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 Alzheimer’s disease, where you can also find the list of references.
- Head over to the PAN academy.