

DEMENTIA PREVENTION

Session 1 - nutrition

10 July 2023

Resources

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BOOK: *The End of Alzheimer's Programme* by Dr Dale Bredeesen

PLEASE NOTE:

These class materials are intended as background for the lifestyle support I'm giving you as your brain health coach. My element of Goldster's dementia prevention course is based on my training with Dr Dale Bredeesen's team and my experience as a health coach. I'm here to support you on the Wicking Centre/University of Tasmania Dementia Prevention MOOC (Mass Open Online Course) and I'll be doing the course along with you. Please do ask me any questions about the course and I'll do everything I can to help.

You can sign up for the Dementia Prevention MOOC here:

https://dementia.utas.edu.au/partner/partner_course/12-17-b4bbe54b15

Disclaimer

I'm not a doctor or a nurse. I can't prescribe, I can't give you advice on individual health issues. You need to talk to your GP about those. I'm here to guide you to make your own healthy choices, and to coach you to discover what's right for you.

The purpose of this course is to help you prevent dementia

There are two elements

1 = Dementia Prevention Mass Open Online Course from the Wicking Centre at UTas

2 = coaching support from me each week to complement that – I'm here to support you on the course and to add more practical lifestyle advice from my own training.

NUTRITION

Good nutrition provides raw materials for synaptic support – the wiring and firing of your brain. It also provides the right type of fuel for our brains and our mitochondria, the batteries of our cells, which also provide energy to our brain cells.

Dr Bredesen talks about good nutrition to prevent dementia as being a pyramid.

THE BRAIN FOOD PYRAMID LEVEL 1: Intermittent fasting/time-restricted eating

As we get older our brains are less able to fuel themselves efficiently. They are less able to use the glucose we get from food as fuel. So, we want metabolic flexibility – the ability to use energy both from glucose and from fat to fuel the brain.

We need to give our bodies the chance to break down fat to create fuel without the presence of glucose and the best way of doing that is Intermittent Fasting, also called Time Restricted Eating.

So this means a fast – usually overnight of around 12-14 hours. This doesn't work for everyone, if you have a specific health condition, severe menopausal symptoms or a history of disordered eating, it may not be right for you.

THE BRAIN FOOD PYRAMID LEVEL 2: Non-starchy vegetables and healthy fats

The majority of what fills our plates should be non-starchy vegetables, and the majority of our calories should come from healthy fats. By doing this we're crowding out processed foods and sugars by eating lots of the good stuff.

Non-Starchy Vegetables and fruits:

- Eat 6-9 portions of local, seasonal, preferably organic, non-starchy vegetables from every colour of the rainbow every day, increasing the amount as tolerated
- Include leafy greens
- Include cruciferous vegetables - cauliflower, broccoli, Brussels sprouts, cabbage, kale, collard greens, arugula, bok choy
- Include fresh herbs, spices, teas, berries and citrus – not super-sweet fruits like mango and papaya

Healthy Fat Recommendations:

- Prioritize high polyphenol Extra Virgin Olive Oil, avocado, nuts, and seeds, also eggs

THE BRAIN FOOD PYRAMID LEVEL 3: Foods which are good for the gut

We need high-fibre foods in each meal: vegetables especially alliums like onions and leeks, beans and lentils, whole grains, sweet potato, nuts, buckwheat, oats and millet.

Probiotic, fermented foods: sauerkraut, kimchi, tempeh, kombucha (fermented tea), miso, kefir, yogurt.

THE BRAIN FOOD PYRAMID LEVEL 4:

Quality protein

High-quality meat and organ meats like liver, wild fish especially oily fish, eggs

Animal Protein Recommendations

- Healthy people should limit protein consumption to 0.8-1.0 gram per kilogram of lean body mass per day with some exceptions
- Prioritize wild-caught seafood and free-range eggs

Protein From Plants

- Vegetarians and vegans can achieve adequate protein from properly prepared nuts, seeds, legumes, and vegetables
- Many plant proteins, however, are incomplete and lack some of the nine essential amino acids:
- By consuming a variety and large quantity of plant proteins, you can achieve exposure to all of the amino acids
- Stick to whole food, minimally processed, sources. Try to stay away from protein powders, shakes, and bars

Plants With Complete Proteins

- Not all plant proteins are incomplete •Examples of complete plant proteins include: Hemp, Chia, Quinoa, Soy

THE BRAIN FOOD PYRAMID LEVEL 5:

Indulgences

Sweeteners like stevia, maple syrup and honey

Dark chocolate

Dairy produce

Small glass of red wine from time to time

PUTTING IT ALTOGETHER: think of it as if you're creating a big bowl of goodness!

Salads greens and other veggies on the bottom, dressed olive oil and a sprinkle of nuts, then add some good things for our guts – roast sweet pots or pulses, bit of kimchi. Some roast chicken or boiled eggs, and a very small glass of red wine alongside, with a square or two of dark chocolate for dessert.

TOP TEN FOODS TO REDUCE DEMENTIA RISK:

- Avocados
- Beans
- Blueberries
- Broccoli and other cruciferous vegetables
- Eggs
- Dark chocolate
- Extra Virgin Olive Oil
- Nuts and seeds
- Coffee and green tea
- Oily SMASH fish – salmon, mackerel, anchovies, sardines, herring

TOP FOODS TO STOP EATING:

- Processed foods (crisps, biscuits, white bread etc)
- Processed meats (bacon, sausages, salami)
- Red meat
- margarine
- Fried and fast food
- Heavily Processed Cheese
- Pastries and sweets
- Sugary drinks
- Excessive alcohol