

Nutrition and Cognitive Health

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Feeding the mind!

- Changing diets and changing minds - MHF and Sustain 2006
- Diet contributes to our mental health
- Less attention given to 'invisible health' crisis
- Depression is leading cause of disability world wide

Getting the balance right to:

- Relieve symptoms of mental illness
- Improve efficacy and reduce side effects of medication

Diet & Dementia

- Research examines triggers and how to delay or prevent
- Delaying onset has positive impact on person and society
- Mild cognitive impairment

Demography -Link with diet?

- Mediterranean diet in Italy
- Japanese diet
- Northern Europe and parts of North America
- Vegetarianism

Oxidative Stress!

Antioxidants

- Food Vs Supplements?
- Vitamins C, E & Beta-Carotene
- Vegetables Vs Fruit?
Green leafy, yellow and cruciferous
- Anthocyanins
- **KAME study 2006**
- Polyphenols & neuro protection
- Quantity
- Quality
- Impact of Preparation
- Tea
- Wine

Further work...

USDA

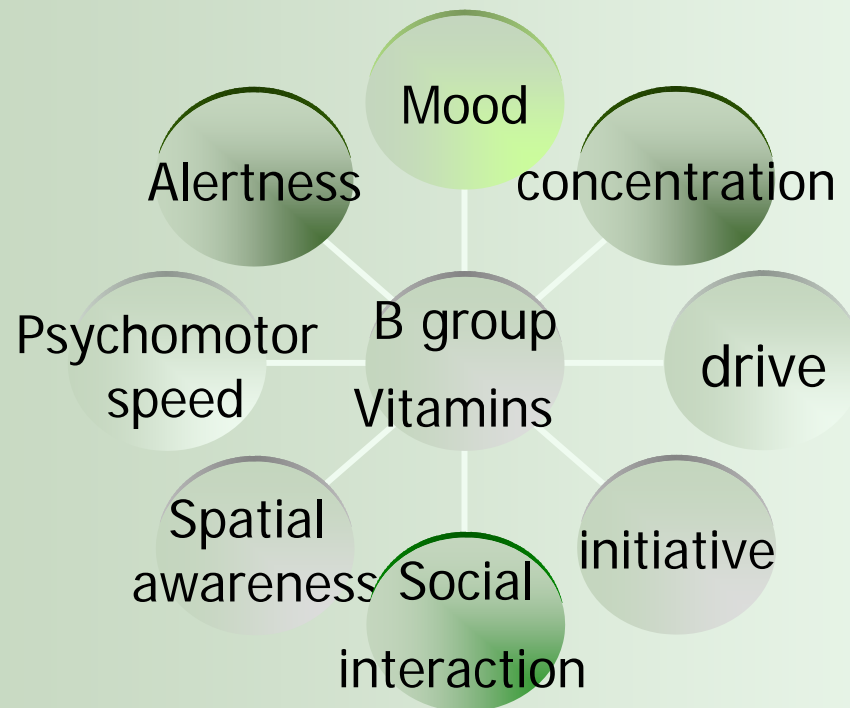
- Research effects on cognitive and motor deficits in ageing:
- Pomegranates
- Californian dried prunes
- Grape Juices
- Strawberries and Blueberries, whole fruit extracts

Fats and Cognition

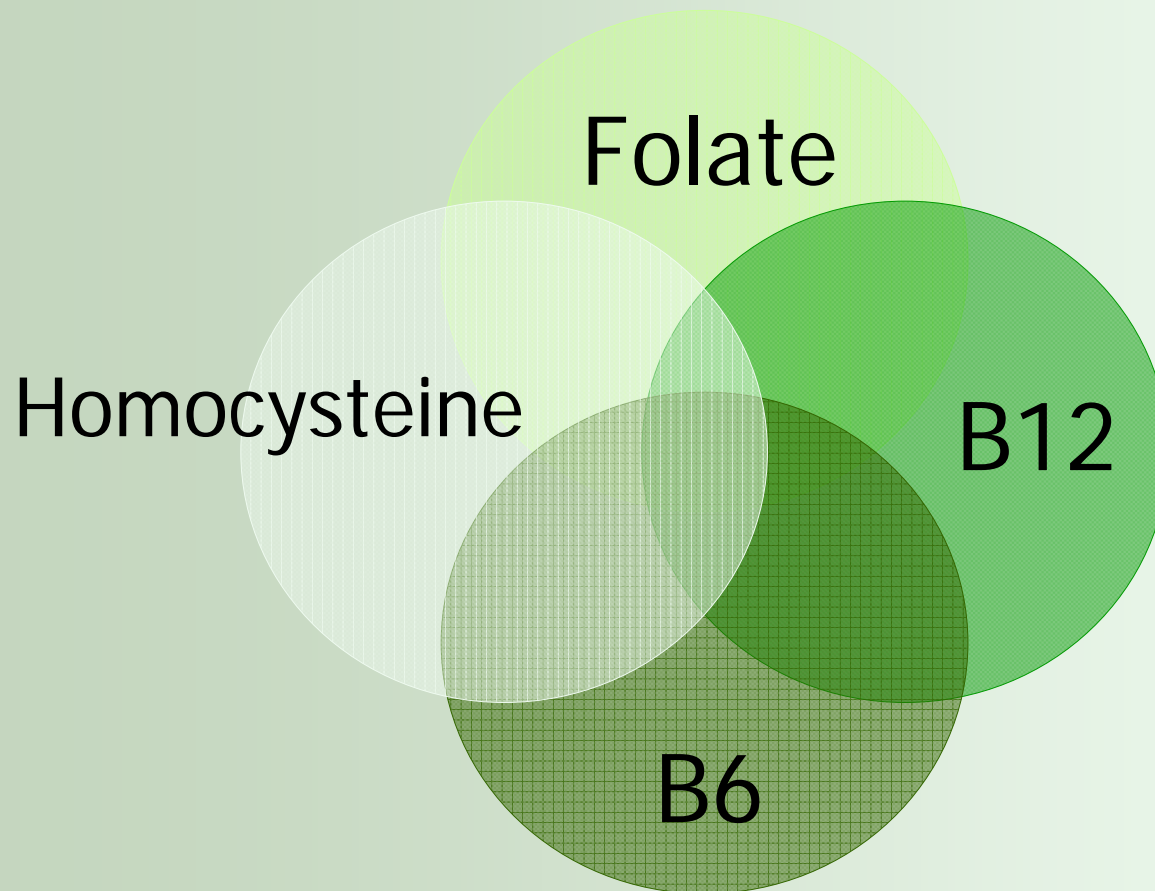
- PUFA - ratio of Omega 6 and Omega 3
- MUFA - Italian study
- Oily fish – impact on inflammation, ageing & reducing dementia risk
- DHA
- Saturated Fats & Cholesterol
- Framingham, Chicago and Rotterdam studies support this
- More trials – results in 2008

'Eat your greens!'

- Growing evidence of the role of Folate in the ageing brain, mood & cognitive function



Cause or Effect?



Ongoing RCT

- VITAL (VITamins to slow ALzheimers disease)
- VITATOPS (VITamins to prevent stroke) dementia secondary outcome measure
- VITACOG

Sugar and spice

- Dementia – abnormalities in glucose control
- Hypoglycaemia
- Diabetes associated with risk
- Diabetes - higher prevalence in people with dementia
- Poorly controlled diabetes worsens cognitive function
- Increases risk of dementia

...and there's more

- Low calorie, nutrient dense diets
- Ginkgo Biloba
- Uric acid
- Circumin
- Low carbohydrate high fat diet
- Chocolate!

Memory preservation diet

- Increase intake of Antioxidants
- Achieve a higher ratio of Omega 3 to 6
- Adequate intakes of Folate and B group Vitamins
- Blood glucose management
- Increase foods that are anti inflammatory
- Reduce LDL cholesterol and saturated fats

- Calcium, Iron, Magnesium and Zinc

Achieving the right balance:

- **A diet providing a wide variety of:**
- Wholegrains
- Seeds & nuts
- Fruits and vegetables
- Oily fish
- Lean meat
- Dairy products

Further information..



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