



PARKINSON'S DISEASE AND NUTRITION



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thank you for inviting me!



Create your Mediterranean Spice Mix

1 teaspoon each thyme and garlic powder
2 teaspoons oregano
1/2 teaspoon black pepper

recipe compliments of McCormick Spice

Brought to you by Frances.weiss@hannaford.com



Guiding Stars & Parkinson's



Look for stars on shelf tags, online, and on the packaging of private label items.



1 star =
GOOD nutrition



2 stars =
BETTER nutrition



3 stars =
BEST nutrition

Visit [guidingstars.com](https://www.guidingstars.com)
for nutrition guidance, healthy recipes, and more.

What about lasagne?



Herbs have antioxidant properties



Extra
SHOUT
Out!
these herbs have
apigenin
a flavonoid that
is neuroprotective



nightshade



aim for whole grain pastas

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CHICKPEAS

provide antioxidant activity
and contain **CHOLINE***

MOOD

MEMORY

MUSCLE CONTROL

CELL MEMBRANES

healthy sources of choline:
legumes, chicken, salmon

* choline is nutrient vital for many body functions

neither a vitamin nor a mineral
grouped with the B Vitamins



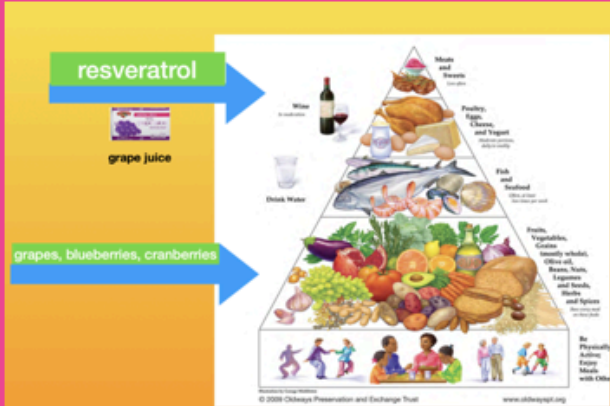
UNDERSTANDING THE PYRAMID

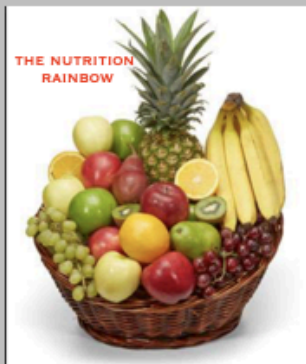
The Mediterranean Diet Pyramid depicts the traditional foods and drinks that make up the healthy, balanced Mediterranean Diet. It contains many of the health-promoting foods that are eaten daily in the countries that surround the Mediterranean Sea. The pyramid shows the relative amounts of each food group that are recommended for a healthy diet. The pyramid also shows the relative amounts of each food group that are recommended for a healthy diet.



MIND DIET

Mediterranean-Dash Intervention
for Neurodegenerative Delay Diet
Combination of Mediterranean and Dash diets
with shoutouts to berries and green leafy veggies





ANTIOXIDANTS
FIBER

ALL PLANT FOODS



(fruits, vegetables, grains, nuts, legumes, seeds, olives, olive oil) are placed in a single group at the base of the pyramid, indicating that they should be the **basis** of most meals.

VARIETY IS THE SPICE OF LIFE