



What can I expect from this factsheet?

This factsheet helps support lowering your risk for Alzheimer's disease through permanent sciencebased dietary changes. If you have already been diagnosed with Alzheimer's, you'll learn which foods can help you manage and prevent the worsening of this condition.

"Keeping active, eating well and engaging in social activities all promote good brain health and may reduce your risk of developing dementia."

(www.alzint.org)

How can I avoid getting Alzheimer's disease or slow down its progression?

- Implementing 5 healthy habits can reduce the risk of Alzheimer's disease by 60%. The habits are: a predominantly plant-based diet, not smoking, light to moderate alcohol use, exercise, and cognitively stimulating activities (21).
- People who adhere most to a healthy diet of more plant foods and less processed foods and animal products enjoy a 53% reduced risk of developing Alzheimer's disease over 3.8 years. Even just moderately incorporating healthy eating reduces the risk by 35% (22).
- Following these healthy diet principles for 10 years slows cognitive decline such that brain age is 7.5 years **younger** than eating an unhealthy diet (23).

What should I be eating more of?





Eat entirely or mostly a wide variety of whole plant foods (12)



Emphasise vegetables, whole grains, legumes, fruit, nuts and seeds (12)



Use **herbs and spices** instead of oil and salt to add delicious flavours to your cooking



• Add leafy greens, beans and nuts (12)



Add omega-3 fats from walnuts, chia seeds and flax seeds (15)

What should I be eating less of?





Avoid ultra-processed foods and **beverages.** These products often contain refined carbohydrates, added sugar, fat, salt and food additives (11)



Avoid animal products such as meat, poultry, and dairy (11)



Avoid processed meat including sausages, bacon, ham, salami, dried meat, canned meat, and sliced lunch meats (11)



Avoid too much alcohol. Alcohol is a toxin in the human brain (17)





How will I know it's working?

- Monitor the effects of dietary changes on your body, e.g. by keeping a journal and seeing your physician regularly
- You will likely **feel better** and have **fewer symptoms.** The questions about "How much?" and "When?" will depend on how much you change your diet and how well your body responds to it. You will feel some changes immediately, others may take longer.

What else can I do?

Added to nutrition, the following will help you on your way to better health.

- Quit smoking. For help visit smokefree.gov or rauchstopplinie.ch
- Exercise regularly, at least 150 minutes of moderate exercise per week (30 minutes per day)
- Participate in **brain-stimulating activities** such as learning a musical instrument or a new language.
- Join a community of people who share your interests. Human connection helps the brain stay young



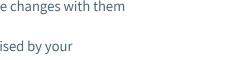
How should I involve my healthcare practitioners?

- Note that your physician must diagnose any disease to find and discuss suitable treatments
- Ensure that you have **nutrition-qualified personnel** in your care team, such as a dietician or a physician with in-depth training in nutritional medicine and discuss your lifestyle changes with them
- Plan regular check-ups, as changes in medication may be required
- Supplement with high-quality vitamin B12 in a plant-predominant diet, as advised by your healthcare professional



Where can I learn more?

- Read our blog on <u>Alzheimer's disease</u>, where you can also find the list of references
- Head over to the PAN academy





SHARE Spread the knowledge!