**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
- 937,000: Number of affected in 15 years

**Results**

**Common Diets**

**Poor Diets**
- HIDDEN HUNGER
- Caloric needs are met, yet micronutrient deficiency!

**Mediterranean Diet**

**Common Diets**

**MACRO nutrients**
- Water
- Fats

**MICRO nutrients**
- C&EB
- Vitamin D

**Polyphenols**

**What goes wrong?**
- Amyloid Plaques and Neurofibrillary Tangles
- Chronic Inflammation
- Vascular Factors
- Loss of Neural connections and cell death

**What KEY Nutrients can help?**
- Makes up 75% of brain
- Dehydration in elderly
- N-3 PUFAs and Oleic Acid particularly
- Associated with lower inflammatory markers
- Involved in cell metabolism, myelin sheath formation, neurotransmitter biosynthesis
- Antioxidant properties
- Vitamin D deficiency risk in Canada
- Plays a role in metabolic processes, mitochondrial efficacy and DNA stability
- Antioxidant properties
- Aids in neurogenesis and cerebral blood flow

**Start NOW!**
- Eat a balanced diet
- Follow Canada’s Food Guide
- Consider other health factors
  - Exercise
  - Sleep

**Take Home Points**
- Get all your nutrients
- Special attention to micronutrients and water
- Supplementation if needed

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