Food Choices & Parkinson’s Disease Progression

Impact of Dietary Behaviors on PD Progression

I cook most of my meals
I avoid artificial sweeteners
I avoid artificial colors, flavors
I routinely prepare meals for others
I try to eat organically grown foods when possible
I buy from local farmers
I find it difficult to afford healthy food
It is difficult to afford groceries

Correlation Between Quality of Life and PRO-PD Score

Impact of 2-4 Servings Per Week on Symptom Severity

Fresh Vegetables
Fresh Fruit
Nuts/Seed
Fish
Wine
Olive Oil
Coconut Oil
Fresh Herbs
Milk
Cheese
Yogurt
Frozen Vegetables
Pork
Chicken
Plastic-Bottled Drinks
Soda
Pasta
Beef
Canned Vegetables
Ice Cream
Fried Foods
Diet Soda
Canned Fruit

For study details: www.LivingHealthyWithParkinsons.com
To participate in this study: www.CAMCarePD.Bastyr.edu

N = 1503-1521 (per question, if answered).
All regression analyses adjusted for age, gender, income, and years since diagnosis.