PRO Diet
Based on Patient-Reported Outcomes in Parkinson's

Points Based on Observational Data: Food Choices & Patient Reported Outcomes (PRO) in PD
From Clinical Epidemiology to Therapeutic Tool

Patient-Reported Parkinson's Disease Progression & Quality of Life	Serving size	Strength of the Association	Multiply by unit of consumption x 0: never x 1: <1/ month x 2: 1/month x 3: 2-3/month x 4: 1/ week x 5: 2-4x/week x 6: 5-6x/week x 7: 1x/day x 8: 2-4x/day x 9: 4-6x/day	

Avoid				
	Fruit from a can	½ cup	44	
	Fried food	4 ounces	34	
	Ice cream	1 scoop, ½ cup	31	
	Diet soda	12 oz, 1 can	30	
	Beef	4 oz, 1 medium patty	28	
	Soda, not diet	12 ounces, 1 can	27	
	Vegetables from a can	½ cup	26	
	Butter	1 teaspoon	20	
	Drink from plastic bottles		20	
	Chicken	4 ounces	19	
	Pork	4 oz, 1 medium patty	28	
	Cheese	1 slice, ½ oz, 1 Tablespoon	17	
	Frozen vegetables	½ cup	16	
	Pasta	1 cup	16	
	Yogurt	¾ cup, 6 ounces	15	
	Milk, from mammals	1 cup	13	
	Bread	1 slice	9	
	Juice	8 ounces, 1 glass	9	
			Total insult points	+____

Eat				
	Fresh vegetables	½ cup	-30	
	Fish	4 ounces	-27	
	Nuts and seeds	¼ cup, 2 Tablespoon spread	-25	
	Fresh fruit	½ cup	-24	
	Fresh herbs	1 teaspoon	-11	
	Wine (red)	6 ounces, 1 glass	-22	
	Coconut oil	1 teaspoon	-16	
	Beans, legumes	½ cup	-11	
	Green tea	1 cup	-11	
	Olive oil	1 teaspoon	-10	
	Spices	¼ teaspoon	-10	
© LK Mischley 20 Oct 2023_Model-1_Baseline data only			**Total protective points**	-
© LK Mischley 20 Oct 2023_Model-1_Baseline data only Version 1			**Total PRO Diet Points**	

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