

Wellness with Parkinson's



Protein Choices

Proteins

Proteins are needed for cell growth and development, muscle formation, and many cell functions including formation of antioxidants such as glutathione, synthesis of neurotransmitters and other cell reactions. Most Americans eat too much protein. A diet too high in protein can lead to bone loss and be harmful to persons with kidney disease.

- The American guidelines for protein are 0.8gm/kg body weight (.36gm/pound). You may need more protein if you are vegetarian, suffering from infection, or certain chronic illnesses.

Protein can delay the absorption of levodopa (found in Sinemet or Stalevo) but not other PD medicines. This is less of a problem with mild disease but can be more of an issue in advancing disease in which fluctuations or dyskinesias are present. More information is available on this topic in the Nutrition Tips section of this website.

Recommendation:

- Reduce your intake of red meat and focus on leaner meats such as chicken and fish. Increase your intake of fish.
- Plant protein is preferred over animal protein due to its higher amount of fiber, complex carbohydrates, lower saturated fats, and phytonutrients that serve as powerful antioxidants needed for cell health
- Choose nonfat dairy and low fat cheese to limit saturated fat.