



Healthy Fats

[Good quality fats](#) are associated with a lower risk of developing dementia. This plan is rich in monounsaturated fat and polyunsaturated fat from olive oil, avocado, nuts, and seeds, and lower in saturated fat. Olive oil is the main source of fat and contains tocopherols, polyphenols, and a balanced linoleic/alpha-linolenic acid profile, which is beneficial for the immune system and inflammatory responses.

Antioxidants

The [antioxidants](#) in berries are thought to benefit brain function by protecting the brain from oxidative stress. [Berries](#) reduce inflammation that would otherwise damage the body's neurons, they are high in fiber which boosts digestive health, and a higher intake of flavonoids appears to reduce rates of cognitive decline in older adults. [Vitamin E](#) is found in nuts, plant oils, seeds, and [leafy greens](#), and is a very potent antioxidant associated strongly with brain health. The plan also includes vitamin C which has been found to help neurons cope with aging.

Fiber

This plan provides at least three servings of whole grains daily, green leafy vegetables, nuts, berries, and beans providing up to 50 grams of fiber per day. Increased [whole-grain intake](#) is linked to a reduced risk of cardiovascular disease, cancer, respiratory disease, diabetes, and infectious disease.

Low Sodium

The [DASH diet](#) recommends restricting sodium to less than 2,000 milligrams per day to prevent or treat hypertension and reduce the risk of stroke and cardiovascular disease. The [Mediterranean diet](#) is linked to improvements in blood pressure, reduced risk of heart disease, and better insulin sensitivity.