

## Alzheimer's & PCRM's Dietary Guidelines for Protecting Brain Health

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Saladmaster Blog - Alzheimer's & PCRM's Dietary Guidelines for Protecting Brain Health

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Alzheimer's disease accounts for 50 to 80 percent of all dementia cases. It is a progressive disease that is caused by damage to brain cells - cells in a particular region of the brain are damaged impairing the ability of cells to communicate with each other. This damage leads to memory loss and changes in thinking and behavior.

**Alzheimer's Statistics**

According to The World Health Organization, it is estimated that 35.6 million people have dementia worldwide with 7.7 million new cases every year. These numbers are expected to almost double every 20 years - 65.7 million in 2030 and 115.4 million in 2050.

Alzheimer's disease is the sixth leading cause of death in the United States overall and 5th for those aged 65 and older. Today,

approximately 5 million Americans aged 65 and older are living with Alzheimer's, and by 2025, the number is estimated to reach 7.1 million. Deaths from Alzheimer's increased 68% between 2000 and 2010, while deaths from other major diseases, including the number one cause of death (heart disease), decreased.

#### **There is Hope**

While there is no treatment currently available for reversing or curing Alzheimer's and dementia, new research suggests that strategies in prevention are now feasible. Evidence suggests that specific diet and exercise habits can reduce the risk of the disease by half or more. Furthermore, it may be that the same foods that are beneficial for a healthy heart are also good for the brain and a reduced risk of Alzheimer's.

At the [International Conference on Nutrition and the Brain](#) held in Washington, DC on July 19 and 20, 2013, seven dietary guidelines were introduced to reduce the risk of Alzheimer's disease. These simple changes to diet and lifestyle may help prevent cognitive decline:

1. Minimize your intake of saturated fats and trans fats.
2. Vegetables, legumes, fruits and whole grains should be the primary staples of the diet.
3. One ounce of nuts or seeds (one small handful) daily provides a healthful source of vitamin E.
4. A reliable source of vitamin B12, such as fortified foods or a supplement providing at least the recommended daily allowance (2.4 mcg per day for adults) should be part of your daily diet.
5. When selecting multiple vitamins, choose those without iron and copper, and consume iron supplements only when directed by your physician.
6. While aluminum's role in Alzheimer's disease remains a matter of investigation, it is prudent to avoid the use of cookware, antacids, baking powder, or other products that contribute dietary aluminum.
7. Include aerobic exercise in your routine, equivalent to 40 minutes of brisk walking three times per week.

To read the [full report](#) with discussion from the Physicians Committee for Responsible Medicine, please visit [pcrm.org](http://pcrm.org).

*Saladmaster was a proud sponsor of the International Conference on Nutrition and the Brain, supporting PCRM's effort of reaching health care professionals with important information on new approaches to brain health, including Alzheimer's disease. Saladmaster further supports PCRM by generously providing cookware to Food for Life instructors for use in their cooking demonstrations, presenting classes within their dealerships, and raising funds for PCRM.*

#### **Take a look at the following recipes that follow PCRM's dietary guidelines:**

[Quick Vegetable Stir-Fry](#)  
[Brown Rice with Toasted Pecans](#)  
[Cannellini Beans with Kale](#)  
[Green Goddess Smoothie](#)  
[Jicama Salad](#)

#### *Sources:*

- Alzheimer's Association - Alzheimer's Facts & Figures [www.alz.org](http://www.alz.org)
- World Health Organization - Dementia, Fact Sheet N°362, April 2012 [www.who.int](http://www.who.int)
- Physicians Committee for Responsible Medicine - Dietary Guidelines for Alzheimer's Prevention [www.pcrm.org](http://www.pcrm.org)

**Tags:** [Health & Nutrition](#)

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