



Parkinson's Disease Nutrition

Baking & non-dairy options

Plant-based Baking

- Use egg substitutes such as flax seeds, chia seeds, applesauce or egg replacer
- Use non-dairy milks such as almond, soy, cashew, flax or oat milk
- Plant based butter, olive oil, coconut oil
- Raw cane sugar, coconut sugar, agave, honey and maple syrup

Egg Substitutes

WAYS TO REPLACE AN EGG IN BAKING

Each portion equals one egg

- 2 *tb*sp of corn starch + 2 *tb*sp. of water
- 1/4 cup of soft tofu or vegan yogurt
- 1 *tb*sp of chia or flaxseed + 3 *tb*spoons of water
- 3 *tb*sp of peanut butter or any nut butter
- 1 *tb*sp of vinegar + 1 *tb*sp of baking soda
- 1/4 cup applesauce
- 1/4 cup avocado or mashed banana

VEGAN OUTREACH



Plant based milks

Add-ins

- ▶ **Nuts-** Try adding in walnuts, pecans, peanuts or pistachios to your desserts
- ▶ **Seeds-** Flax seeds, chia seeds, sunflower and pumpkin are easy add-ins to breads, muffins and even pies
- ▶ **Chocolate!** Dark chocolate or semi sweet chips or chunks. Cocoa powder or cacao nibs. Look for dairy free chocolate- trader joes and Costco brand chocolate chips are both dairy free
- ▶ **Dried fruits-** Goji berries, raisins, cranberries, cocounut

These foods contain antioxidants, vitamins and healthy fats

Why should I avoid dairy?

- ▶ Every single prospective study on dairy products or milk and Parkinson's disease tended to find increased risk. It may be that “dairy products in the United States are contaminated with neurotoxic chemicals.”
- ▶ There's substantial evidence suggesting that “exposure to pesticides may increase Parkinson's disease risk,” and autopsies found higher levels of pollutants and pesticides in the brains of Parkinson's disease patients, and some of these toxins are present at low levels in dairy products.
- ▶ Toxins like tetrahydroisoquinoline, a Parkinsonism-related compound found predominantly in cheese. Although the amounts of this neurotoxin—even in cheese—are not really high, the concern is that the chemical may accumulate in the brain over long periods of consumption.



Antioxidants

- ▶ Goji berries and pomegranates
- ▶ Berries- Blueberries, blackberries, strawberries
- ▶ Cranberries, raisins, grapes
- ▶ Dark green leafy vegetables- Spinach, kale, arugula
- ▶ Prunes, plums
- ▶ Herbs- Cilantro, dill, parsley, basil, ginger, thyme
- ▶ Kidney beans, lentils
- ▶ Nuts- Pecans, walnuts
- ▶ Dark Chocolate
- ▶ Tea



Omega 3s

▶ Omega-3s

If you're concerned about secondary symptoms of Parkinson's, like dementia and confusion, get serious about consuming more, soybeans, flax seed, and kidney beans. Soy in particular is being studied for its ability to protect against Parkinson's. These foods contain omega-3 fatty acids, which might improve cognitive function.

<https://www.ncbi.nlm.nih.gov/pubmed/27977429>

Fiber

NaturalHealthyConcepts.com

HEALTHY HIGH FIBER FOODS

Source	Amount	Calories	Fiber (g)		
	Navy Beans	1 cup	254.8	19.11	EXCELLENT
	Raspberries	1 cup	64.0	7.99	
	Collard Greens	1 cup	62.7	7.60	
	Turnip Greens	1 cup	28.8	5.04	
	Beet Greens	1 cup	38.9	4.18	
	Cinnamon	2 tsp	12.8	2.76	
	Dried Peas	1 cup	231.3	16.27	
	Lentils	1 cup	229.7	15.64	
	Pinto Beans	1 cup	244.5	15.39	
	Black Beans	1 cup	227.0	14.96	
	Lima Beans	1 cup	216.2	13.16	
	Tempeh	4 oz	222.3	12.00	
	Kidney Beans	1 cup	224.8	11.33	
	Barley	.33 cup	217.1	10.61	
	Green Peas	1 cup	115.7	7.58	
	Winter Squash	1 cup	75.8	5.74	
	Pear	1 med	101.5	5.52	
	Broccoli	1 cup	54.6	5.15	
	Cranberries	1 cup	46.0	4.60	
	Spinach	1 cup	41.4	4.32	
	Brussels Sprouts	1 cup	56.2	4.06	
	Green Beans	1 cup	43.8	4.00	
	Cabbage	1 cup	43.5	3.90	
	Flaxseeds	2 tbsp	74.8	3.82	
	Swiss Chard	1 cup	35.0	3.67	
	Asparagus	1 cup	39.6	3.60	
	Carrots	1 cup	50.0	3.42	
	Oranges	1 med	61.6	3.14	
	Strawberries	1 cup	46.1	2.88	
	Mustard Greens	1 cup	36.4	2.80	
	Fennel	1 cup	27.0	2.70	
	Cauliflower	1 cup	28.5	2.68	
	Kale	1 cup	36.4	2.60	
	Summer Squash	1 cup	36.0	2.52	
	Eggplant	1 cup	34.6	2.47	
	Tomatoes	1 cup	32.4	2.16	
	Kiwifruit	1 kiwi	42.1	2.07	
	Romaine Lettuce	2 cups	16.0	1.97	
	Chili Peppers	2 tsp	15.2	1.88	
	Bell Peppers	1 cup	28.5	1.85	
	Bok Choy	1 cup	20.4	1.65	
	Black Pepper	2 tsp	14.6	1.47	
	Cloves	2 tsp	11.5	1.42	
	Celery	1 cup	16.2	1.40	

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Source: The George Mateljan Foundation | WHFoods.com

TOP PROTEIN VEGAN SOURCES

Per 100 gram

   @PLANTBUILTSTRONG

 PUMPKIN SEEDS 24G PROTEIN	 PEANUT BUTTER 23G PROTEIN	 TAHINI 22G PROTEIN	 ALMONDS 21G PROTEIN	 PISTACHIOS 21G PROTEIN
 TOFU 20G PROTEIN	 FLAX SEEDS 18G PROTEIN	 OATS 17G PROTEIN	 SOY BEANS 17G PROTEIN	 WALNUTS 15g PROTEIN
 WHOLEMEAL BREAD 11G PROTEIN	 LENTILS 9G PROTEIN	 CHICKPEAS 9G PROTEIN	 KIDNEY BEANS 9G PROTEIN	 HUMMUS 7G PROTEIN
 GREEN PEAS 5G PROTEIN	 KALE 5G PROTEIN	 RED QUINOA 4G PROTEIN	 SPINACH 3G PROTEIN	 POTATOES 2G PROTEIN



Banana Bread

Preheat oven to 350 degrees

Spray 9" loaf pan with non-stick spray

Wet Ingredients

- ½ cup melted vegan butter (vegetable or canola oil)
- 6 tbsp. unsweetened applesauce
- 1 tsp. Vanilla
- ¼ cup flaxseed high protein milk (almond milk, soy milk, oat milk)
- 3 mashed ripe bananas, mashed

Dry Ingredients

- 1 ¾ cups unbleached all-purpose flour
- 1 tsp. baking powder
- ½ tsp. baking soda
- ¼ tsp. salt
- ½ cup chopped semi-sweet chocolate (or whole chips)
- ½ cup walnuts

In a large bowl mix sugar and oil together until smooth. Add applesauce, vanilla, flax milk and mashed bananas. Mix well.

In separate bowl combine flour, baking powder, baking soda and salt.

Combine dry and wet ingredients until just combined.

Add chocolate and walnuts, still until just combined.

Pour into loaf pan.

Bake for 1 hour or until a toothpick inserted in middle comes out clean.

Nutrition Fact Mini Muffins

With Walnuts	Without
Calories 138	Calories 121
Total Fat 7g	Total Fat 7
Carbs 15g	Carbs 5g
Protein 2g	Protein 1g

All ingredients for this recipe were purchased at Trader Joe's.



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Chocolate Mousse

Serves 4

1 13.5 fl oz Trader Joe's Organic Coconut Cream (refrigerated overnight)

2 Tbsp. unsweetened cocoa powder

2 Tbsp. maple syrup

Instructions:

Combine all ingredients in a food processor. Pulse until ingredients are incorporated and smooth.

Serve immediately or store refrigerated.

Can garnish with fruits, whipped coconut cream, nuts or any topping desired.

*“There is no other medication, if you will,
that’s taken with such regularity as food”*

-Dr. Randy Horwitz

References

- ▶ <https://www.medicalnewstoday.com/articles/161618>
- ▶ <https://my.clevelandclinic.org/health/articles/15050-vitamin-d--vitamin-d-deficiency>
- ▶ <https://ods.od.nih.gov/factsheets/VitaminD-Consumer/>
- ▶ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4291444/>
- ▶ <https://nutritionfacts.org/video/preventing-parkinsons-disease-with-diet/>
- ▶ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6683260/>