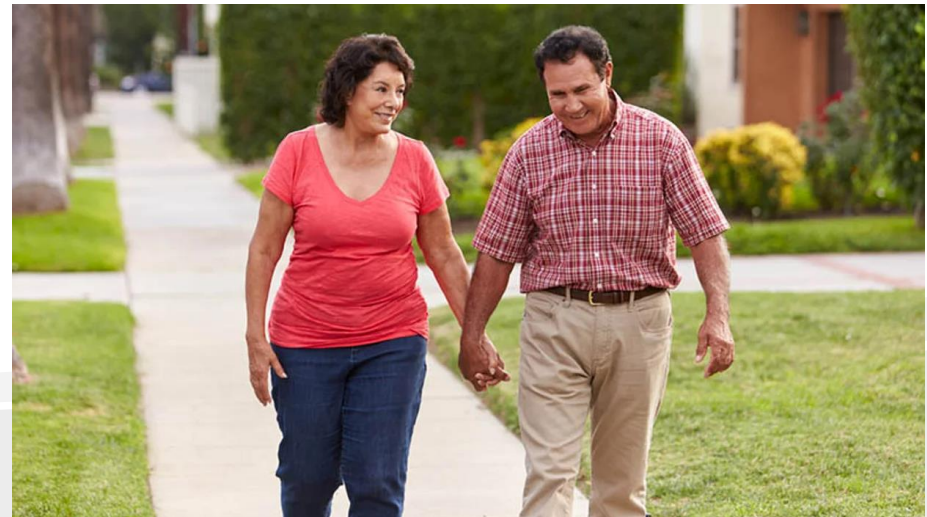
# How Partners and Caregivers Can Help

## Do

- Ask your partner what would help them
- Encourage opportunities to socialize and eat together
- Be open to trying new recipes and methods of cooking together
  - Talk to a dietitian about adapting recipes that you and your partner enjoy

## Don't

- Try to control your partner's food intake
- Try to make them eat foods they don't like/want



# Label Reading:



| Nutrition Facts<br>Valeur nutritive            |   |
|--|---|
| Per 1/3 cup (100 g)<br>pour 1/3 tasse (100 g)  |   |
| Amount<br>Teneur                               | % Daily Value<br>% valeurs quotidiennes |
| <b>Calories / Calories 35</b>                  |   |
| <b>Fat / Lipides 0 g</b>                       | <b>0 %</b>                              |
| Saturated / saturés 0 g<br>+ Trans / trans 0 g | <b>0 %</b>                              |
| <b>Cholesterol / Cholestérol 5 mg</b>          |   |
| <b>Sodium / Sodium 50 mg</b>                   | <b>2 %</b>                              |
| <b>Potassium / Potassium 180 mg</b>            | <b>5 %</b>                              |
| <b>Carbohydrate / Glucides 5 g</b>             | <b>2 %</b>                              |
| Fibre / Fibres 0 g                             | <b>0 %</b>                              |
| Sugars / Sucres 3 g                            |   |
| <b>Protein / Protéines 4 g</b>                 |   |
| Vitamin A / Vitamine A                         | 6 %                                     |
| Vitamin C / Vitamine C                         | 0 %                                     |
| Calcium / Calcium                              | 10 %                                    |
| Iron / Fer                                     | 0 %                                     |
| Vitamin D / Vitamine D                         | 15 %                                    |
| Thiamin / Thiamine                             | 6 %                                     |
| Riboflavin / Riboflavine                       | 10 %                                    |
| Vitamin B12 / Vitamine B12                     | 15 %                                    |
| Phosphorus / Phosphore                         | 8 %                                     |

- Step 1: Check portion size and compare to your actual intake
- Step 2: Check calories- total of energy from fat + carbohydrate + protein
- Step 3: Check for protein- more is better at meals, less *may* be better for snacks

# Label Reading: Compare Products



| Nutrition Facts                       |               | Valeur nutritive       |                      |
|---------------------------------------|---------------|------------------------|----------------------|
| Per 1/3 cup (100 g)                   |               | pour 1/3 tasse (100 g) |                      |
| Amount                                | % Daily Value | Teneur                 | % valeur quotidienne |
| <b>Calories / Calories</b> 35         |               |                        |                      |
| <b>Fat / Lipides</b> 0 g              | 0 %           |                        |                      |
| Saturated / saturés 0 g               | 0 %           |                        |                      |
| + Trans / trans 0 g                   |               |                        |                      |
| <b>Cholesterol / Cholestérol</b> 5 mg |               |                        |                      |
| <b>Sodium / Sodium</b> 50 mg          | 2 %           |                        |                      |
| <b>Potassium / Potassium</b> 180 mg   | 5 %           |                        |                      |
| <b>Carbohydrate / Glucides</b> 5 g    | 2 %           |                        |                      |
| Fibre / Fibres 0 g                    | 0 %           |                        |                      |
| Sugars / Sucres 3 g                   |               |                        |                      |
| <b>Protein / Protéines</b> 4 g        |               |                        |                      |
| Vitamin A / vitamine A                | 0 %           |                        |                      |
| Vitamin C / Vitamine C                | 0 %           |                        |                      |
| Calcium / Calcium                     | 10 %          |                        |                      |
| Iron / Fer                            | 0 %           |                        |                      |
| Vitamin D / Vitamine D                | 15 %          |                        |                      |
| Thiamin / Thiamine                    | 6 %           |                        |                      |
| Riboflavin / Riboflavine              | 10 %          |                        |                      |
| Vitamin B12 / Vitamine B12            | 15 %          |                        |                      |
| Phosphorus / Phosphore                | 8 %           |                        |                      |



| Valeur nutritive                       |                      | Nutrition Facts     |  |
|--|----------------------|---------------------|--|
| pour 1/4 tasse (175 g)                 |                      | Per 1/4 cup (175 g) |  |
| Teneur                                 | % valeur quotidienne |                     |  |
| <b>Calories / Calories</b> 200         |                      |                     |  |
| <b>Lipides / Fat</b> / g               | 11 %                 |                     |  |
| saturés / Saturated 4 g                | 22 %                 |                     |  |
| + trans / Trans 0,2 g                  |                      |                     |  |
| <b>Cholestérol / Cholesterol</b> 25 mg |                      |                     |  |
| <b>Sodium / Sodium</b> 70 mg           | 3 %                  |                     |  |
| <b>Glucides / Carbohydate</b> 20 g     | 7 %                  |                     |  |
| Fibres / Fibre 1 g                     | 3 %                  |                     |  |
| Sucres / Sugars 18 g                   |                      |                     |  |
| <b>Protéines / Protein</b> 13 g        |                      |                     |  |
| Vitamine C / Vitamin C                 | 0 %                  |                     |  |
| Calcium / Calcium                      | 15 %                 |                     |  |
| Fer / Iron                             | 0 %                  |                     |  |



## When to see a Dietitian

- Unintentional weight loss or gain (especially if it's more than 5% of usual adult weight in less than a month)
- Difficulty with planning for enough protein or calories
  - Sometimes you just need new ideas!
- Not sure how to balance PD nutrition with other health concerns such as high blood pressure, diabetes or IBS
  - Can be difficult when partners have differing health needs, dietitians can definitely help with this!
- After getting a swallowing assessment
  - (if you come before, you may need to come back to get more specific advice once the assessment is completed)



For General Nutrition Questions

**Dial-a-Dietitian**

**1-877-830-2892**

**Call 204-788-8248 in Winnipeg**



# Need more Support?

## Meet with a Registered Dietitian

- Do you have private health insurance?  
Find a private practice dietitian here:  
[www.CollegeOfDietitiansMB.ca/find-a-dietitian/  
private-practice](http://www.CollegeOfDietitiansMB.ca/find-a-dietitian/private-practice)
- If you don't have insurance, you may still be able to see a dietitian. Visit [www.wrha.mb.ca/nutrition](http://www.wrha.mb.ca/nutrition) and select *Find A Dietitian*



# Dietitian Services Outside of Manitoba

- Ontario: College of Dietitians of Ontario
  - <https://www.collegeofdietitians.org/public/nutrition-services.aspx>
- Québec: Ordre des diététiste-nutritionnistes du Québec
  - <https://odnq.org/trouver-une-dietetiste-nutritionniste/>





# Questions?

Thank you for having me!



# Meet the facilitator

- Primary Care Dietitian, ACCESS Winnipeg West
  - Registered Dietitian
  - Certified Diabetes Educator
  - In practice since 2012
    - Graduated from Acadia University, Wolfville, NS
    - 48 week internship in South Western Nova Scotia
  - Happy to be here today, thank you for having me!