



DIETETICS

Brain Boosters to reduce the risk of Dementia

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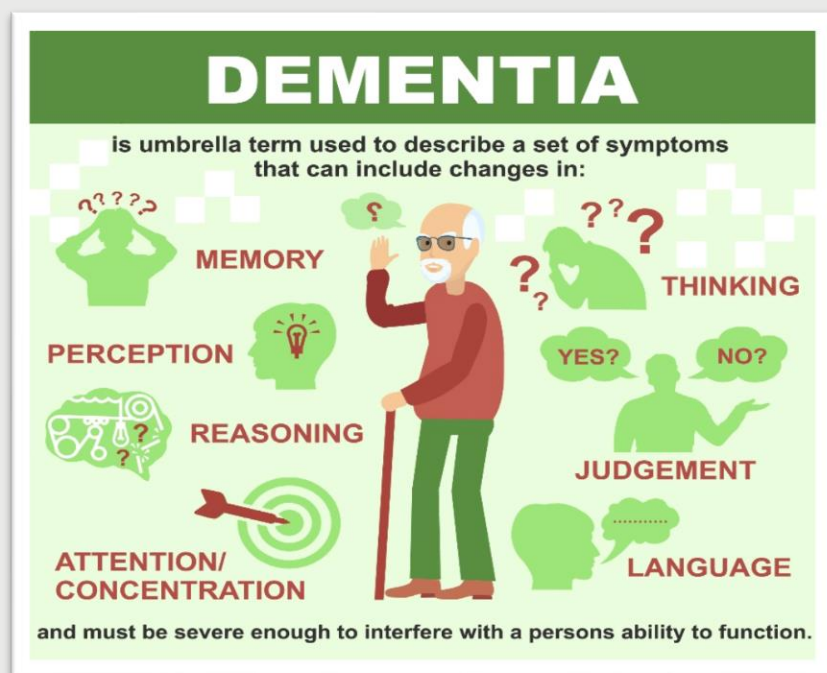
The majority of Australians would know of someone who suffers from Dementia whether that be your grandparent, parent, family member, friend or someone you work with in Aged Care. Dementia is a term used to describe a range of symptoms and there are many forms of Dementia including Alzheimer's Disease.

Currently in Australia more than 400,000 Australian's have been diagnosed with Dementia, sadly Dementia can affect people of all ages including the elderly and younger generations. It is a common misconception that Dementia is simply a normal part of aging – this is not the case, as not all older people will develop Dementia.



You may like to think of your body as a car. It is important that we put the correct type of fuel into it for it to work properly – if we continually put the wrong fuel into the tank, our car is likely going to break down.

Nutrition is important to help keep our brains in tip top condition and reduce our risk of developing Dementia in the future.



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Below are 3 ways to improve our brain health & reduce our risk of developing Dementia.

1. Reduce consumption of saturated fat and trans fats

Saturated and trans fats are commonly found in:

- Take away foods
- The visible fat on meat
- Biscuits
- Butter
- Coconut oil
- Cakes
- Pastries
- Full cream dairy

Ways you can reduce your consumption of saturated and trans fat is to:

- Eat less processed foods (e.g. cakes/biscuits/take away foods)
- Trim the visible fat off your meats and avoid processed meats (e.g. salami)
- Choose low fat dairy products (e.g. milk, yoghurt and cheese)
- Choose margarine instead of butter

2. Increase intake of monounsaturated and polyunsaturated fats

Incorporate the following foods into your diet:

- Nuts (e.g. almonds, peanuts, cashews, pine, brazil, walnuts) – 1 handful is a 'serve'
- Avocado
- Oils (e.g. olive oil, canola, rice bran, sunflower, sesame or peanut)
- Oily fish (e.g. salmon, tuna, sardines, blue mackerel, snapper, anchovies) –eat fish 2–3 times per week.
- Seeds (e.g. Chia and flaxseed)



3. Increase fruit and vegetable intake

Antioxidants found in fruits and vegetables help to defend against free radicals (molecules that damage cells).

To make sure you are consuming enough antioxidants in your diet, ensure that you are meeting the recommended number of 'serves' per day of fruit and vegetables.

The various colours of fruits and vegetables resembles the presence of different nutrients – so aim to 'eat a rainbow' of different fruit and vegetables.



References

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Need help assisting someone with a healthy diet plan?

This article was written by OSCAR Care Group Lead Dietitian, Ella Monaghan. Please contact Ella via our details below.

