

Wellness with Parkinson's



Antioxidant Worksheet

Review the foods high in brain healthy anti-oxidants.

Expand your food choices. Add one new food to your grocery shopping cart each week for one month.

Aim to increase your foods high in antioxidants by adding one new food item each day. Be sure to get a variety of antioxidants by choosing fruits and vegetables of different colors.

The following high nutrient foods are also high in antioxidants thought to be helpful in maintaining nerve cell health. Cranberries, blueberries, and blackberries were ranked highest among the fruits studied. Beans, artichokes, and Russet potatoes were tops among the vegetables. Pecans, walnuts, and hazelnuts were the winners in the nut category, and ground cloves, cinnamon, and oregano were the top three antioxidant-rich spices.

After reviewing the antioxidant foods below, make a list of four items you will add to your shopping cart this next month:

ANTIOXIDANTS for BRAIN HEALTH!

Vitamin C: green vegetables, tomatoes, strawberries, broccoli, citrus fruits and juices, apple juice, potatoes, kiwi, green-red-yellow peppers

Vitamin E: whole grains including brown rice, green vegetables, nuts, seeds, vegetable oils, wheat germ, papayas, avocados, sweet potatoes, peanut butter

Vitamin A (Carotenoids): sweet potatoes, carrots, tomatoes, kale, collard greens, apricots, cantaloupe, peaches, pumpkin, broccoli, pink grapefruit

Selenium: eggs, garlic, chicken, fish, grains, wheat germ and bran, Brazil nuts, shellfish, beans

Ligans: flax seed and oil (omega 3 fatty oils), rye, oatmeal, barley

Flavonoids: soy, chocolate, red grapes, cranberries, tea, pomegranate

Lycopene: watermelon, grapefruit (pink), tomatoes

Lutein: spinach, kale, broccoli, kiwi, brussel sprouts, and other dark green vegetables

Highly recommended foods rich in antioxidants and other health benefits:

- salmon (omega 3 fatty acids, selenium)
- soy products (protein and good source of all the essential amino acids, calcium, zinc, iron, magnesium, phosphorus, omega 3 fatty acids, fiber and B vitamins)
- whole grains such as whole wheat, brown rice, millet, rye, barley and other chewy grainy products not refined or processed flour (B vitamins, Vitamin E, Iron, Magnesium)
- berries (Vitamin C, Folate, fiber, high antioxidant properties)
- green vegetables (Vitamin A and C, calcium, iron)

CoEnzyme Q10: can be found in health food stores and pharmacies,

Antioxidant supplements are also available; speak with your pharmacist about appropriate choices and brands with consideration of your current medications.

Top 10 antioxidant spices.

Different antioxidants have different properties, such as ability to penetrate a cell or how it is metabolized by the liver. Always eat a diet which consists of a variety of fresh foods. Happy cooking...

Cloves Cloves are dried flower buds from the *Syzygium aromaticum* tree, which is native to Indonesia. Cloves are used as spice all over the world, but particularly in Indian cooking, where it is used in a number of curries and rice dishes.

Cinnamon (ground) Cinnamon is a spice derived from the bark of a small evergreen tree native to Sri Lanka. The cinnamon that we buy in grocery stores may contain bark from a related species called Cassia (*Cinamomum aromaticum*). True cinnamon crumbles more than other cinnamon. Cassia containing

cinnamon contains coumarin, a blood thinner, so it is advised not consume too much of the cinnamon found in (most) stores.

Oregano (dried) A popular herb used in Italian and Greek cooking, it is high in antioxidant activity and has been used to stave off colds and influenza. Oregano has both antimicrobial and anti-inflammatory properties.

Turmeric (ground) Turmeric (*Curcuma longa*) is a plant from the ginger family and is native to South East Asia. The spice turmeric comes from root-like structures called rhizomes, which are ground to make the spice. Turmeric contains curcumin, which is thought to act as a strong pain reliever (by inhibiting the **cox-2** enzyme). Curcumin may be useful for the treatment of arthritis as well for Alzheimer disease, where it is believed to inhibit the formation of amyloid plaques.

Parsley Originally from Iran, this spice is used worldwide. This spice is not recommended in concentrated form (as supplements for example), as it can induce labor in pregnant women, induce kidney stone formation and increase photo-sensitivity of the skin.

Basil In addition to strong antioxidant effects, basil also has anti-cancer, anti-viral and anti-microbial abilities. Basil is used in Mediterranean dishes as well as some Asian dishes (Thai). Basil (as does oregano) contains high amounts of a compound that selectively binds the **cannabinoid receptor CB2**, blocking inflammation pathways without mood altering effects. Basil (and oregano) could be useful for the treatment of inflammatory bowel disease and arthritis.

Cumin Cumin seeds are the spice of the cumin plant and are used in many dishes, in particular curry dishes. Cumin seeds are high in essential oils and the main cumin compound that gives cumin its distinctive taste, is cuminaldehyde.

Sage Used in many meat dishes from Europe, sage is a strong antioxidant. Not recommended for use as a supplement as it may be toxic in high doses.

Mustard Seed There are many different varieties of mustard seed (from black to yellow to white). The more pungent varieties contain **sinigrin**, a compound that when degraded is responsible for the strong taste of mustard or horseradish. It has been suggested that sinigrin has anti-cancer properties and that consuming sinigrin containing foods may protect against colon cancer.

Marjoram For culinary use, marjoram is often used for its aromatic leaves.