BrainFit: Healthy Eating for a Healthy Brain

Bournemouth Natural Science Society

BrainFit: Healthy Eating for a Healthy Brain

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Ageing and Dementia Research Centre (ADRC)

Our centre

Brings together researchers across the university with expertise in areas of ageing and dementia

Our aim

To use the team's collective expertise to develop person-centred research which will improve the lives of people with dementia and their families
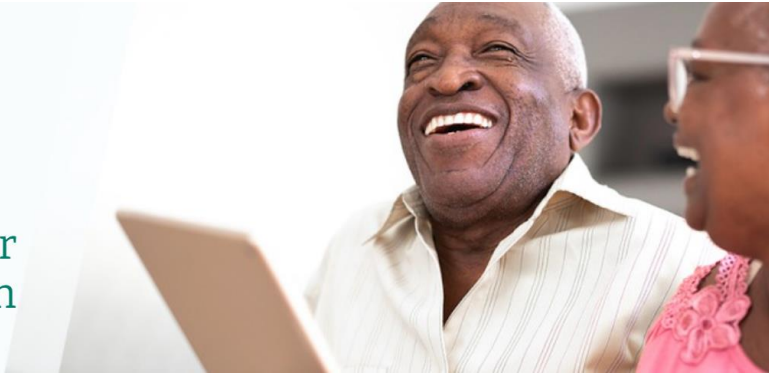
Our Research

Developing ageing & dementia friendly environments, nutrition & wellbeing and activity & social inclusion.

Some of our exciting projects

DIALOR (DIgitAL cOaching for fRailty)

Digital health coaching for older people with frailty in Wessex

Healthy Brain, Healthy Life

Keeping our brain healthy

Eating and Drinking Well with Dementia

The interconnection between lifestyle factors and dementia risk in minority ethnic communities in the UK

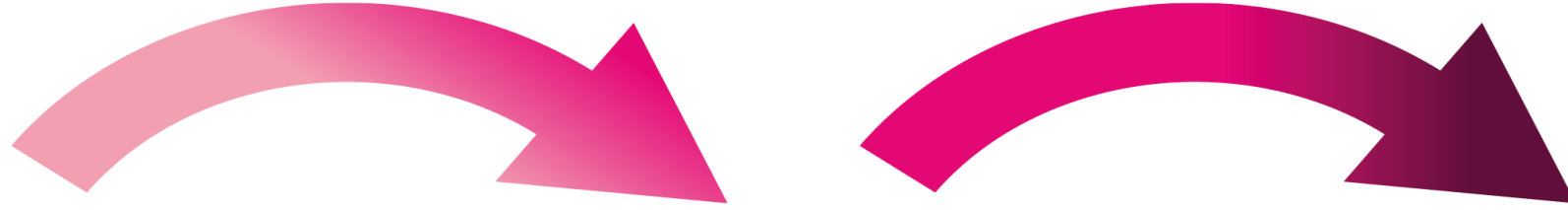More information on our website: www.bournemouth.ac.uk/adrc

What words/phrase come into mind when you think about brain health and food?

Do you think that you are 'eating well' in terms of brain health?

1. No, definitely not

2. Probably not

3. Possibly

4. Probably yes

5. Yes, very well

Eating for health changes across life stages

Adulthood
Stay healthy and prevent illness

- Balanced varied diet
- Low fat
- Low salt
- Low sugar
- High fibre
- At least 5 a day
- Limit alcohol

Older Age
Prevent illness and malnutrition

- Nutrient dense, balanced diet
- Higher protein
- Vitamins
- Minerals
- Hydration

Older Age
If malnutrition is identified, treat and manage

- Nutrient dense choices
- Higher protein
- Nutrient dense food fortification
- Hydration

How can we keep our brain healthy?

Physical activity

Eat a healthy balanced diet

Don't smoke

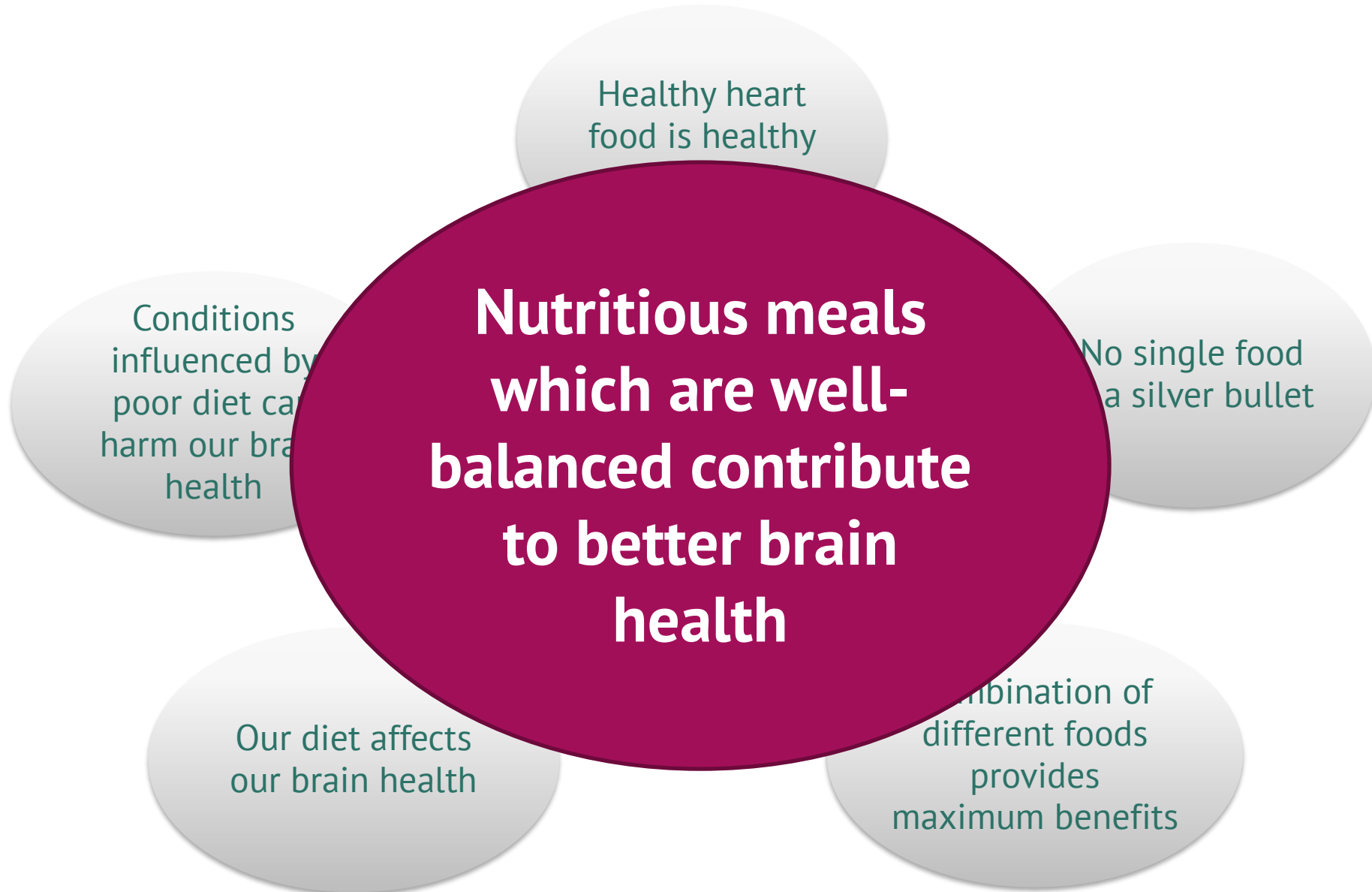Drink less alcohol

Keep your brain active

Keep socially active

Have regular health checks with your GP

Our diet & brain health

Healthy heart food is healthy

Conditions influenced by poor diet can harm our brain health

No single food a silver bullet

Nutritious meals which are well-balanced contribute to better brain health

Our diet affects our brain health

Combination of different foods provides maximum benefits

Some foods that are linked to brain health

Omega 3 fatty acids
- Fatty fish, seeds & nuts

Ekstrand, *et al.*, *Nutrition Reviews* 2021;79(6):693–708. Morris *et al.*, *Alzheimers Dement.* 2015; 11(9): 1015–1022

Flavonoids
- Cocoa, green tea, Ginkgo tree, citrus fruits, wine (higher in red wine), dark chocolate, berries

B-vitamins
- Various natural sources, dairy products, fortified cereals, fermented foods

Some foods that are linked to brain health

Vitamin D

- Sunlight, fish liver, fatty fish, mushrooms, fortified products, milk, soy milk, cereal grains

Vitamin E

- Asparagus, avocado, nuts, peanuts, olives, red palm oil, seeds, spinach, vegetable oils, wheatgerm, olive oil

Combination of vitamins (C& A)

- Citrus fruits, green leafy vegetables (spinach dandelion, coloured vegetables, liver

Ekstrand, *et al.*, *Nutrition Reviews* 2021;79(6):693–708. Morris *et al.*, *Alzheimers Dement.* 2015; 11(9): 1015–1022

What should we be eating and how much?

- The larger the section, the more foods you have to eat from that group.
- A balanced diet will incorporate food from the different food groups.
- Remember to keep hydrated
- Portion size is important.

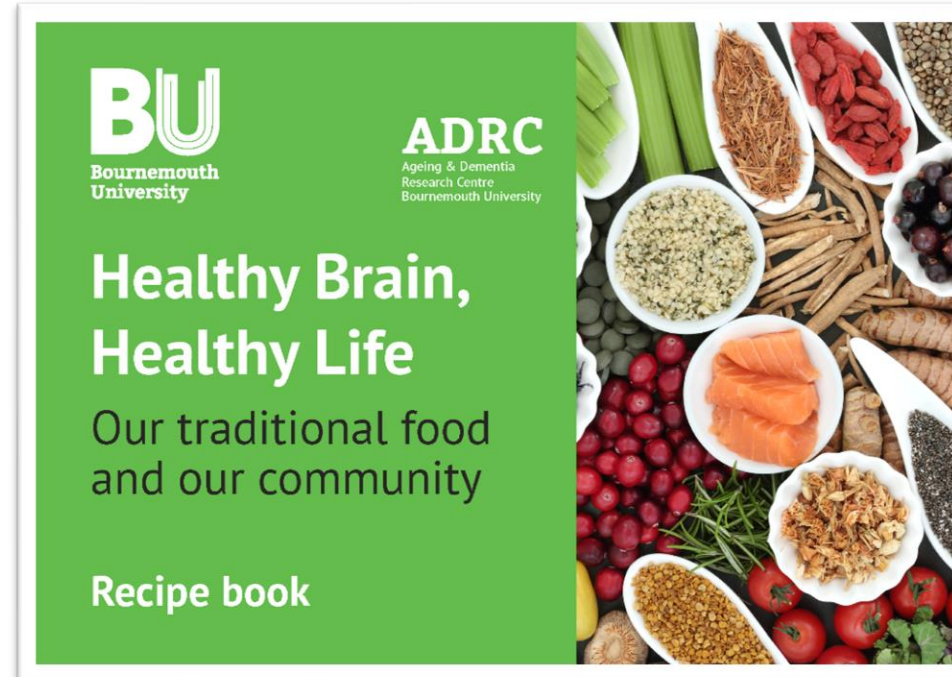https://www.gov.uk/government/publications/the-eatwell-guide

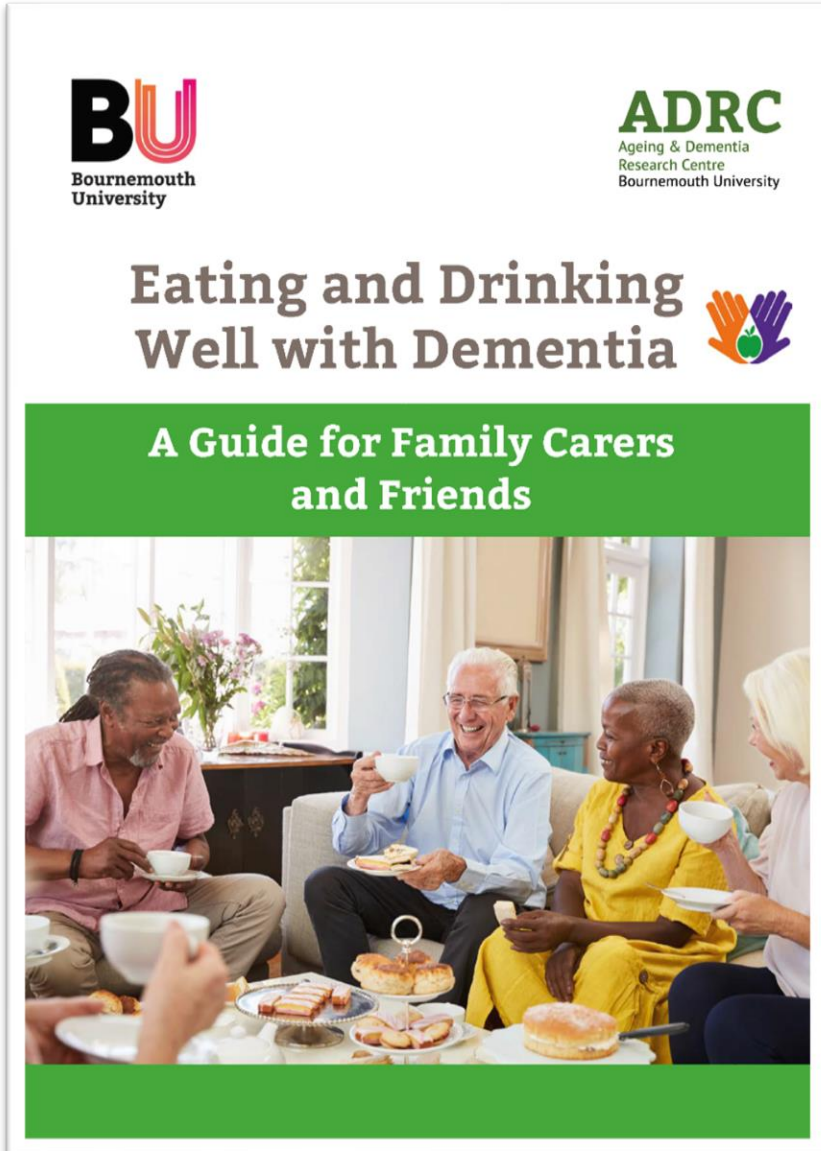# Practical steps for healthy eating

- Blend fruits and vegetables into smoothies

- Use vegetables in soups

- Season vegetables to enhance taste

- Modify cooking methods - grill/steam toss vegetables

- Fruit salads

- Try new recipes

- Incorporate healthy food options in your favourite recipes

Tips to make healthy eating fun

- Join a cooking/lunch club

- Do some gardening

- Do some activity before meal time – walking, dancing, stretching, chair-based exercises

- Try some craft activities around food

Useful links with more information and recipes

- NHS Choices – healthy eating: https://www.nhs.uk/live-well/eat-well/
- British Heart Foundation: https://www.bhf.org.uk/informationsupport/support/healthy-living/healthy-eating
- British Dietetic Association: https://www.bda.uk.com/foodfacts/home
- Malnutrition Task Force: https://www.malnutritiontaskforce.org.uk/
- Alzheimer's Research UK: https://www.alzheimersresearchuk.org/

Healthy Brain Healthy Life project dissemination

Brain health & dementia prevention using culturally tailored approaches

- We will share our experiences of the project and our key findings
- Date: Wednesday 26th April 2023
- Time: 5-7pm
- Venue: Bournemouth Gateway Building, St Pauls Lane, Bournemouth, BH8 8GP
- Refreshments will be provided

Register using the link below:
https://ARUK-brain.eventbrite.co.uk

Please stay in touch

@BournemouthADRC

ADRC@bournemouth.ac.uk

01202 962536

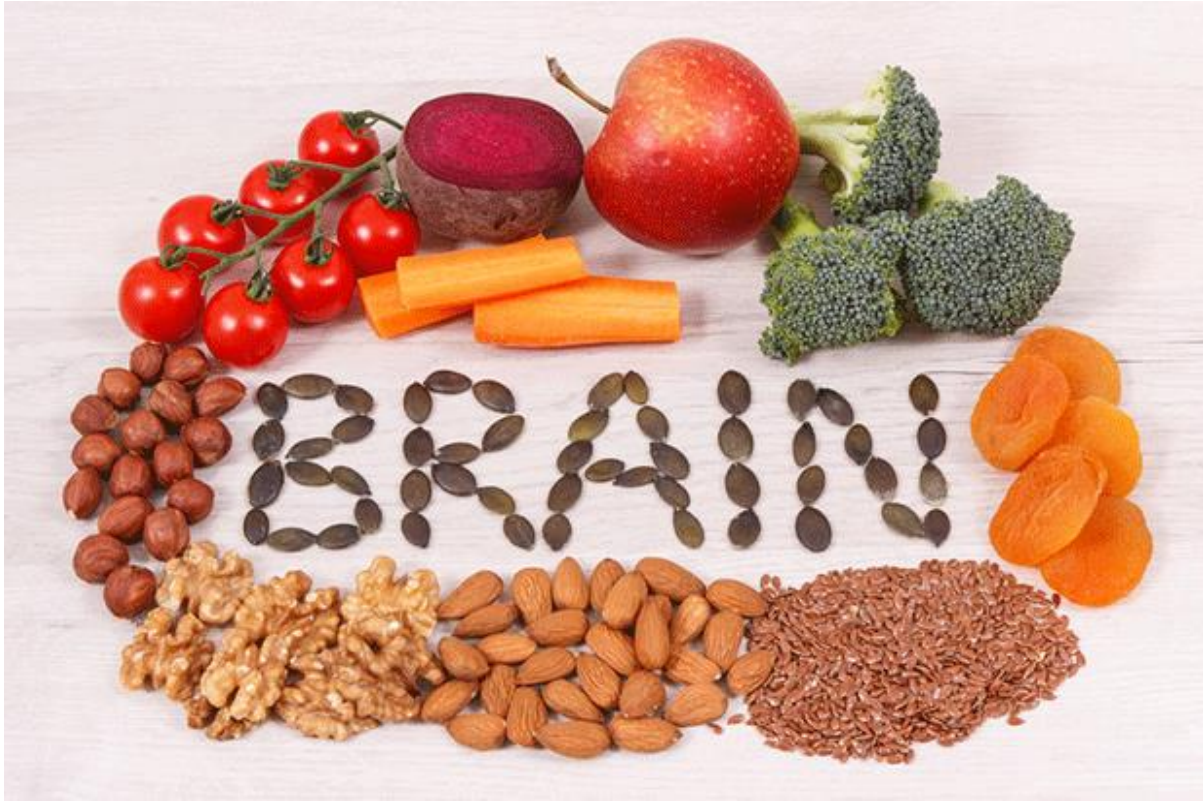www.bournemouth.ac.uk/adrc

ADRC coffee morning

Join the Conversation at our virtual Coffee Mornings

- Second wednesday of every month
- Online via Zoom
- 10:00-11:00
- A different presenter each month
- Topics on healthier ageing and conditions that affect ageing
- Question and Answer session within each coffee morning
- **Everyone welcome**

Further information and to book your place contact **adrc@bournemouth.ac.uk**, or call **01202 962526**

What do you think?