



**LIFESTYLE TIPS
FOR HD FAMILIES**



NUTRITION

**MEDITERRANEAN DIET
AND
HUNTINGTON'S DISEASE**

STUDIES HAVE SHOWN THAT PEOPLE WITH HD WHO EAT MEDITERRANEAN DIET SHOW AN IMPROVEMENT IN COGNITIVE AND MOTOR SYMPTOMS, BETTER QUALITY LIFE AND A REDUCED INCIDENCE OF OTHER DISEASES COMPARED TO PEOPLE WITH HD WHO DON'T EAT MEDITERRANEAN DIET



(Christodoulou et al., 2020; Rivadeneyra et al., 2016)

WHAT IS THE MEDITERRANEAN DIET?

The Mediterranean diet is a way of healthy eating.

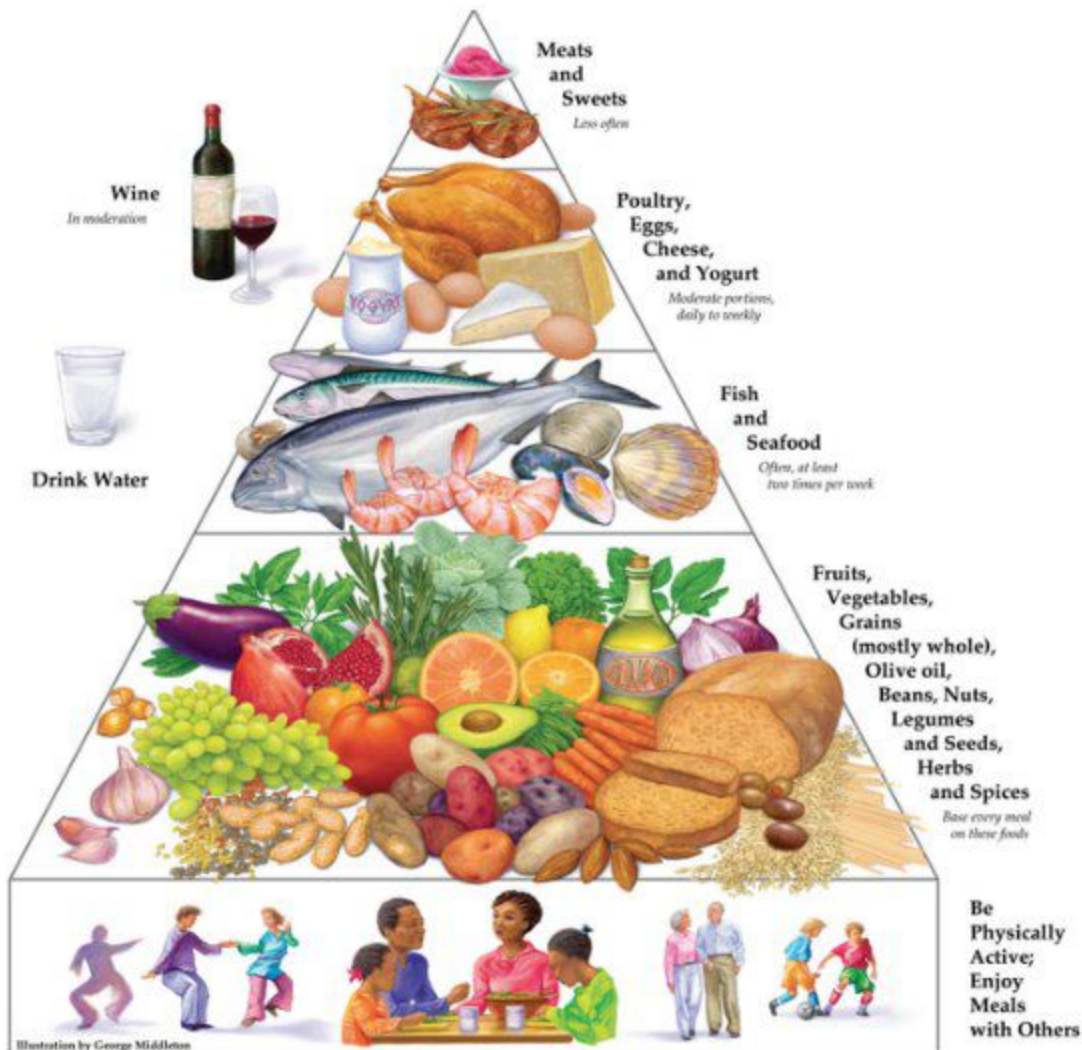
It is a way of changing your eating habits and making your food more healthy and conscious.

The World Health Organization recognizes the Mediterranean Diet as a healthy-eating pattern.



(Liou, 2010; Mayo Clinic, 2023)

MEDITERRANEAN DIET PYRAMID



MEDITERRANEAN DIET TIPS



- Eat more fruits and vegetables
- Choose whole grains
- Use unsaturated fats from plants
- Eat more seafood
- Get nuts
- Enjoy some dairy
- Spice it up - use spices instead of salt
- Reduce red and processed meat
- Reduce sugar intake
- Eat fresh fruit instead of sweets





MEDITERRANEAN DIET AND HUNTINGTON'S DISEASE

- The first step to developing healthier eating habits is to **understand what foods are good for you** and then **include them in your daily shopping list and meals.**
- You can print a **shopping list** to make sure you **buy all necessary ingredients** for your healthy meals.

MEDITERRANEAN DIET INGREDIENTS

SHOPPING LIST

Vegetables:

- Asparagus
- Artichokes
- Beets
- Bell Peppers
- Broccoli
- Cabbage
- Carrots
- Eggplant
- Green Beans
- Mushrooms
- Olives
- Peas
- Squash/zucchini

Dairy and eggs:

- Yogurt
- Cheeses: Feta, Ricotta, Fresh mozzarella, Burrata, Parmesan
- Eggs

Nuts and Seeds:

- Walnuts
- Almonds
- Cashews
- Peanuts
- Pine Nuts
- Pumpkin Seeds
- Sunflower Seeds

Fruits:

- Apples
- Avocado
- Bananas
- Berries
- Dates
- Lemons
- Oranges
- Pears
- Plums
- Pomegranates

Grains and such:

- Barley
- Bulgur
- Freekah
- Couscous
- Oatmeal
- Pasta
- Polenta
- Quinoa
- Rice
- Breads (whole grain or pita)

Herbs and spices:

- Basil
- Bay Leaves
- Cilantro
- Mint
- Parsley
- Oregano

Healthy Oils/Fats:

- Extra virgin olive oil
- Avocado Oil
- Grape Seed Oil
- Ghee

Seafood:

- Small fatty fish (sardines)
- White fish as cod
- Shell fish as crab, shrimp&lobster
- Tuna

Beans & Legumes:

- Black Beans
- Chickpeas
- Hummus
- Kidney Beans
- Lentils
- Pinto Beans
- White Beans

"LET FOOD BE THY MEDICINE AND MEDICINE BE THY FOOD"

HIPPOCRATES

