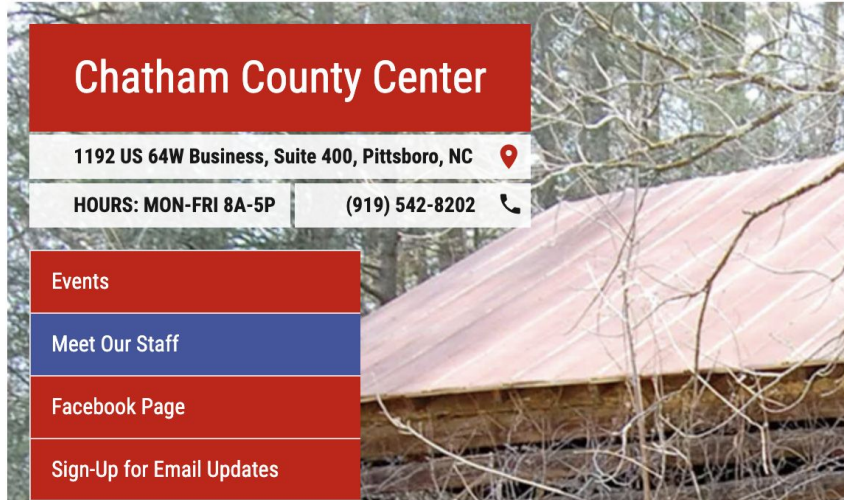


Nutrition and Brain Health

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Get to Know Your Local Extension



Mission

Extend research-based knowledge to all North carolinians, helping them transform science into everyday solutions that improves lives and grow the state.

**FCS - 4-H - Horticulture - Livestock
Sustainable Ag - Forestry - Field Crops**



Nutrition's Impact on Brain Health

Nutrition and Brain Health

Balanced nutrition correlated with:

- ❑ Improved **mental health**
- ❑ Improved **cognitive function**
- ❑ Increased **grey matter** in the brain



Is Your Diet a Risk Factor or is it Protective?

Diet linked to:

- ❑ Stroke
- ❑ Dementia
- ❑ Alzheimer's
- ❑ Parkinson's



Diet affects the **speed of general age related cognitive decline**

Research Snapshot

- ❑ **Mediterranean dietary pattern** has been shown to reduce dementia risk by up to 23% and Alzheimer's by 40%
- ❑ **Omega 3 fatty acids**, in the diet, are linked to dementia prevention
- ❑ **Saturated fat** consumption has been shown to increase risk of dementia
- ❑ Getting just 20 percent of calories from **highly processed foods** was linked to a 28% increase in dementia risk
- ❑ Many inconclusive and inconsistent results, such as with B vitamins and vitamin E r/t dementia

How to Spot Ultra Processed Foods

Preservatives, sweeteners and emulsifiers

- ❑ Sweetened drinks
- ❑ Chips
- ❑ Packaged cakes and cookies, mixes
- ❑ Ice cream, candy, sugary cereals
- ❑ Frozen french fries, refined pretzels
- ❑ Instant soups, noodles
- ❑ Packaged meats like hot dogs, chicken nuggets, fish sticks





Eating for a Healthy Brain and Body

Omega 3 fatty acids

Fatty Fish

- Salmon
- Mackerel
- Trout
- Sardines
- Sea bass



Plant Sources

- Flaxseeds and flaxseed oil
- Chia seeds
- Walnuts
- Canola and olive oils



Folate & Other B Vitamins

- ❑ Dark leafy greens
- ❑ Beans, peas
- ❑ Nuts
- ❑ Oranges, lemons
- ❑ Bananas
- ❑ Melons
- ❑ Strawberries
- ❑ Fortified cereals and pastas



Limit Saturated Fats & Avoid Trans Fats

- ❑ Butter, palm oil, coconut oil, lard
- ❑ Full fat dairy
- ❑ High-fat meats
- ❑ Margarine

Nutrition Facts			
Serving Size 2/3 cup (55g)			
Servings Per Container About 8			
Amount Per Serving			
Calories	230	Calories from Fat 40	
% Daily Value*			
Total Fat	8g		12%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	160mg		7%
Total Carbohydrate	37g		12%
Dietary Fiber	4g		16%
Sugars	1g		
Protein	3g		
Vitamin A			10%
Vitamin C			8%
Calcium			20%
Iron			45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Vitamin E *limited support

- Wheatgerm
- Safflower oil
- Sunflower seeds
- Almonds, peanuts
- Beet greens, collard greens, spinach
- Pumpkin, butternut squash
- Asparagus
- Avocado
- Red bell pepper
- Mango



Other Antioxidants

- ❑ Tannins (berries)
- ❑ Polyphenols (berries, apples, grapes, olives)
- ❑ Curcumin (turmeric)
- ❑ Lycopene (tomatoes)



Note on Supplements

- ❑ Taking supplements is typically not as effective as getting your nutrition from actual food
- ❑ Do not think of supplements as a magic bullet
- ❑ Supplements are unregulated

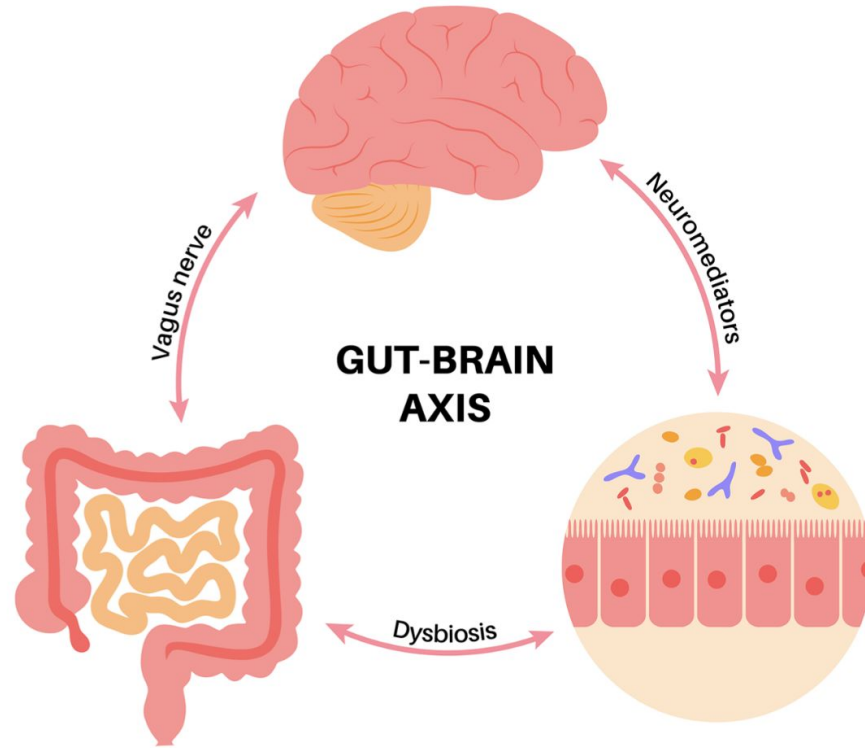
Ask your doctor if you may be have low Vitamin D or B12



Overall Eating Pattern is What Matters

- **More Plants**
- **Limit Salt**
- **Limit Saturated & Trans Fats**
- **Reduce Added Sugars**
- **Avoid Excessive Alcohol**
- **Highly Limit Ultra Processed Foods**





Research suggests that digestive system activity may affect cognition, including memory.



Dietary Patterns to Support Brain Health

Mediterranean Diet



DASH Diet



MIND Diet





Questions!