

An integrative approach to the study of nutrition effects on wellbeing and cognitive function in ageing

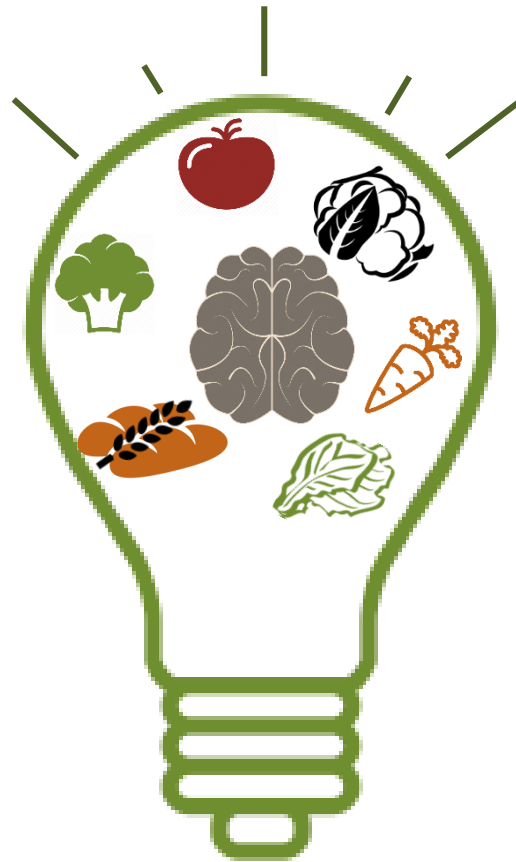
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Introduction

- In ageing, macro and micronutrients appear to be associated to decline of the cognitive function (1).
- Adherence to a healthy food pattern is associated with less cognitive decline and/or a lower risk of dementia (2)
- Vegetable consumption has exhibited a significant inverse association with cognitive decline (3).

Research Questions

- Do good cognitive performers have a different nutrient intakes and food patterns than poor cognitive performers?
- Can a different communication strategy impact on the adherence to dietary guidelines?



Design

- Study I - Follow-up of a cohort and statistical analysis of dietary and cognitive variables.
- Study II - Intervention aiming at improving adherence to specific dietary recommendation and study their impact on cognitive function.

Impact

- Tailored nutritional counselling focused on what actually matters.
- Enhanced communication strategy with the potential to be replicated in other health care contexts.

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- 1 - Dato *et al.* 2016
- 2- Van de Rest *et al.* 2015
- 3 - Trichopoulou *et al.* 2015

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