


Diet Tweaks to Reduce Your Alzheimer's Risk



An apple a day doesn't just keep the doctor away — it might also help lower your risk for Alzheimer's disease. What's more, berries and tea have a similar effect!

The secret behind these three items? Flavonoids.

Better Brain Health

Scientists are learning that flavonoids, compounds found in plant-based foods, are good for your brain. For example, they can:

- Protect neurons from toxins.
- Combat inflammation.
- Increase blood flow to the brain.

Thanks to these properties, you might be able to help prevent or limit age-related memory problems by adding flavonoids to your diet. In fact, in one 20-year study, participants who reported consuming low levels of flavonoid-rich berries, apples and tea were two to four times more likely to develop Alzheimer's disease and related dementias.

How to Get Your Flavonoid Fix

There are numerous ways to incorporate apples, berries and tea into your diet. Feeling more savory than sweet? Stew apples and pair them with a roasted pork tenderloin. Craving a snack that's both satisfying and healthy? Blend berries, bananas, nonfat yogurt and ice cubes together to make a smoothie.

Here are some other flavonoid-friendly tips:

- Serve an apple and cheese charcuterie board.
- Top salads with strawberries and blueberries.
- Brighten up a cup of green tea with fresh mint, honey, gingerroot or a slice of orange.
- Dip apples in peanut or almond butter.
- Add berries to a bowl of whole-grain cereal.

Sources include the Academy of Nutrition and Dietetics, the *American Journal of Clinical Nutrition* and the National Institutes of Health.