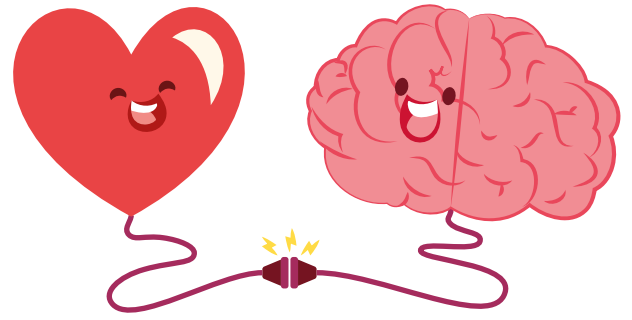


What's good for the heart is good for the brain

Things you can do to help reduce your risk of dementia



There are things you can do to reduce your own risk of developing dementia. These include keeping active, eating healthily, and exercising your mind. Your lifestyle has a profound impact on your brain health.

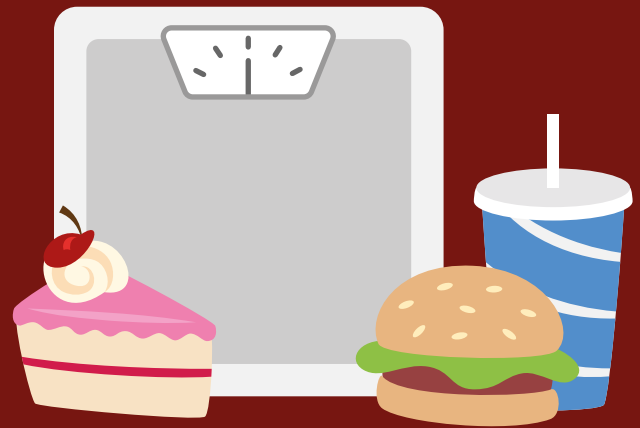
Dementia risk is lowest in people who have healthy behaviours in mid-life (aged 40–65). The younger you start the better, so start as early as possible!

Obesity

A healthy balanced diet includes lots of fruit and vegetables. Fats are mainly unsaturated (e.g. olive oil) with very little saturated fat (e.g. cakes, biscuits, butter, most cheeses).

A Mediterranean diet also has some fish, poultry, eggs and dairy, but only a small amount of red or processed meat.

To eat healthily, limit sugary treats such as fizzy drinks and sweets and keep an eye on your salt intake, especially salt hidden in bread, pizza and ready meals.



Did you know?

- A healthy and balanced diet may reduce your risk of dementia, as well as other conditions including cancer, type 2 diabetes, obesity, stroke and heart disease.
- One diet that has been linked to a reduction in the risk of dementia is the 'Mediterranean diet'.
- Obesity is associated with an increase in dementia risk, this could be because of its link to diabetes, high blood pressure and inflammation.
- This is high in fruit, vegetables, grains and cereals, low in saturated fats, and advises fish and white meats over red meat.

Join dementia research - register your interest in dementia research : [nihr.ac.uk](https://www.nihr.ac.uk)

When you sign up to Join Dementia Research, the information you provide is used to match you to studies you may be able to take part in, both online, nationally and in your local area. Help beat dementia by signing up today.