

Diet...

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Role of Diet and Nutritional supplements in PD progression, 2017

- Study of Patient Reported Outcomes (2x year questionnaire for 33 symptoms of 1053 participants)
- Multiple models for association of diet, lifestyle and PD severity
- <https://www.hindawi.com/journals/omcl/2017/6405278/>

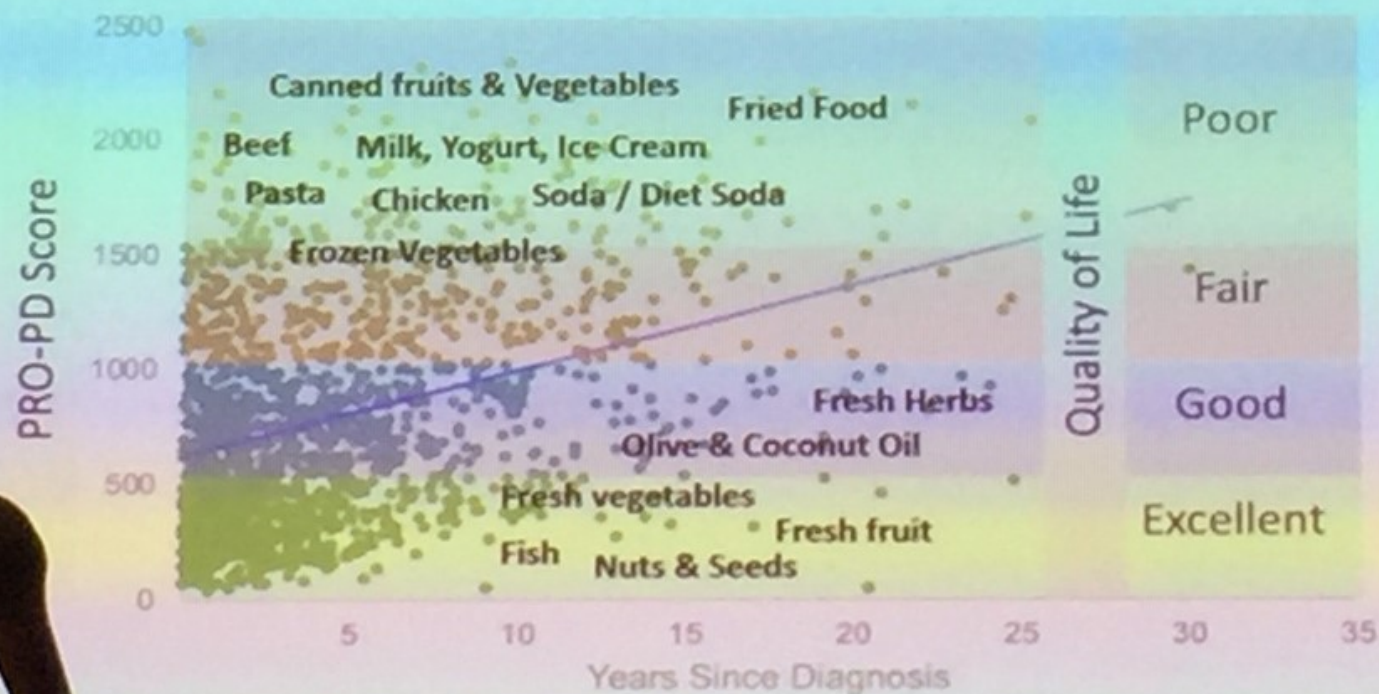
Diet...

Early signs of PD include constipation which affects nutrition

- Food associated with *Slowest* progression?
- Food associated with *Fastest* progression?
- Nutrition behaviours associated with *slower* progression?



Association Between Food & Progression



*Unpublished data from CAMCarePD study. N = 1600. 2013- April 2019

Slowest progression of PD associated with:

- Fresh fruit, fresh veg
- Nuts & seeds
- Non-fried fish
- Olive oil
- Wine
- Coconut oil
- Fresh herbs



Fastest progression of PD associated with:

- Canned fruit, canned vegetables
- Fried food
- Diet soda & soda
- Beef
- Chicken
- Ice cream, yogurt, milk
- Pasta
- Frozen vegetables

Nutrition behaviours associated with *slower* progression of PD:

- *Fresh fruit & veg, nuts, seeds, non-fried fish, coconut & olive oil, fresh herbs, wine*
- Healthy social life
- Eat organic where possible
- Cook your own food, cook for others
- Shop at farmers markets
- Friendships
- *Social health is a nutrient!*

Breakfast!

