

Mediterranean Diet

PFNCA recommends a Mediterranean diet for those with Parkinson's disease because it is generally considered to be one of the healthiest diets you can follow. This diet is based on food that was traditionally eaten in Italy, Greece, and other Mediterranean countries.

This diet can be summarized into three categories: foods you should eat (Often, Moderately, and Rarely).

Foods that should be OFTEN incorporated into your Parkinson's Diet

Below is a list of foods you should try to incorporate into your diet as often as you can:

- Fruits
- Vegetables
- Whole Grains
- Seeds
- Nuts
- Olive Oil
- Plant based foods

Foods that should be Moderately incorporated into your Parkinson's Diet

Below is a list of foods that could also be added moderately into your diet and some could be added daily.

- Seafood
- Dairy
- Chicken / Turkey
- Eggs

Foods that should be Rarely incorporated into your Parkinson's Diet

These foods should rarely make it onto your plate and should be reserved for special occasions.

- Red meat
- Sweets like cookies or candy

For more on the Mediterranean diet go to:

<https://www.healthline.com/nutrition/mediterranean-diet-meal-plan#snacks>