

simplehandbook

for healthy eating with parkinson's



Foreword by Chairperson, Parkinson's Association Una Anderson Ryan

Dear Friends,

The Parkinson's Association of Ireland is delighted to contribute to this booklet on nutrition. Eating well is so important to maintain a healthy body, which will help to develop an inner strength to deal with various symptoms associated with Parkinson's disease.

It is not very difficult nowadays to get good food in season so with some guidelines in this booklet, I hope you will try to adopt a new way of eating, and feel better as a result.

I would like to thank the team who worked so hard to get the information, recipes and tips together.

Hugh Cormack, a patient from Blacklion, Megan O' Riordan from Lundbeck Ireland Ltd. and Jennifer Allen (nat cons.), a Naturopathic Consultant from Limerick.

A special thanks to Neven Maguire, who took such an interest in our view of good food and cooking it. Well done to all.

Una Anderson Ryan
Chairperson Parkinson's Association



Foreword by award-winning chef, Neven Maguire

(MacNean House & Restaurant, Blacklion, Co. Cavan)

Good nutrition and a balanced diet can help promote general wellbeing and good health. Being able to cook is a very important and enjoyable skill, allowing us to eat healthily and feel good.

I would like to congratulate the Parkinson's Association of Ireland on the launch of its 'Simple handbook for healthy eating with Parkinson's'. This book clearly illustrates that cooking can be simple and stress free, with easy recipes and practical cooking tips throughout, using readily available ingredients. I would always recommend, where possible, using fresh, local, seasonal produce to help create nourishing meals.

I always say that as a chef, I am only as good as the produce I use and 90% of the food used in MacNean Restaurant is locally sourced, organic ingredients. My parents were passionately interested in good quality ingredients cooked properly, so from an early age, I learned to appreciate taste and know about the ingredients and nutritional values of food.

I hope this book will help you to create nutritious and delicious meals everyday.

Happy Cooking!

Neven Maguire



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Dopamine

What is Dopamine?

Dopamine is just one of many chemical messengers used by the brain. It keeps us motivated, helps us to feel positive and increases our ability to deal with stress. The typical physical symptoms of Parkinson's disease (PD), such as tremor, rigidity, unsteadiness and so on are down to a deficiency of dopamine, as this is involved in muscle function and control. Actions we take for granted, like holding cutlery, taking a step or answering the phone, are all actions dependent on a regular supply of dopamine. This explains why a lack of it has such a profound effect on people with Parkinson's disease. The good news is, these chemical messengers are built from amino acids, which we consume, especially when we eat protein rich foods. Provided we have a healthy, balanced diet, we can help to keep our dopamine level high enough to perform its tasks. We need to provide the raw materials, which the body can then convert into dopamine. A particular amino acid, found in eggs, milk, meat etc. is the main building block for dopamine.

Along with this, we need a number of minerals and vitamins so the body can transform the raw ingredients into much needed dopamine. There are a number of reasons for impaired dopamine. Possibly, dysfunction of neurons or nerve cells in the brain results in no dopamine being produced. It is also possible that there are a lack of enzymes, which are vital for converting amino acids into chemical messengers. Pollutants such as pesticides, play a significant role, as neurons can be damaged or killed by excessive exposure to pollutants. Lack of folic acid, one of the B vitamins, can also leave dopamine producing brain cells more vulnerable to damage.



Helpful Hint

Chicken livers are one of the richest sources of folic acid and are incredibly cheap to buy!



Food & Taking Your Medicine

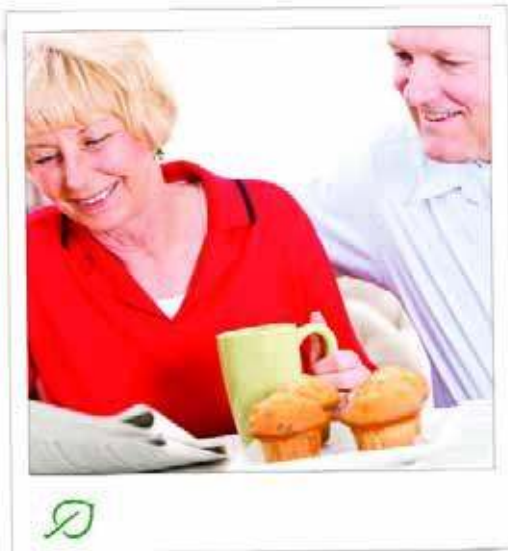
L-Dopa, used in treating PD, targets the same parts of the brain as certain amino acids. Protein-rich foods are full of amino acids, great news for our overall health but not so good for getting maximum benefits from L-Dopa, as the amino acids cancel out the medication. Protein-rich foods are meat, cheese, fish, chicken, dairy, tofu and beans. By all means you should still make full use of these foods but not at the same time as you take your L-Dopa medication. Lucille and Geoffrey Leader, experts in the field of PD and nutrition, advise either:

'Taking L-Dopa, then waiting one hour before eating protein foods'

OR

'After eating protein-rich foods, wait two hours before taking L-Dopa again.'

In practice, the easiest way to do this is to have your main protein meal in the evening. Most people with Parkinson's disease don't need the same degree of movement control at night so they can have their protein meal later in the day, without causing them difficulties.





Recommended Daily Intake

While there is no ‘one size fits all’, this is a general guideline to the selection of foods to consume each day.

- Aim to eat 0.8 grams of **protein** per kilo of body weight per day.
- Aim for eight glasses of **water** a day. Fizzy drinks, alcohol and coffee can all have a dehydrating effect so try to stick to natural fruit juices or herb teas in addition to your water intake.
- Try to include 4-5 portions of **vegetables**, and 4-5 portions of **fruit** a day, surprisingly easy when you start making soups, casseroles, stews and smoothies.
- Try to consume **beans and legumes** 1-2 portions a day.
- **Wholegrain**, being full of B vitamins, energy and fibre can be used 3-4 times a day.
- **Healthy fats** like olive oil, walnuts, linseed and so on can be included several times a day.
- **Oily fish** has a fantastic effect on brain and nerve function so include 2-3 portions a week.
- **Poultry, eggs and cheese** can be used a few times a week.
- The **spices** garlic, ginger, cinnamon, turmeric and parsley are packed with nutritional benefits so make unlimited use of these.
- **Sweets** such as dark chocolate can be used in small amounts from time to time, as a treat rather than a regular part of your diet.





Eating Little and Often

Eating little and often guarantees a constant slow release of sugar or energy to the brain, helping to stabilise mood, keep energy levels even, improve sleep patterns and increase our ability to deal with stress.

3 Simple Snacks in 5 minutes:

- 1) Take a couple of oatcakes, spread with a thin layer of nut butter (peanut butter is the most readily available but almond and hazelnut butter are delicious for a change). Top with a little pure fruit jam, made from 100% fruit. Why not try with a mug of dandelion coffee?
- 2) Rye crackers are great for many snacks. Try topping a couple with a little goats cheese or cottage cheese and top with some finely sliced radish, cucumber, spring onion or whatever vegetable you have handy.
- 3) Corn crisp bread is a good gluten-free option. They are a neutral base and so work well with stronger flavours. Spread with a little sun dried tomato pesto and lay some tinned sardines on top. Add a couple of lettuce leaves, some coleslaw, or thinly sliced peppers to complete the snack.

Go Organic!

Parkinson's occurrence is commonly linked to exposure to chemicals, especially pesticides. The following 'Dirty Dozen' are the most heavily sprayed or exposed to chemical treatment and so it's best to source organic versions of these to avoid excess pesticide exposure;

Dirty Dozen

- | | |
|-----------------|----------------|
| 1 Meat | 7 Celery |
| 2 Milk | 8 Strawberries |
| 3 Coffee | 9 Lettuce |
| 4 Peaches | 10 Grapes |
| 5 Apples | 11 Potatoes |
| 6 Sweet peppers | 12 Tomatoes |

Did You Know

You can cut your exposure to pesticides by 50% simply by reducing your consumption of the 'Dirty Dozen'.



The “Instead of” List

You might not always have all the foods mentioned in our recipes but that is no problem. You can easily substitute certain foods, based on what you have handy in the kitchen. Equally, you can make simple healthy changes to your diet by choosing slightly healthier options.

- If you don't have tinned sardines, there's always tinned tuna, mackerel, salmon or kippers.
- Herb teas make a nice change from regular tea sometimes. Consider green tea, camomile, fennel or peppermint.
- Instead of full fat cheddar, try feta cheese, buffalo mozzarella or cottage cheese.
- Date syrup, rice syrup and Xylitol are all 'healthy' sugars but you could use raw cane sugar or honey instead. Where possible, keep white sugar and artificial sweeteners as a last resort.
- Lots of processed foods are labelled 'low-fat' or 'sugar-free'. These usually have a number of additives, which play no role in helping to improve your Parkinson's symptoms. A little bit of butter is so much better than a lot of spread or margarine. The less processed your food is, the better.
- If you find peeling garlic is a bit tricky, try garlic purée, available from supermarkets. Keep in the fridge and use as you need it.
- Mustard/Ginger/Curry Powder to season instead of salt.



Helpful Hint

Don't assume it is quicker or cheaper to buy ready-meals or frozen desserts. As our recipes show, good food is quick, simple and tasty and much cheaper in the long run. The added advantage is you can add lots of beneficial ingredients (see the 'Top Ten' and 'Larder' list) when you make your own foods.



Top Ten foods to include in your diet

Let's look at the most important foods to consume

- 1. Water;** Drinking more water is a simple rule to apply if you can just make sure to sip on room temperature water throughout the day. Our bodies are made up of around 70% water, so we need a constant supply to keep our brain alert, our skin hydrated and our digestion functioning.
- 2. Oily Fish;** This contains Omega 3 oils, Omega oils improve mood, enhance memory and concentration. Aim to eat oily fish 2-3 times per week, whether it is mackerel, sardines, salmon, trout or kippers.
- 3. Nuts & Seeds;** Some fats and oils are very good for your body. Not alone do nuts and seeds provide much needed fibre to help regulate the bowel, they also provide the building blocks for so many vital processes in the brain and nervous system, which can be impaired in Parkinson's patients. The most important seeds for good brain function are hemp, pumpkin, sunflower, sesame and walnuts.
- 4. Soya Lecithin and Organic Eggs;** Soya Lecithin may improve cognitive memory and concentration, it helps coat the nerve fibres, making for smooth brain function and a healthier nervous system all round. Soya Lecithin is an emulsifier, which comes in granular form. Just sprinkle a teaspoonful over your cereal in the morning. Organic eggs are a great source of Lecithin.
- 5. Green Vegetables;** There are a host of complex processes happening in the body at any one time and some of these processes, again centered on liver function, are impaired in Parkinson's patients. In order to minimise the toxins caused by this dysfunction, an abundance of green vegetables is required. When combined with the alliums family (onions, leeks and garlic), they help to remove toxins efficiently and minimise undesirable symptoms such as tremor, poor co-ordination, constipation etc. When cooking greens, they should still be as bright green as possible, so lightly steaming them is the best option to retain all their best properties.
- 6. Alliums;** The onion family is a wonderful source of sulphur, vital for PD. Sulphur helps to push toxins out of the body, helping to keep us healthy.
- 7. Root Vegetables;** They are a brilliant source of energy and antioxidants. These protect us from toxins, infections and aging. Sweet

with Parkinson's to maintain a healthy diet.

potatoes, turnips, and carrots are great in soups, casseroles or with a roast.

- 8. Brightly Coloured Fruits & Vegetables;** Try including berries, mango, peppers, pumpkin, grapes, apricots etc. to pack in antioxidants and vitamin C. We need copious amounts of vitamin C to repair damaged cells so this is a crucial consideration for people with Parkinson's. If you have a 'beige' diet i.e. lots of bread, pasta, or cooked meats, you'll be lacking a lot of vital nutrients, which only brightly coloured fruits and vegetables can provide.
- 9. Seaweeds;** They are unique, in that they help remove toxins from the body in a safe and gentle way. Seaweeds are a powerful addition to any diet, specifically where PD is concerned. Many Parkinson's patients have a wide range of nutritional deficiencies. Seaweeds are a powerhouse of minerals and trace elements; so adding a little to your diet can go a long way toward balancing those deficiencies. Try them in casseroles, chowders or soups.

- 10. Olive Oil;** Typical cooking oils like sunflower oil or vegetable oil bring with them some specific health problems, which affect the health of the nervous system. Olive oil is a great alternative as it works as a natural anti-inflammatory and lowers bad LDL cholesterol at the same time. Apart from cooking with olive oil, you can drizzle it over salads or cooked vegetables, or dip bread in it. Try adding lemon zest, torn basil leaves or a little black pepper to vary the flavour.



Did You Know

Vitamin E is almost non-existent in animal foods. So if your diet is very meat and dairy oriented, try including some beans, lentils, nuts and seeds to get your daily intake.

Helpful Hint

When cooking beans, try adding a little piece of seaweed to the cooking water, this absorbs any gases released during the cooking process, breaks down the tough outer coating and makes them far more digestible, helping to prevent bloating or gas.



In Your Kitchen & In Your Larder

Here is a list of foods to have readily available in your larder for a healthy, balanced diet.

- **Eggs;** organic if possible.
- **Tinned fish;** such as mackerel, salmon, sardines etc.
- **Frozen fish;** without batter such as haddock, salmon etc.
- **Frozen mixed vegetables;** such as green beans, spinach etc.
- **Dried fruits;** such as dates, prunes, mango, raisins, cranberries, blueberries. Handy for snacking.
- **Live natural yoghurt;** organic milk, organic cheese or goats cheese (more digestible).
- **Root vegetables;** such as potatoes, swedes, turnip, parsnip, carrots etc.
- **Green, leafy vegetables;** such as cabbage, spinach, broccoli, cauliflower, brussels sprouts etc.
- **Onion family;** in all forms eg. leeks, onions, garlic, scallions, spring onion, shallots etc.
- **Selection of seeds;** such as sunflower, pumpkin and linseed. These can be bought pre-ground for any chewing difficulties.
- **Tinned beans;** for example butter beans, kidney beans, fava beans, chick peas etc.
- **Nuts;** in shells where possible, alternatively keep in fridge to retain freshness. Try to avoid peanuts. Choose brazil, cashew, walnut, hazlenut, almond etc. instead.
- **Seasonal fruits;** such as apples and pears in winter, berries in late summer / autumn, stone fruits in summer etc.
- **Fresh lemon;** great with fish, on pancakes, as a salad dressing etc.
- **Cinnamon, cloves, nutmeg and pure vanilla extract;** have sweet and savoury uses.
- **Oatcakes, rye crispbreads, wholemeal crackers.**
- **Fresh herbs;** for example parsley, chives, rosemary, basil, thyme etc.
- If you choose **pasta or rice**, make sure they are **wholemeal** varieties. The same applies to bread, scones, crackers etc.

Purchasing and using certain kitchen utensils can reduce the effort used in cooking snacks or meals for people with Parkinson's disease.

- Electric Blender
- Hand Blender (handheld blender)
- Cap Gripper
- Hand Held Electric Grater

Chicken in a parcel

Ingredients

12 inch square of tin foil
2 fillets of chicken
4 small slices of black pudding
2 shredded carrots, courgettes or peppers
2 rashers
2 tablespoons of olive oil
2 tablespoons of apple chutney or cranberry sauce

Cooking Method

- Preheat oven to 180°C / Gas Mark 4.
- Brush the tin foil with a little olive oil.
- Place the shredded vegetables on the foil to go under each fillet of chicken.
- Prepare the chicken by opening each fillet with a sharp knife, creating a pocket.
- Place the black pudding along with the chutney into the pocket.
- Wrap each fillet with a rasher.
- Brush the stuffed and wrapped chicken fillet with a small amount of olive oil and place on the bed of vegetables.
- Close the foil and make a parcel by sealing the edges.
- Place on a cooking tray in a preheated oven for 20 minutes.

- Check that the chicken is cooked right through before removing from the oven. Do this by cutting into it and checking it is white in colour the whole way through.
- Serve with a few oven chips that can cook alongside the chicken parcel in the oven or serve with a tossed salad.
- Fruit works great with this recipe, a few apricots or pineapple stuffing the chicken will give a flavoursome zest.

Preparation Time: 35 minutes.

Serves 2.



Fish in a parcel

Ingredients

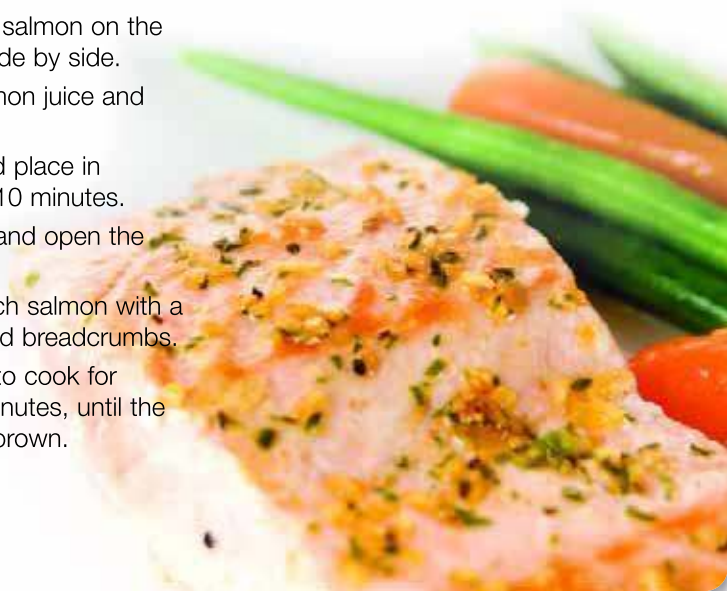
12 inch square of tin foil
2 darns of salmon
2 ounces of breadcrumbs mixed with some herbs (parsley, rosemary, basil)
2 shredded carrots
2 tablespoons of olive oil
Juice of 1/2 lemon
Mixed herbs of your choice (parsley, rosemary, sage, basil, thyme)

- Serve with a baked potato, topped with chives and crème fraise, which can cook at the same time as the fish in the oven. See baked potato recipe. You can also serve with a tossed salad.
- You can vary this dish using other oily fish if preferred. This dish tastes delicious with fresh haddock or cod, whichever is more readily available.

Preparation Time: 35 minutes.
Serves 2.

Cooking Method

- Preheat oven to 180°C / Gas Mark 4.
- Lightly brush the tin foil with olive oil and place on a baking tray.
- Place the shredded carrots on the foil.
- Place both darns of salmon on the shredded carrots, side by side.
- Sprinkle with the lemon juice and fresh herbs.
- Close the parcel and place in preheated oven for 10 minutes.
- Remove from oven and open the parcel.
- Cover the top of each salmon with a layer of the seasoned breadcrumbs.
- Place back in oven to cook for approximately 15 minutes, until the crumbs are slightly brown.





Adding Fibre to your Diet

(Dealing with constipation)

Coping with stress associated with certain conditions can lead to a disturbance in bowel function, as can be clearly seen in the case of Irritable Bowel Syndrome. While no physical sign of pathology is present, the symptoms are very much physical, with alternating diarrhoea, constipation, bloating and spasms.

Choosing a high fibre diet, drinking plenty of water, reducing your sugar intake, dealing with stress, are all key factors in the case of PD and constipation. Practicing abdominal breathing exercises calms the mind but also massages the internal organs, helping to restore good peristalsis (the natural action the bowel uses to break down food). Remember, the digestive system tends to slow down at evening time, so try to avoid eating late at night, as this will increase the likelihood of sluggish bowel habits.



Did you know

Irritable Bowel Syndrome is known as a psychosomatic illness, as the physical symptoms are caused by a mental source, in this case, stress.

Helpful Hint

Try to eat the skins of vegetables for maximum fibre content.

Baked Potato with baked beans

Ingredients

- 2 potatoes
- 1 tin of baked beans
- 1/2 bag of tossed lettuce
- 2 carrots grated
- 1/2 cucumber chopped as you wish
- 1/2 red onion chopped as you wish

Cooking Method

- Preheat oven to 180°C/ Gas Mark 4.
- Wash two potatoes.
- Using a sharp knife insert a deep 'X' on the top of potatoes alternatively, using a fork, puncture potato skin several times.
- Sprinkle with salt and pepper.
- Wrap potatoes individually in tin foil.
- Place in hot oven (180°C / Gas Mark 4) for 25-30 minutes.
- While potatoes are cooking, wash and dry lettuce.
- Wash and grate two carrots. (Carrots can be bought prepared this way in the fridge section of your local supermarket).
- Wash and slice the cucumber.
- Peel and dice the red onion.
- Place all in large bowl and mix together.
- Drizzle with olive oil or balsamic vinegar if desired.

- When potatoes are cooked, place beans in microwavable dish, cover them, and heat in microwave for 30 seconds. Take out and stir. Place back in microwave for another 30 seconds.
- Pour beans over potatoes and serve with a portion of mixed salad. A quick and fibre-rich meal prepared in half an hour. For a quicker option, you can cook potatoes separately in the microwave for 6 minutes.

Preparation Time: 35 minutes using oven
15 minutes using microwave.

Serves 2.



Homemade Cottage Pie

Ingredients

Drizzle of olive oil

1 onion chopped as you wish

1/2 pound of minced beef

1 tin of chopped tomatoes

2 chopped carrots (out of a tin if more convenient)

1 tablespoon of chopped parsley

A little milk

1lb mashed potatoes (approx 6 potatoes)

Cooking Method

- Preheat oven to 180°C / Gas Mark 4.
 - Using olive oil, lightly cook the chopped onion on a large pan until golden brown.
 - Add meat, stirring often until light brown colour throughout.
 - Add the chopped carrots, tinned tomatoes and tablespoon of chopped parsley.
 - Mix together well and continue to cook for 10 minutes.
 - Place all the contents in an ovenproof dish (or two smaller dishes) and cover with the mashed potatoes.
- Prepare the mash beforehand by peeling then boiling potatoes in pot of water until soft. Mash potatoes while adding a dash of milk and one knob of butter.
 - Brush the surface of the mashed potatoes with the milk.
 - Place in preheated oven for 30 minutes. When mash is light brown on top, you can remove.
 - Serve nice and hot sprinkled with fresh parsley.
 - If you use two dishes you can freeze the second portion for another day.

Preparation Time: 50 minutes.

Serves 2.



Organic Egg Omelette

An omelette is the ideal fast food, easy, quick, tasty, and nutritious. Feel free to use whatever vegetables you have handy in the kitchen.

Ingredients

3 organic eggs
1 small onion (finely chopped)
1 courgette (sliced into rings)
1 pepper or 2 & 1/2 peppers, red, green or yellow (sliced into thin strips or little cubes)
1 small tin of sweet corn
5 mushrooms (sliced thinly)
Shiitake mushrooms are the best choice
1 tablespoon of olive oil
Salmon / bacon / feta cheese (optional toppings to use)
Black pepper, fresh herbs (parsley, chives or basil)

Cooking Method

- Using olive oil, lightly cook chopped onion on a medium sized pan until golden brown. Add in courgette, peppers and sweet corn or whatever other vegetables you may be using, heating them through.
- In the meantime, whisk the eggs in a bowl, adding in black pepper to season.
- If you intend adding salmon, a little bacon or some feta cheese, you can add that to the pan now, making sure everything is well mixed.

- (Preheat the grill now if you wish to cook the top of your omelette without having to flip it over.)
- Pour the whisked egg over your vegetables, tilting the pan if you need to spread the egg evenly.
- Leave the underside cook for a couple of minutes on the ring, then place pan under the grill to lightly cook the top until golden in colour. This will only take a few of minutes.
- Sprinkle with fresh herbs such as parsley, chives or basil. Cut in two halves and serve with some side salad and crusty brown bread for a filling, tasty meal for two.

Cut ingredients by half if cooking for one person.

Preparation Time: 15 min.

Serves 2.





Staying Strong (Supportive Nutrients)

Supportive nutrients like magnesium, B vitamins and vitamin C are crucial to address the main symptoms of PD. But secondary concerns also need to be addressed. The slow movement or lack of activity common to PD can give rise to bone weakness, so a mineral rich diet is vital to address this. Older people in particular need to be conscious of including mineral-rich foods like seeds, vegetables, seaweeds etc. to prevent bone weakness, which could further compound mobility problems.

Magnesium and calcium are important minerals that go hand-in-hand, to include in a patients diet. Even if you have plenty of calcium in your diet, you cannot fully utilise it without lots of magnesium to go with it, which we get from leafy green vegetables, beans and wholegrain. Magnesium is especially important for people with Parkinson's disease as it prevents spasms and cramping.

Calcium rich foods include dairies such as live yoghurt and milk, spinach, baked beans, peas and oranges. Nicotine, caffeine, alcohol, salt and sugar all leech calcium out of the bones and so are best avoided.



Did You Know
Seaweeds are by far the richest sources of calcium.

Spinach Lasagne (Vegetarian Option)

You can buy a bag of frozen spinach in your local supermarket. Simply take the amount needed out of the bag and leave the rest in the freezer for next time.

Ingredients

9 sheets of lasagne pasta sheets
14 ounces of frozen spinach
(needs to be defrosted first, leave in a strainer in the kitchen sink for an hour beforehand)
1 egg
1 & 1/2 cups of cottage cheese
1/2 cup of mozzarella cheese
5 tablespoons of parmesan cheese
1 Jar of spaghetti sauce
Teaspoon of nutmeg

Cooking Method

- Preheat the oven to 180°C / Gas Mark 4.
- While the oven is heating, dry out the defrosted spinach by placing it on a clean tea towel and lightly patting. Then place it in a medium sized bowl. Sprinkle the teaspoon of nutmeg over the spinach.
- In another medium sized bowl, combine the egg (beaten), cottage cheese and parmesan cheese. However keep a little parmesan and mozzarella for the end.
- Lightly grease a baking dish with olive oil.

- Lay three of the pasta sheets along the bottom of the dish. Spoon in 1/2 the spinach, 1/2 the egg and cheese mix, and 1/2 the spaghetti sauce in layers. Place another 3 pasta sheets on top and repeat for another layer using the rest of the ingredients. Place the remaining 3 sheets of pasta on top. Cover up with tin foil and place in oven for 40 minutes.
- Take out and sprinkle with the remaining mozzarella and parmesan cheese.
- Place back in oven for an additional 5 minutes.
- After the 5 minutes, take out of oven allow to cool for ten minutes and serve.
- If there is any left over, place in fridge and reuse the next day!

Preparation Time: 1 hour 15 minutes.
Serves 4.



Cheesy Tuna Melt on wholemeal bread with coleslaw

Ingredients

- 4 slices of wholemeal bread
- 1 small tin of tuna in brine
- 1 small tin of sweet corn
- 1 fistful of grated cheese (can be purchased already grated, in a bag)
- 1 tablespoon of mayonnaise

Coleslaw ingredients

- 1/4 head of red or white cabbage
- 1 large carrot
- 1 small onion
- Live yoghurt
- Dijon mustard and black pepper to season

Cooking Method

- Turn on the grill to Mark 3.
- Open the tin of tuna and the tin of sweetcorn. Try using an electric tin opener, it will reduce the effort needed to open the cans and takes only half the time.
- Mix the tuna, sweetcorn and mayonnaise in a medium sized bowl.
- Lightly toast the wholemeal bread under the grill, keep an eye on it so it does not burn.
- Using oven gloves, take the now toasted bread out from under the grill and lightly butter the slices. Place the tuna, sweetcorn and mayo mix on the toast and cover with a thin layer of grated cheese.
- Place all under the grill for a minute or two again until the cheese melts.
- Serve with some homemade coleslaw.

Coleslaw method

- Finely shred cabbage, carrot and onion in a food processor. You could also use a grater.
- Mix through enough live yoghurt to coat the entire mixture.
- Add a little Dijon mustard and some freshly ground pepper to add taste.
- You could sprinkle some chopped fresh herbs on top if you have them to hand.
- This is a great accompaniment to many sandwiches and quick lunches. Try it with either fresh or tinned sardines/tuna on wholemeal toast, or on a toasted wholemeal scone.
- Instead of using butter on your toast, try a little mustard or some sun-dried tomato pesto for extra flavour and less saturated fat.

Preparation Time: 10 min.
Serves 2.





Puréed/Semi Solid Foods

If you are having difficulty chewing or swallowing, semi-solid foods are a healthy, more manageable approach to your daily meals. There are a few tasty options in the recipes ahead.

The benefits of semi-solid foods are that the structure is already broken down, making the nutrients inside more absorbable. However, if you find you use a lot of puréed food, you might be lacking in fibre. An easy way of addressing this is to use psyllium husks. Psyllium husks absorb a lot of water, bulking them out to have a great moving and cleansing effect on the bowel, while not being as aggressive as senna or other laxatives. Simply place a half-tablespoon of the husks, which taste of almost nothing, in a glass of water before you go to bed. By the next morning, they will be ready to drink before your breakfast.



Did You Know

Bear in mind, the very act of chewing is what activates the digestive system, releasing enzymes and preparing the stomach for the arrival of food. Even if you are simply eating soup or a smoothie, it is a good idea to go through the motions of chewing to some degree anyway.



Country Veg Soup

Ingredients

1 small swede turnip, chopped
6 celery stalks, sliced
6 leeks, sliced
3 small onions, chopped
Mixed fresh herbs
1 vegetable stock cube
750 ml water

Cooking Method

- Place water in pot and bring to the boil.
- Add the stock cube.
- Place turnip in the pot and simmer for 10 minutes.
- Add the celery, leeks, and onions and simmer for further 15 minutes.
- Remove from heat and add the herbs.
- Blend with hand blitzer so that the texture is smooth.
- Season to taste and reheat to eat whenever wanted. Not too hot or it may lose it's value.
- Other vegetables can be used. If you have carrots, parsnips or any other root vegetables it will add to the taste.
- It is important not to overboil the content as you need to retain all the vitamins rich in these ingredients.

- Side with some wholemeal crusty bread to bulk out the meal.
- Soup freezes very well so you can double the ingredients and freeze half for a day when you do not feel like cooking.

Preparation Time: 35 minutes.
Serves 5 big bowls of soup.



Cream of Carrot Soup, with orange

You will need a blender or a hand blitzer for this recipe.

Ingredients

- 1 ounce of butter/margarine
- 1 & 1/2 pounds of carrots (peeled and roughly chopped)
- 1 large onion (peeled and sliced)
- 1 litre of chicken stock
- 1 orange
- Salt and pepper to taste

Cooking Method

- Melt the butter over the stove in a pot at Mark 3. Add carrots and onions and cook gently for 10 minutes.
 - Add the chicken stock. Stock can be made using instant stock cubes found in your local supermarket, or by using a chicken carcass from a previous meal.
 - Bring to boil.
 - Lower the heat and simmer for 40 minutes.
 - Using a blender or hand blitzer, purée the vegetables.
 - Finely grate the orange rind and add to soup.
 - Stir well into the other ingredients.
 - Squeeze the orange juice into the pot and reheat the soup gently.
 - Add a sprinkle of herbs of your choice.
- Serve hot with fresh wholemeal bread for a delicious lunch.
 - You can dress up this soup recipe by adding a little cream and always sprinkle with fresh herbs.

You can freeze into portions in separate tubs and use another day.

Preparation Time: 1 hour.

Serves 6 big bowls of soup.



Smoothie

The Easy Peasy Smoothie. Again, you will need a blender or a hand blitzer for this recipe.

Ingredients

You can put any fruit you may have in the kitchen into a fruit smoothie – any combination works!

Here's a suggestion.

1 banana

1 orange

5 tablespoons of live organic yoghurt

1 tablespoon of honey (honey from Australia and New Zealand by the Manuka Bees is a good recommendation)

Dash of pineapple juice (if you wish...)

Cooking Method

- Peel and cut the banana and the orange in large chunks and put them into the blender. Add the yoghurt, honey and a dash of fruit juice.
- Close the blender and turn it on for a few seconds, until a smooth consistency has been reached. Pour into a tall glass and enjoy.
This homemade smoothie contains 2 of your 5-a-day fruit intake requirement and is very simple and quick to prepare. If you double the ingredients and put them all in the blender together, it makes enough for two in the same amount of time. It's as simple as that!

Preparation Time: 10 min max.
Serves 1.

Rice Pudding

There are short cuts you can take as a treat from time to time, such as Rachels Organic Pudding Rice, available from the chilled section of your supermarket.

This can be eaten cold, with cinnamon sprinkled on top, or gently heated in a pot for a handy dessert. Try slicing some fresh pear or peaches over it or sprinkle with flaked almonds to add flavour and nutritional value.





All in Moderation

Indulgent Foods

Just because you are improving your diet, it doesn't mean you can never eat a 'treat' again. Simply make some wise choices. If you know you're going out for a cake and coffee with a friend, be sure to pack in the nutrients for the rest of the day, having a healthy breakfast, lunch and dinner. Keeping a balanced attitude is the key. If you do fancy a dessert why not try one of the delicious but healthy recipes ahead? A little bit of what you fancy is better than feeling miserable and deprived by not having it.

Summer Berry Pavlova

Ingredients

For The Meringue

4 large egg whites at room temperature
pinch of salt
225g / 8oz caster sugar
2 teaspoons corn flour
1 teaspoon white wine vinegar
4 drops of natural vanilla essence

For the Filling

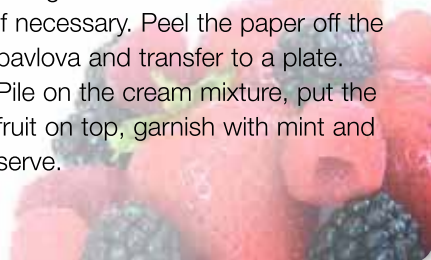
1 punnet of strawberries
1 punnet of raspberries
250ml cream
Rind of 1 orange
1 vanilla pod
1oz icing sugar

Cooking Method

- Preheat the oven to 150°C / Gas Mark 2. Line a baking sheet with non stick baking parchment and draw on a 9 inch circle. Make the meringue in a large clean bowl. Whisk the egg whites and salt into stiff peaks.

Slowly add the sugar, a third at a time, whisking well between each addition until the mixture is stiffened and shiny. Sprinkle in the corn flour, vinegar and vanilla, fold in gently with a metal spoon.

- Pile the meringue onto the paper circle and make a deep hollow in the centre. Put in the oven and reduce heat to 120°C / Gas Mark 1/ 2. Cook for 1 1/2 to 2 hours until pale brown but a little soft in the centre. Turn off the oven, leave the door ajar and cook completely.
- To make the filling, whip the cream with vanilla seeds, icing sugar and orange rind until thick. Slice the fruit if necessary. Peel the paper off the pavlova and transfer to a plate. Pile on the cream mixture, put the fruit on top, garnish with mint and serve.



Apple Crumble

Ingredients

4 cooking apples
125g plain flour
70g caster sugar
45g ground almonds
50g crushed walnut
50g butter
1 tablespoon brown sugar
1/2 tablespoon cinnamon
2 tablespoons water

Cooking Method

- Preheat oven to 180°C / Gas Mark 4.
- Peel, core and slice the apples.
- Place half the apples in a large but shallow greased baking dish and sprinkle with half a tablespoon of brown sugar and 1/2 teaspoon of the cinnamon.
- Add the rest of the apple.
- Pour two tablespoons of water over the apples and then sprinkle them with a further half-tablespoon of brown sugar and the rest of the cinnamon.
- In a bowl place the flour, ground almond, caster sugar and butter. Rub together using your fingertips until the mixture resembles breadcrumbs.

- Mix in the walnut pieces.
- Sprinkle the crumble mixture over the fruit in the oven dish - do not smooth it down.
- Bake for about 45 minutes until crumble is browned and the apple is tender. Serve hot or cold.
- If you don't like cinnamon then reduce or omit it. The nuts can also be left out if you wish.
- Tastes great with custard, freshly whipped cream or vanilla ice cream.

Preparation Time: 1 hour.

Serves 4 people.





Feel Vitalised with Water & Oxygen

Water and oxygen work hand in hand. It is highly recommended that you take in eight glasses of water daily to ensure an adequate intake of both. Ideally opt for filtered water. Most bodily processes require water to flush out bi-products and toxins. If you drink very little water or perhaps use a lot of salt, your body becomes dehydrated and operates much less efficiently. It is vital for people with Parkinson's disease to have good elimination, so drinking water regularly helps immensely with this, for the kidneys, bowel and skin. It is really not that hard to reach your target, if you have a glass of warm water with lemon before breakfast, another glass each time you take medication, one before lunch, one after going for a walk, another if you are chatting on the phone and so on, you will easily meet your bodies requirements.

We need oxygen to energise the body and optimum brain function. A lack of oxygen leads to feeling heavy, depressed and lethargic. It's no surprise then to learn that the majority of the oxygen we take in is used by the brain and heart.

The following foods help to increase oxygen, and oxygen distribution in the body:

1. Shiitake mushrooms
2. Aloe Vera juice
3. Barley
4. Garlic

Whether due to inactivity, heightened anxiety, smoking or a whole host of other reasons, it is very easy to fall short of optimal oxygen intake. How do you know the signs?

Well, here are a few to look out for:

1. Lack of mental clarity - 'fogginess'
2. Sleep apnoea
3. Excessive yawning
4. Overall fatigue or lactic muscles
5. Poor memory





Help Yourself Relax

Breathing is the often-overlooked link between mental health and physical health, even though it is a very simple step to incorporate into daily life. Start by observing how you breathe naturally, without altering your breath. Just sit in a comfortable position, with your back straight, shoulders relaxed and eyes lightly closed. Focus on how you inhale and exhale, the depth of your breath, the pace of it, how even or uneven it is. Simply doing this for five minutes every day is the first step towards working on your breathing.

You may be surprised when you notice you hold tension in some areas, or that you only take rapid, shallow breaths, rather than deep slow ones. Or maybe you breathe through your mouth instead of your nose. Gradually try to focus on slowing your breathing down, concentrating on breathing through your nose, gradually filling your lungs right up with oxygen, instead of just breathing up in your chest as we often do. This way, you will get much more oxygen throughout your whole body and you should start to notice your mood and energy levels pick up.

Did You Know



90% of the weight of water is made up of oxygen.

Barley & Shiitake Mushroom Soup

Ingredients

1/2 cup of barley, whole, not pearled, and if possible soaked overnight
1/2 onion, diced or a clove of garlic, chopped finely
1/2 cup carrot, diced
3-4 shiitake mushrooms, sliced
1/2 stick of celery
1 & 1/2 cups water or vegetable stock
1 tablespoon olive oil

Cooking Method

- Heat olive oil in a pan or wide pot.
- Gently fry onion, carrot and celery.
- Add barley and mushroom, and then pour in stock and cover.
- Bring to the boil; reduce to a simmer for about 30 minutes. Serve with chopped parsley on top.

Preparation Time: 45 minutes.
Serves 1.



References:

- **Food, Your Miracle Medicine** - Jean Carper
- **8 Weeks to Optimum Health** - Andrew Weil
- **Optimum Nutrition for the Mind** - Patrick Holford
- **Parkinson's Disease, the Way Forward** - Lucille & Geoffrey Leader
- **Healing with Wholefoods** - Paul Pitchford
- **Eat Well, Stay Well** - Kathrynne Holden

Glossary

Psyllium Seeds: These seeds are covered with a husk, which proves very useful for preventing constipation. However, psyllium is far gentler on the gut wall than bran or laxatives. They are naturally very high in mucilage, soothing the gut wall while simultaneously cleansing it.

Amino acids: These are the building blocks of protein, and protein plays a host of crucial roles throughout the body for example, making hormones like insulin, haemoglobin in our blood, enzymes involved in digestion and antibodies required by our immune system. We get amino acids in our diet from protein foods like meat, fish, tofu, eggs, cheese, nuts, lentils and seeds.

Vitamins and Minerals: These are compounds required for optimum health and normal metabolism or bodily function. We need minerals for every single body process, such as the health of our skin and eyes, detoxification, immunity, energy production and the breakdown of amino acids. Having a ready supply of vitamins and minerals in our diet means the body can perform all its tasks optimally. Include plenty brightly coloured fruits and vegetables to get a good cross-section of both.

Chemical Messengers: Also known as neurotransmitters, they play a vital role in brain function. Much like a well-run factory, the more

hard working, healthy chemical messengers that the brain has at its disposal, the more efficiently the brain performs functions such as mood, movement, concentration, memory, reflexes etc. We need plenty amino acids at our disposal, as these are the raw materials the brain uses to make chemical messengers.

Myelin Sheath: This is a protective, insulating layer, much like the coating on electrical cable, on our nerve fibres. In order that nerve fibres operate at their best, a healthy myelin sheath is required. Eggs, lecithin and healthy oils all help with this.

Adrenal Exhaustion: The Adrenal glands sit on top of the kidneys and produce all sorts of hormones, the most well-known being adrenaline. We need adrenaline to deal with stress but if we have constant exposure to stress, we stop producing this motivational hormone. This leaves us feeling on edge while simultaneously depressed, exhausted but simultaneously anxious, or 'wired and tired' in short. Dealing properly with stress is obviously crucial but there are foods, which help promote good adrenal function.

Shiitake mushrooms: These mushrooms, which have been used in China for thousands of years, are a great source of selenium, vitamin C and iron. They are completely different from regular button mushrooms and have a host of immune-boosting, anti-oxidant benefits. You should choose firm, plump and clean specimens. Fresh ones will store in the fridge in a paper bag for about a week. Dried ones stay fresh for many months. Make these a regular part of your diet if you can.

Live Yoghurt: So called because it contains live bacteria. We often think of bacteria as a bad thing. However, there are good bacteria that thrive in a healthy gut, keeping our health in top condition. Hence the importance of choosing 'live' yoghurt and not processed yoghurts with sugar added.

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Limerick	087-2511156
Galway	087-7783825
Donegal/Sligo	074-9128063
Cavan/Monaghan	049-4332821
Tipperary	0504-54335
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