**Parkinson’s radio pilot: diet and exercise (personal experiences segment)**

**Diet discussion- Duration: 5:44 (Please note that this is the raw, unedited audio file so there are instances of crosstalk, pauses and input from others)**

*Host: Andy*

*Guests: H and D*

Andy: thank you very much guys. So I think we can move on to our other topic now. So the next one; “are there any foods that cause you difficulties with your Parkinson’s?”

D: I find that if I have a lot of protein in the morning and I take my Parkinson’s medication it just doesn’t work efficiently, it just doesn’t work at all sometimes. I find that the more heavy proteins I have in the morning the longer it can take for the medication to get through. It can take hours so by the time it gets through I’m ready for another dose and I haven’t finished the first dose. It gets lost somewhere in there...at least I think it does. So I find if I have eggs, bacon in the morning—I would love a full English breakfast sometimes—but I just can’t eat it because of the medication. So I’m snacking all day which is against what I know for healthy eating. So I get through in the morning by eating digestive biscuits, cakes, pastries, which is not good but it doesn’t take as much effort to get the result from the medication, rubbish foods.

Andy: and is that similar for you H?

H: oh, I have the proper meals and the rubbish foods as well.

[laughter]

Andy: I think we all do.

H: but I’ve never tended to be that keen on a big breakfast though, so I’ll have piece of fruit and maybe some muesli and skimmed milk and that usually does me in the morning, but I’m hungry later on and usually Heather brings in bags of mixed nuts and things and I usually eat them all, eat the chocolate biscuits. I must be going through a lot of calories but I’m not putting any weight on so I’m happy enough with that. But other than that I eat what I like. I’m quite happy to do that as long as I maintain a healthy weight I suppose I’m all right doing that.

Andy: any foods that cause any particular difficulties with Parkinson’s?

H: the only thing is that, like most people with Parkinson’s, I have constipation problems and rhubarb creates a benefit not a difficulty so I try that and eat the prunes and god knows what else but otherwise no difficulties, I just eat whatever I want.

Andy: and any similar difficulties?

D: well most of my proteins and heavy foods I eat at night, after 7 o’clock, when I’m ready for bed and I don’t really need so much from my medication. So, most foods cause a problem during the day but at night I’ll eat anything

Andy: eat what you like, right up to going to bed

D: yeah I fill up and then go to bed

H: when I’m careful is when I’m driving a long distance and having a stop or a break, I don’t have much to eat because I’m frightened I’ll feel sleepy, so there’s that possibility but otherwise no problems with food

Andy: so you just need to plan ahead and know what you’re actually doing through the day, any long journeys or things like that

D: yeah, if you’re going out for the night you have to plan. As long as I’m in bed by 10 o’clock I’m fine

Andy: ok, we’re going to move on to our final question now and that is “what are your thoughts on bananas?”

D: well they’re a great food. Last week we had someone saying they had protein, they were high in protein

H: well I know they’re high in potassium

D: they’re high in potassium and I’d say quick carbs, they’re better than sweeties. It’s a super food as far as I’m concerned because I have one every morning. I get my tablets down, have a banana and about half an hour later, an hour later I take my other meds because I’ve got something in my stomach which I’m happy about you know, but that’s a s heavy as I get.

Andy: it doesn’t cause you a problem in the morning?

D: no

H: I sometimes have one for breakfast and then I get sick of them. I have one or two every morning and then I have to lay off them for a couple of weeks

Andy: are you chopping them up and putting them in your muesli?

H: no, I’m just eating them

Andy: excellent. Any more thoughts on bananas before we bring this section to an end?

D: I’ve got no more thoughts on bananas

Andy: you love them

[laughter]

D: we used to own a fruit shop and I would have one or two every day

H: I understand the biology of bananas is quite complicated, they don’t reproduce with flowers they have some sort of vegetative reproduction, I think

Andy: well there we go, many facts about bananas. Well, I think we’ll draw that section to a close guys; thank you very much