

What should I eat and drink?

Let's keep it simple

I have read so many articles on Parkinson's diets and food and drink regimes and, aside from one exception*, it seems to come down to the same thing; eat healthily, the same as everyone else is being told to do. Plenty of fruit and veg, lots of water, avoid too much fat and sugars, etc. Same as you see every time you put the TV on; you can't avoid another celebrity with their own slant on healthy eating.

No different if you have Parkinson's - well mostly; so here are the key points to know:-

*Avoid protein rich foods around the time you take levodopa medications (Sinemet, Madopar, Co-Careldopa, Co-Beneldopa etc) as proteins can affect the absorption of these medications and so they could take longer to take effect.

Some people experience more problems with protein interaction than others, no two people are the same.

Protein rich foods include milk, eggs, meat, fish etc.

It is usually best to take medication before meals to avoid any possibility of a protein interaction, however a small minority of people may need to take medication after food. Please check with your specialist before making any changes.

It is important that you do not avoid protein foods as they are essential constituents of our nutrition, perhaps changing the time of day when you have the majority of your protein would be advisable.

Drink plenty of water or watery fluids. (see 'DRINK MORE PEE LESS'). Fluids are vital for energy, clear thinking, effectiveness of medication, avoiding constipation, etc.

Alcohol. Why not? Just be very aware of the potential increase in effect of alcoholic drinks. Some Parkinson's medications suggest avoiding alcohol, please be sure to check the instructions. Alcohol can make you feel more unsteady, so you may be more likely to fall and injure yourself.

If you have any condition that requires a special diet, always consult with your specialists before changing your dietary habits.

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