

Eat Dementia Away!

How does nutrition affect cognition and what are some nutritional practices to adopt or avoid?

Clarifications



What is...

- Cognition?
- Dementia?

Why nutrition?

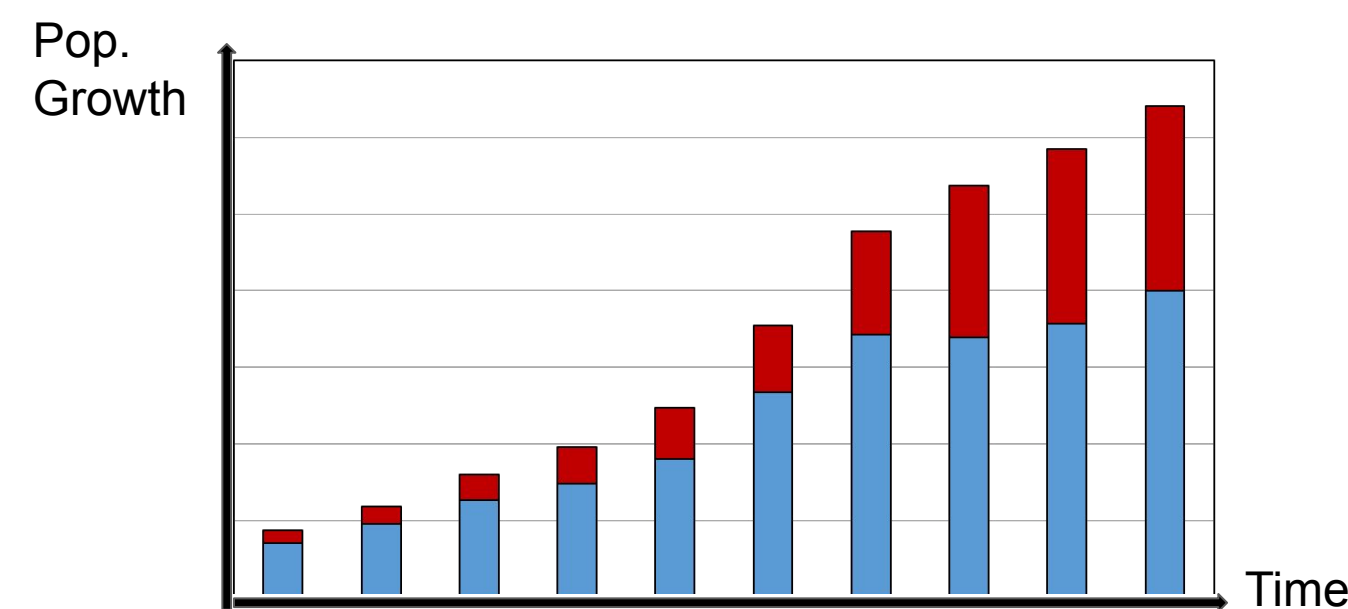
Abstract

Nutrition has only recently been studied for its protective role in cognition. In order to find which nutrients are the key players for maintaining optimal mental health, a thorough bibliographic review of recent literature was conducted. Water, some fats (n-3 PUFAs), vitamins, minerals and polyphenols were shown to play an essential role, mainly due to their role in brain development, their participation in neural mechanisms and their antioxidant properties. The Mediterranean Diet is rich in these elements and is better for the brain than diets with high sugar and saturated fat.

Importance

564,000: Canadians with dementia

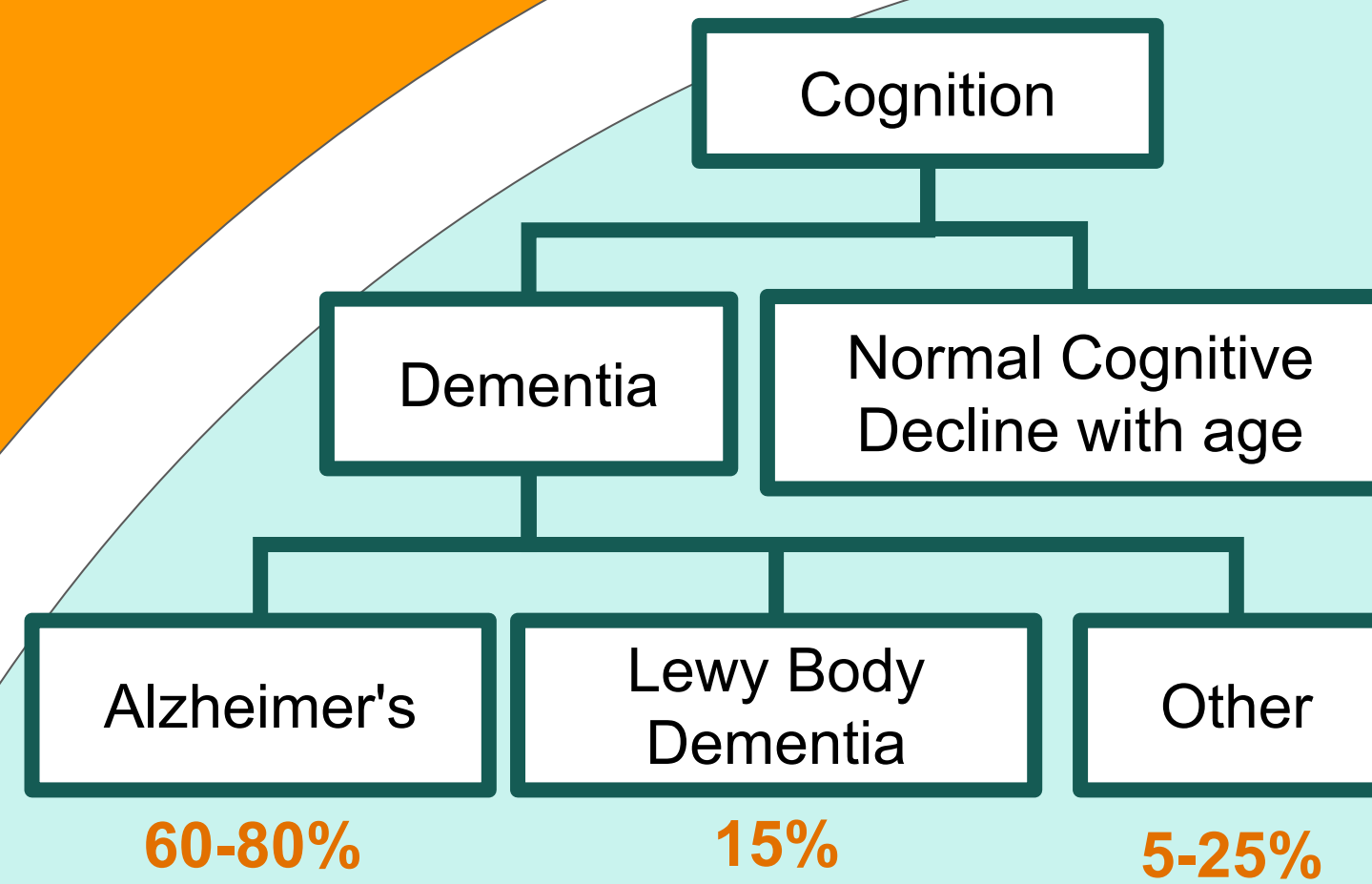
25,000: New diagnoses every year



General upwards projected trend of Canadians over 65
Adapted from Statistics Canada, 2014

937,000: Number of affected in 15 years

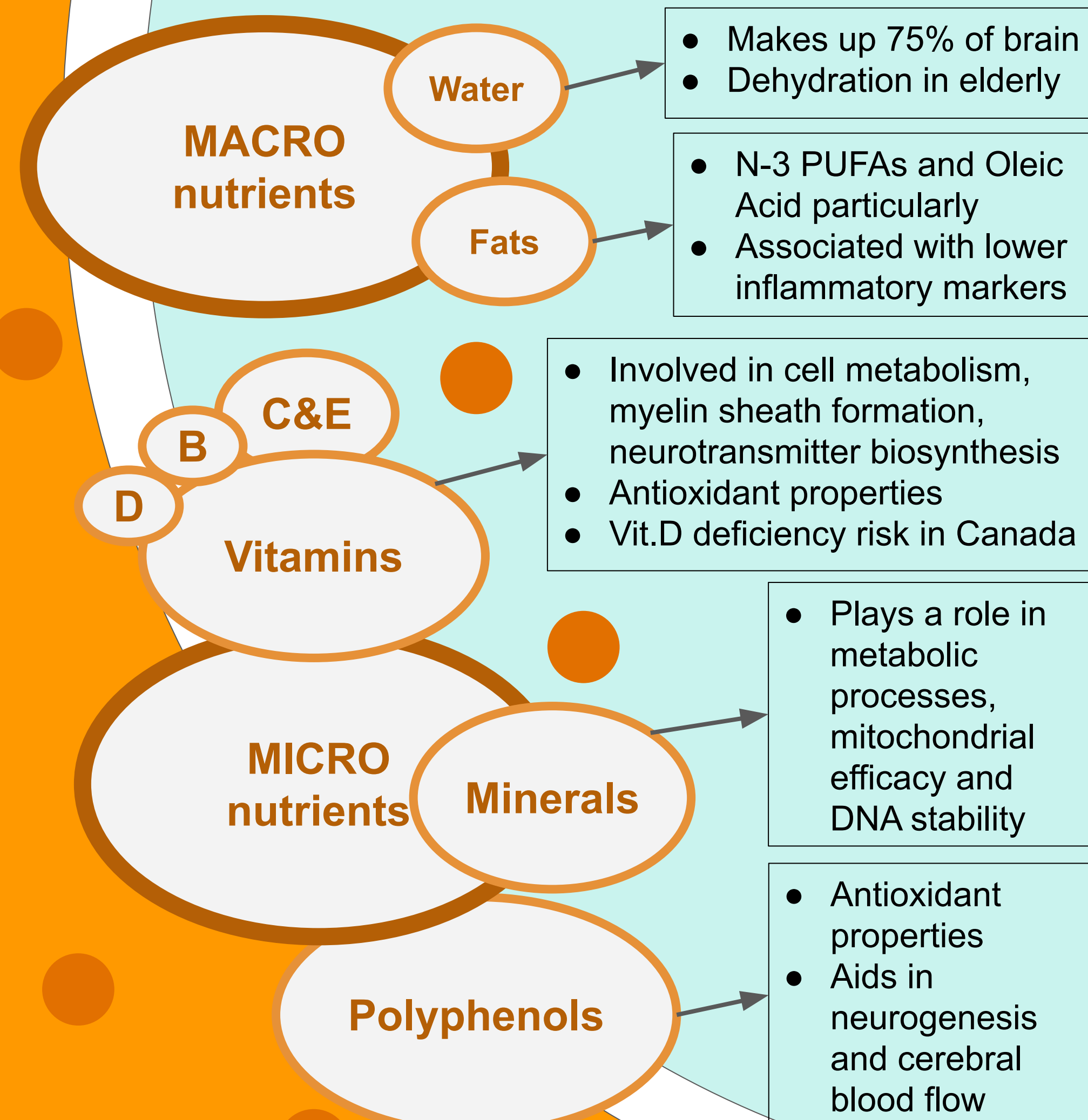
Results



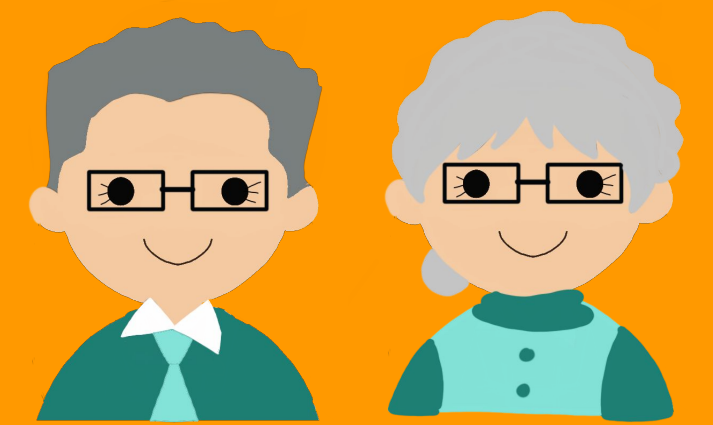
What goes wrong?

- Amyloid Plaques and Neurofibrillary Tangles
- Chronic Inflammation
- Vascular Factors
- Loss of Neural connections and cell death

What KEY Nutrients can help?



Common Diets



Poor Diets

HIDDEN HUNGER

Caloric needs are met, yet micronutrient deficiency!

Mediterranean Diet

Start NOW!

- Eat a balanced diet
- Follow Canada's Food Guide
- Consider other health factors
- Exercise
- Sleep

Get all your nutrients

- Special attention to micronutrients and water
- Supplementation if needed

Take Home Points