



## PATIENT FACTSHEET: Alzheimer's Disease & Diet

How to prevent and delay Alzheimer's disease with nutrition

### What can I expect from this factsheet?

This factsheet helps support lowering your risk for **Alzheimer's disease** through permanent science-based 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](http://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)



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### 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](http://smokefree.gov) or [rauchstoplinie.ch](http://rauchstoplinie.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 [Alzheimer's disease](#), where you can also find the list of references
- Head over to the [PAN academy](#).



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