

THE ROLE OF THE DIET IN THE PREVENTION OF ALZHEIMER'S DISEASE

OBJECTIVES

- To assess what role diet could play in the prevention of Alzheimer's disease
- To make a bibliographic review of which nutrients and active substances could contribute to delay the appearance of symptoms

Total energy

- »»————> Daily nutritional requirements of the adult population:
50 % carbohydrates, 15% protein and 35% lipids
- »»————> Suggestion to susceptible population to Alzheimer's disease:
40 % carbohydrates, 20% protein and 40% lipids

Lipids

- »»————> Cholesterol
- »»————> Saturated and trans-unsaturated fatty acids
- »»————> Unsaturated fats like omega-3 and omega-6



Vitamins

- »»————> Antioxidant vitamins like Vitamin C, Vitamin E and Beta Carotene
- »»————> B vitamins

Antioxidant minerals

- »»————> Selenium: Glutathione Peroxidase
- »»————> Zinc: Superoxide dismutase



Active substances

- »»————> Polyphenols: green tea, red wine and caffeine

Conclusion

- Control the intake of total daily energy ---> avoid high levels of serum cholesterol and LDL cholesterol
- Control the amount of fats we eat ---> replace part of the saturated and trans-unsaturated fats for unsaturated
- Incorporate antioxidant minerals such as zinc and selenium into the diet
- Incorporate antioxidant vitamins and polyphenols in the diet---> protective effect