

2. ABSTRACT

Alzheimer's disease (AD) is a genetic, progressive, neurodegenerative disorder. AD is responsible for the vast majority of dementia cases, and the increasing prevalence of the disease worldwide is a major public health concern.

This paper provides evidence from epidemiological studies is mounting that diet and nutrition are among the many potential risk factors being investigated in relation to the development of AD. These factors are closely related to our way of life, what we eat, and the pathophysiology that can modify and prevent in our day-to-day activities.

Since there currently exists no effective and proven treatment or preventative measure for AD, increasing focus is being placed on disease prevention in general and the healthy diet in particular. To reduce the probability of developing AD, preventive intervention should be started as early as possible.

Due to the neurodegenerative characteristics of this condition, adequate diet must be taken into account as it has both protective and preventative benefits. These include caffeine, isoflavone phytoestrogen, polyphenols, vitamin B, vitamin D, antioxidant vitamins (vitamins C, E, beta-carotene), minerals (avoid copper, iron, and aluminium), unsaturated fatty acids, vitamin B, and vitamin D.

There is evidence that the DASH, Mediterranean, and ketogenic diets can prevent and delay AD. A Mediterranean diet, on the other hand, may have a protective impact on the neurodegenerative process considering that it is rich in antioxidants, fibre, and omega-3 polyunsaturated fatty acids. The MIND diet, which combines the both Mediterranean and DASH diets, has been shown to be far more powerful than either diet alone in reducing cognitive decline and dementia.