

The 7 Dietary Principles to Reduce Alzheimer's Risk

1. Minimize saturated fats and trans fats.
2. Vegetables, legumes (beans, peas, and lentils), 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 2.4 µg per day for adults) should be part of the daily diet.
5. Choose multivitamins without iron and copper, and consume iron supplements only when directed by your physician.
6. Avoid the use of cookware, antacids, baking powder, or other products that contribute dietary aluminium.
7. Engage in aerobic exercise equivalent to 40 minutes of brisk walking 3 times per week.