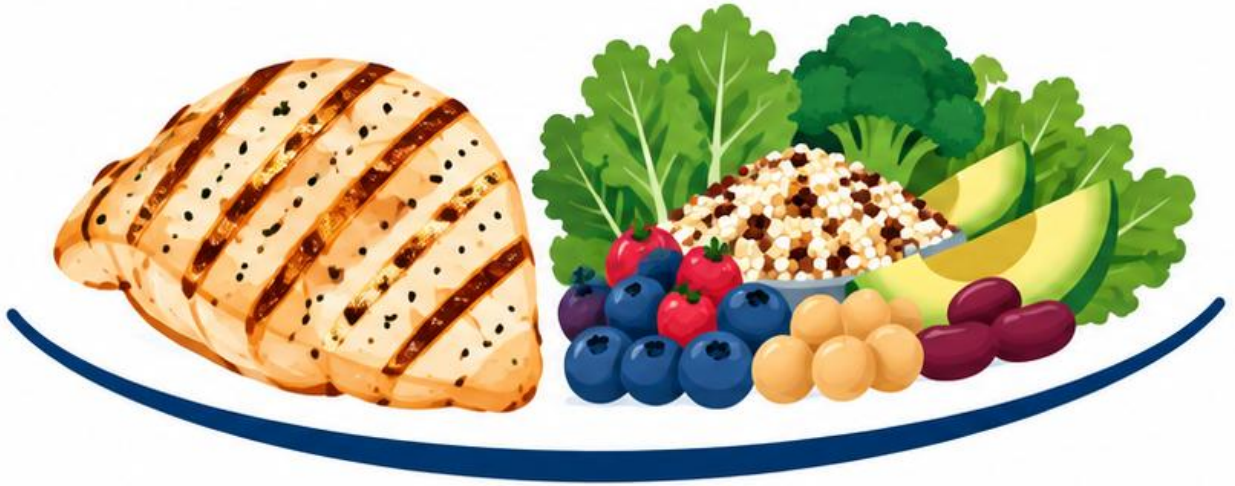
Future You NUTRITION

PROTEIN + FIBER

The New Power Duo



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Future You Nutrition

Why Are We Suddenly Obsessed With Protein?



- PROTEIN IS EVERYWHERE.
  - Protein powders.
  - Protein bars.
  - Protein coffee.
  - High-protein everything.
- But why does protein matter so much?
- Your body uses protein constantly to:
  - Maintain and repair muscle
  - Support bones and connective tissue
  - Make enzymes and hormones
  - Support immune function
  - Maintain tissues throughout the body
  - Provide amino acids needed for countless cellular processes
- For Parkinson’s patients, maintaining muscle mass, strength, physical function, and adequate nutrition is particularly important.
- Protein isn't the problem. The question is how to make protein work within your individual Parkinson's medication and nutrition routine.

What Does Protein Actually Do?



- PROTEIN = BUILD • REPAIR • MAINTAIN
  - Muscle
  - Bone
  - Cells
  - Immune system
  - Enzymes
  - Hormones
- Think of protein as the body's construction and maintenance crew; every day, your body is breaking down and rebuilding proteins.
- Protein is especially important when we're trying to preserve muscle as we age.
- Reduced activity, changes in appetite, difficulty eating, swallowing issues, weight loss, and other challenges can make it harder for some people with Parkinson's to meet nutritional needs.
- We don't want people diagnosed with Parkinson's eating LESS protein simply because they've heard protein is “bad” for levodopa.

- We want to figure out how to get adequate protein while managing medication timing when necessary.

How Much Protein Do You Actually Need?



- Your needs depend on:
  - Age
  - Body size
  - Activity level
  - Muscle mass
  - Overall calorie intake
  - Health conditions
  - Weight changes
  - Physical activity/exercise
  - Individual nutritional needs
- The RDA for healthy adults is 0.8 g protein/kg body weight/day, but that's a population-level minimum designed to prevent deficiency—not necessarily an individualized target for an older adult who is trying to preserve muscle. (Try body weight lbs x .5 -.7)
- “The question isn't simply ‘How much protein do I need?’ It's ‘How much do I need—and how can I realistically get it throughout my day?’”

Protein Isn't Just Meat



- PROTEIN HAS MANY PERSONALITIES
  - Fish
  - Eggs
  - Poultry
  - Meat
  - Dairy
  - Beans & lentils
  - Soy foods
  - Nuts & seeds
  - Whole grains

- Protein can come from both animal and plant foods.
- And many plant foods bring something else to the table:
- FIBER.
- That's where our dynamic duo begins.

Enter Fiber…



- Gut • Digestion • Blood glucose • Cholesterol • Fullness • Microbiome
- Fiber is a type of carbohydrate that your body doesn't fully digest.
- “Fiber is food for the system.”
- Fiber can help:
  - Add bulk to stool
  - Support bowel regularity
  - Slow digestion
  - Support more gradual blood glucose responses
  - Support healthy cholesterol levels
  - Promote fullness
  - Feed certain gut microbes
- And constipation is particularly relevant to Parkinson's.



Fiber's Many Jobs



- Job #1: Keeps things moving
- Job #2: Helps feed gut microbes
- Job #3: Helps slow digestion
- Job #4: Helps with fullness
- Job #5: Supports heart health
- Job #6: Helps create healthier meals

- There isn't just one kind of fiber.
  - Soluble fiber
    - Can form a gel-like substance and can help slow digestion.
  - Insoluble fiber
    - Adds bulk and helps move material through the digestive tract.
  - Fermentable fiber
    - Can be utilized by gut microbes.

- Different fibers do different jobs—and plants give us a variety of them.

We’re often getting the protein but missing the fiber



- But a food can be high in protein without necessarily being nutritionally complete.
- Ask:
  - What else comes with the protein?
  - Is there fiber?
  - Micronutrients?
  - Healthy fats?
  - Plants?

Or are we simply chasing a number on the nutrition label?

High Protein	Protein and Fiber
Protein Shake	Lentils
Chicken breast	Beans
Protein bar	Chickpeas
Cheese	Edamame
	Nuts & seeds
	Eggs + vegetables
	Greek yogurt + berries

Protein + Levodopa: Let's Clear Up the Confusion



- SHOULD I AVOID PROTEIN?
- ABSOLUTELY NOT. But…
  - Protein can interfere with levodopa absorption for SOME (10-20%) people.
  - Levodopa is an amino-acid-like compound, and amino acids from protein can compete with levodopa for transport across the gut and into the brain.
  - But not everyone experiences a clinically significant problem.
  - Most people early in their diagnosis do not have a problem with protein/levodopa interaction, while some people—particularly later in the disease—may notice reduced medication effectiveness with protein-rich meals.
  - Pay attention to timing and your individual response.

Timing May Matter



- PROTEIN + LEVODOPA
- It's not necessarily about **what** you eat. Sometimes it's about **when** you eat it.
- Protein-rich foods appear to reduce carbidopa/levodopa effectiveness, medication may be taken 30 minutes before or 60 minutes after eating, depending on the individual's situation and medical advice.
- If you **suspect** your meals are affecting your medication, don't eliminate protein. with your Parkinson's healthcare team about medication and meal timing.
- Look for patterns:
- Medication time → Meal time → Protein content → Symptoms/response

Protein Redistribution: Another Strategy



- SPREAD IT OUT… OR SHIFT IT?
- For some people experiencing motor fluctuations associated with protein/levodopa interactions, clinicians may recommend a protein redistribution diet.
- Instead of eliminating protein, the person consumes less protein earlier in the day and concentrates more of their protein later—often at dinner.
- Protein redistribution is an approach that may be considered for people experiencing fluctuations, but it should be individualized.

- Protein redistribution is a strategy—not a rule.

And Now Fiber Joins the Conversation



- PROTEIN MAY NEED TIMING.
- FIBER NEEDS CONSISTENCY.
- For many people with Parkinson's, constipation is a major nutrition concern.
- Fiber-rich foods include:
  - Beans
  - Lentils
  - Fruits
  - Vegetables
  - Whole grains
  - Nuts
  - Seeds
- Don't suddenly jump from 10 grams to 35 grams overnight.

The Fiber & Fluid Partnership



- Fiber works best when you're adequately hydrated.
- This is particularly important because some people with Parkinson's intentionally drink less because of urinary urgency or difficulty getting to the bathroom.
- Increase fiber gradually while paying attention to hydration.

Build the Protein + Fiber Plate



- PROTEIN + PLANTS + FIBER + HEALTHY FAT
- Build meals that contain multiple nutritional jobs at once.

- Salmon
- Roasted vegetables
- Quinoa
- Olive oil

Lentil bowl

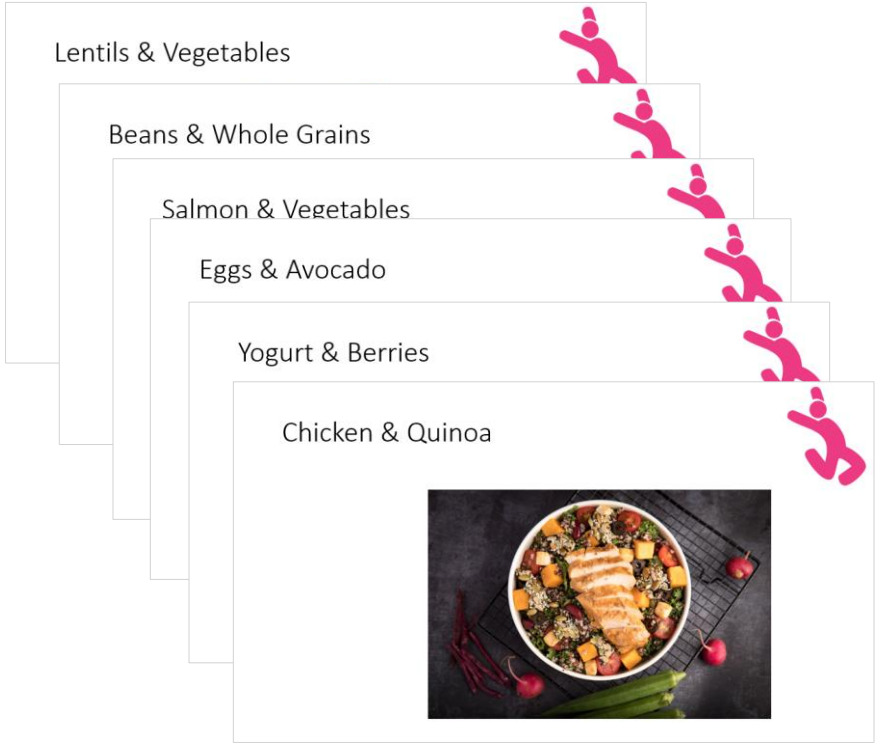
Vegetables

Brown rice

Pumpkin seeds

The Protein + Fiber Sweet Spot

- Lentils + vegetables
- Beans + whole grains
- Salmon + vegetables
- Eggs + avocado + vegetables
- Greek yogurt + berries + chia
- Chicken + quinoa + roasted vegetables



- Ask: “Where can I get protein AND plants?”

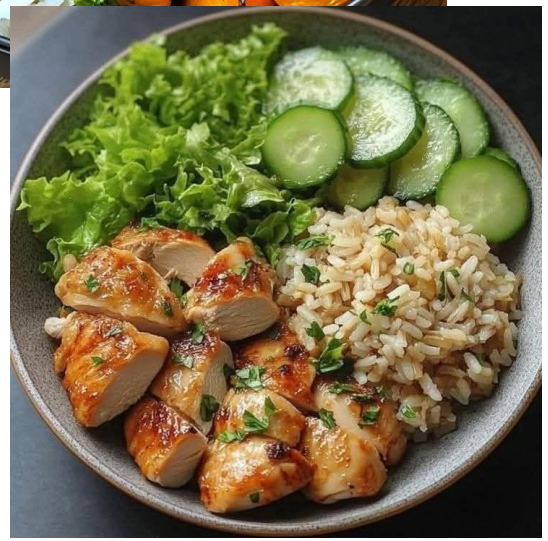
Turn this into a Protein + Fiber Power Meal











Protein Alone vs. Protein + Fiber



Protein-focused	Protein + Fiber-focused
• Chicken	Chicken + broccoli
• Eggs	Eggs + spinach + avocado
• Greek yogurt	Greek yogurt + berries + chia
• Fish	Fish + vegetables + quinoa
• Steak	Steak + roasted vegetables + beans
• Protein shake	Protein shake + berries + chia/flax

Fiber AND Protein



- **Beans, Lentils and Other Pulses**
  - Pulses — which are dry, edible seeds of the legume family — include chickpeas, lentils, dry peas and dry beans, like pinto, kidney and black beans. A half-cup serving of cooked lentils, for instance, has about 9 grams of protein and 8 grams of fiber. The same amount of cooked black beans offers about 7.5 grams of each nutrient.
- **Tofu, Edamame and Other Soy Foods**
  - A half-cup of shelled edamame packs about 9 grams of protein and 4 grams of fiber. Raw tofu has about 22 grams of protein and 3 grams of fiber per half-cup serving.
  - One cup of soy milk provides 1.5 grams of fiber along with its 8 grams of protein.
- **Nuts**
  - A one-ounce serving of peanuts offers about 7.5 grams of protein and 2.5 grams of fiber.
  - A one-ounce serving of almonds contains 6 grams of protein and 3.5 grams of fiber.
- **Seeds**
  - Certain seeds, like chia seeds and flax seeds, tend to have more fiber and heart-healthy omega-3 fatty acids.
  - A one-ounce serving of pumpkin seeds has about 8.5 grams of protein and 2 grams of fiber; the same amount of chia seeds has nearly 5 grams of protein and 10 grams of fiber.
- **Whole Grains**
  - A grain is considered “whole” when it contains all three parts of the original kernel — the bran, the endosperm and the germ. Grains like farro, brown rice, quinoa and oatmeal are “whole grain”
  - Oatmeal made from a half-cup of rolled oats has about 6 grams of protein and 5 grams of fiber.
  - A cup of cooked quinoa has about 8 grams of protein and 5 grams of fiber.

The Parkinson's Nutrition Reality Check



- Nutrition Is Not One-Size-Fits-All
- Parkinson's can involve:
  - Constipation
  - Changes in appetite
  - Weight loss
  - Swallowing difficulties
  - Changes in taste and smell
  - Medication/food interactions
  - GI problems
  - Difficulty preparing or eating meals
- Your best diet on paper isn't necessarily your best diet if you can't eat it, tolerate it, afford it, swallow it, digest it—or fit it around your medication.

Your Protein + Fiber Game Plan



- Don't fear protein.
  - Your body needs it.
- Think beyond meat.
  - Plants can contribute protein too.
- Look for the duo.
  - Protein + fiber = a powerful combination.
- Pay attention to timing.
  - If protein appears to affect levodopa, discuss meal/medication timing with your healthcare team.
- Build meals, not just macros.

- Protein + Plants + Fiber + Healthy Fat + Hydration

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Serving Per Container: About 4

Amount 1/2 cup (110g)

Calories: 90

	% Daily Value*
Total Fat 2grm	3%
Saturated Fat 1.5grm	8%
Trans Fat 0grm	0%
Cholesterol 10mg	3%
Sodium 380mg	17%
Total Carbohydrate 4grm	1%
Dietary Fiber 0grm	0%
Total Sugars 4grm	0%
Added Sugars 0grm	0%
Protein 14grm	28%
Vitamin D 0mcg	0%
Calcium 110mg	8%
Iron 0mg	0%

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