The Mediterranean Diet May Help Prevent Alzheimer's Disease

Research has shown that the Mediterranean diet may lower your risk for dementia by interfering with the build-up of amyloid, and tau. These are proteins that turn into plaques and tangles often resulting in Alzheimer's disease.

> *The true diet is simple, plant-based cooking, with the majority of each meal focused on fruits and vegetables, whole grains, beans and seeds, with a few nuts and a heavy emphasis on extra-virgin olive oil. Fats other than olive oil, such as butter, are consumed rarely, if at all. And say goodbye to refined sugar or flour.*
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> *Mediterranean diet may prevent memory loss and dementia, study finds*

Researchers found that for every point of higher compliance with the diet participants had one less year of brain aging. The study was published in Neurology, and examined 343 people who were at high risk for Alzheimer's and then compared them to 169 "cognitively normal" participants.

Researchers tested cognitive skills, (language, memory, and executive function), used brain scans to measure brain volume, and tested spinal fluid from 226 people for amyloid an tau protein biomarkers.

Participants were then asked how well they were following the diet and found that those who did not follow the diet closely had more signs of amyloid and tau buildup than those who did.

This study is not the first of its kind. A previous study of nearly 6,000 older Americans showed that those who followed

the Mediterranean diet or similar lowered their risk of dementia by a third.

The Mediterranean diet is one that closely follows OLM’s own recommended diet. With staples of whole grains and legumes, fresh fruits and vegetables, and no flour or refined sugar those who follow the Mediterranean diet are going to be much better off than those who follow a traditional western diet.

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