

Managing Weight Loss in Parkinson's Disease

Do you have trouble swallowing? **Tell your doctor right away.** You may need a swallowing assessment (test).

While you are waiting for this assessment:

- While eating and drinking:
 - › Avoid distractions (like watching TV).
 - › **Do not** talk.
 - › Take small bites and small sips.
 - › Pause between bites.
- Sit up while eating and for 30 minutes after.
- Try to brush your teeth and tongue well before and after each meal. This can help to improve your oral (mouth) health.
- If you wear dentures:
 - › Take them out before and after each meal. Brush your dentures and your tongue.

Is your appetite low (you do not feel hungry)?

- Try to eat foods you enjoy.
- Try changing the texture and temperature of foods. Hot food often has more flavour.
- Add brightly coloured foods to your plate.
- Add more herbs and spices to recipes.
- Use more condiments (like ketchup, jam).
- If your mouth is dry, add sauces, gravies, butter, or cream to foods. Avoid dry foods (like crackers, peanut butter).
- Treat constipation (not being able to poop).
- If you are still losing weight after trying the tips above, you may need to eat foods with more calories. To do this:
 - › Eat a snack or drink a nutrition supplement (like Ensure[®], Boost[®]) between meals. This **does not** replace your regular meals.
 - › Eat your biggest meal when you are most hungry and awake.
 - › Avoid foods labelled light, lite, or low fat. Choose full-fat options when you can.

Try these ideas to add more calories

Fruits and vegetables

- Add cream sauce, cheese, margarine, butter, and/or oil to cooked vegetables.
- Use avocado in sandwiches, salads, and dips.
- Choose fruit packed in syrup instead of water.

- Add dried fruit to baked goods, cereals, and salads.
- Try raw vegetables dipped in salad dressing or hummus.
- Top fruit with whipped cream or Greek yogurt.
- Add sour cream, cream cheese, skim milk powder, or cream to mashed potatoes and vegetables.
- Make fruit into crisps (like apple crisp) or cobblers. Top with ice cream or whipped cream.

Grain products

- Spread butter, margarine, cream cheese, or nut butters on breads, crackers, and muffins.
- Choose calorie-dense cereals, like granola with nuts. Serve with homogenized milk or Greek yogurt.
- Add honey, brown sugar, or nut butters to hot cereals.
- Use jams, jellies, honey, brown sugar, or syrup on cereals, French toast, pancakes, and waffles.
- Add breadcrumbs, oatmeal, or wheat germ to baking mixes, meatloaf, and hamburgers.
- Use pesto sauce on pastas and pizza.
- Dip whole grain bread in olive or canola oil.

Protein containing foods

- Add gravies or sauces to meats, poultry, and fish.
- Mix mayonnaise with chopped chicken or fish for sandwiches.
- Spread nut butters on bagels, breads, and crackers.
- Use pesto sauce on chicken or fish.
- Add nuts and seeds to salads, stir-fries, cereals, yogurt, puddings, ice cream, and baked goods.
- Choose high-calorie options, like fatty fish (salmon, trout, herring) and chicken legs or thighs.

Milk and alternatives

- Add powdered milk to homogenized milk, yogurt, mashed potatoes, soups, and smoothies.
- Choose full-fat yogurt and cheese.
- Use cream or half-and-half instead of milk in recipes.
- Top desserts with whipped cream.
- Use sweetened condensed milk in milkshakes and puddings.
- Add cream cheese or grated cheese to scrambled eggs.

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