

# PARKINSON'S AND NUTRITION

## Increase Fiber Intake

Include more fruits, vegetables, and whole grains in your diet.



## Increase Water Intake

Increasing water intake will aid in regulating bowel movements. You can add flavor to water with drops or fruit!



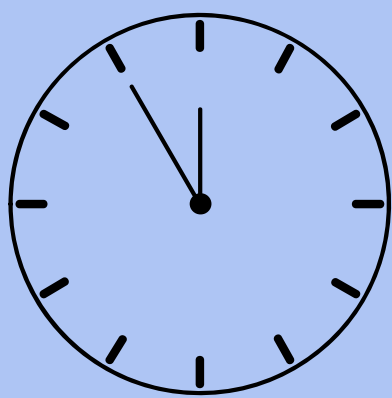
## Increase "Healthy" Fats

"Healthy" fats found in fish, avocados, nuts, olives, and nut butters aid in heart and brain health.



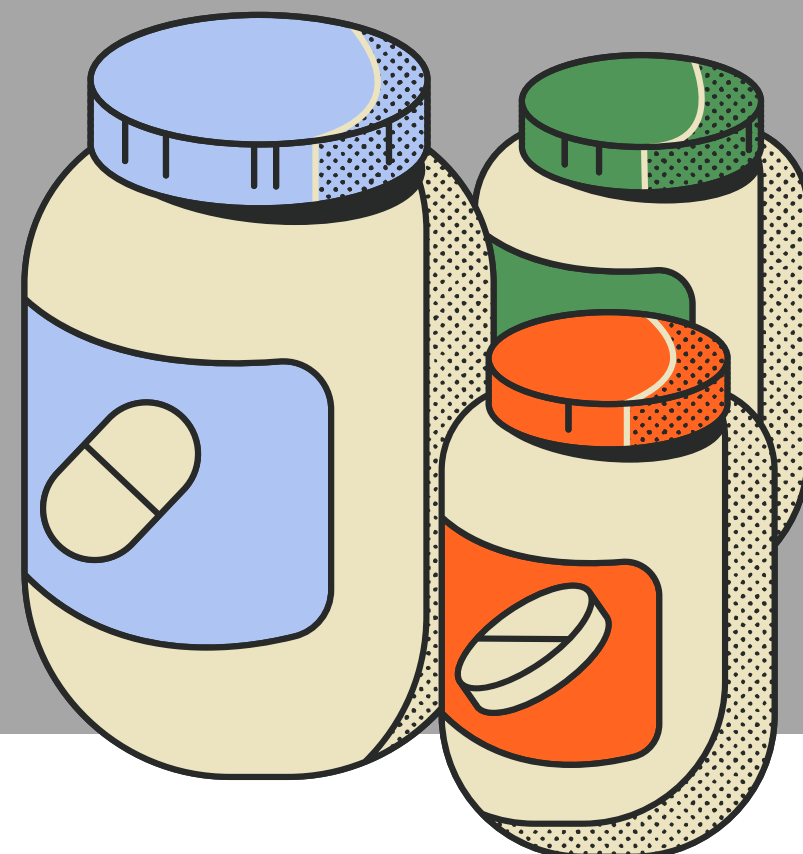
## Time Medication

Time your medication 30-60 minutes after or before a meal/snack with high amounts of protein or fat.



## Supplement Use

- Daily Multivitamin with Minerals
- Vitamin D
- Probiotic



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