What is the relationship between nutrition and Alzheimer’s Disease?

Alzheimer’s Disease: Contributing factors (27, 18)
- Arachidonic acid [10]
- Omega-3 EPA [20], [11], [23]
- DHA [21]
- Vitamin D [7], [8, 15]
- Omega-6: Omega-3 ratio [19]
- Excess omega 6
- Arachidonic acid [10]
- Excess alcohol
- Malnutrition – nutrient poor diet
- Excess calories [6]
- Refined carbohydrates and sugars, especially fructose [6]
- Excess saturated fat
- Excess red meat [26]
- Excess iron
- Excess zinc – overload or deficiency [5, 2, 4]
- SOD
- Antioxidants
- Reduced enzymes
- Increased risk of all factors
- Increased mitochondrial ROS
- Mid life Obesity [3] [12, 13]
- Type 2 diabetes [3]
- Metabolic syndrome [6, 13]
- Hyperinsulinaemia
- Excess iron
- Increases CSF Ab
- Increases Ab peptide
- Increases Ab production
- Increases Ab clearance
- Excess mitochondria
- Endogenous antioxidants [16]
- Glutathione reductase
- Superoxide dismutase
- Catalase
- Thioredoxin reductase
- Endogenous antioxidants [16]
- Glutathione reductase
- Superoxide dismutase
- Catalase
- Thioredoxin reductase
- Cholin plus Uridine monophosphate plus DHA [11, 28]
- Choline and Betaine [21, 25]
- B Vitamins, 12, 6, folic acid [11]
- Vitamin C, works with vit E [9]
- Vitamin E [1, 2]
- Tocopherols and tocotrienols [24]
- Carotenoids [β-carotene [12]]
- Polyphenolic compounds [18, 13]
- Flavonoids
- Epigallocatechin gallate esters from green tea, Caffeine, Resveratrol, Ginko biloba,
- Dietary spices
- Turmeric – Curcumin [18]
- Eggs, poultry, Moderate not high meat
- Vegetable oils, exp. olive and nuts
- Antioxidant rich foods [17]
- Fruit and vegetables
- Whole grains
- Legumes
- Spices
- Caloric restriction [4]
- Nutraceuticals
- Fish and seafood
- Mediterranean diet [22]
- Traditional Japanese diet [26]

Dietary patterns that contribute to Alzheimer’s Modern western diet

Dietary patterns that reduce the risk of Alzheimer’s

Nutrients necessary to form endogenous antioxidants
- A-lipoic acid
- Uric acid
- Glutathione
- Acetyl-l-carnitine
- Melatonin
- Dehydroepiandrosterone
- Vitamin D [7] [8, 15]
- Omega 3 EPA DHA [20] [11, 23]
- Selenium [8]
- Choline and Betaine [21, 25]
- B Vitamins, 12, 6, folic acid [11]
- Vitamin C, works with vit E [9]
- Vitamin E [1, 2]
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