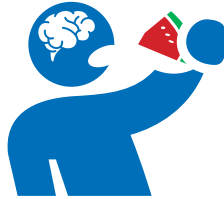


HEALTHY DIET. HEALTHY BRAIN.

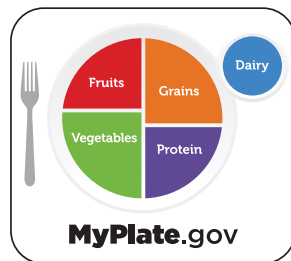
A balanced diet may improve brain function and reduce the risk of cognitive decline or dementia.¹



Poor nutrition contributes to many costly diseases, such as diabetes, obesity, and hypertension, that are modifiable risk factors for Alzheimer's disease and other dementias.^{2,3}



MyPlate.gov advises to make half your plate fruits and vegetables, focusing on whole fruits and a variety of vegetables.³



In 2021, 40.8% of U.S. adults ate fruit less than one time per day, with 19.7% eating vegetables less than one time per day.⁴



Perceived barriers to fruit and vegetable consumption include cost, as well as limited availability and access. These barriers influence opportunities to practice healthy behaviors.⁵



Policies and programs that increase access to fruits and vegetables in places where people, live, learn, work, and play may increase consumption and improve health.⁵



A diet with sufficient fruits and vegetables can help protect against some chronic conditions that are among the leading causes of death in the United States.⁵



A Mediterranean-like diet for adults with normal cognition may reduce the risk of cognitive decline and/or dementia. The DASH diet is another promising dietary approach.⁶



References

- ¹ Puri, S., Shaheen, M., & Grover, B. (2023). Nutrition and cognitive health: A life course approach. *Frontiers in public health*, 11, 1023907. <https://doi.org/10.3389/fpubh.2023.1023907>. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10083484/>
- ² Omura JD, McGuire LC, Patel R, et al. Modifiable Risk Factors for Alzheimer Disease and Related Dementias Among Adults Aged ≥45 Years — United States, 2019. *MMWR Morb Mortal Wkly Rep* 2022;71:680–685. DOI: <http://dx.doi.org/10.15585/mmwr.mm7120a2>.
- ³ U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025*. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf). https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf
- ⁴ Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. *BRFSS Prevalence & Trends Data* [online]. 2015. [accessed May 06, 2024]. <https://www.cdc.gov/brfss/brfssprevalence/>
- ⁵ Lee SH, Moore LV, Park S, Harris DM, Blanck HM. Adults Meeting Fruit and Vegetable Intake Recommendations — United States, 2019. *MMWR Morb Mortal Wkly Rep* 2022;71:1–9. DOI: <http://dx.doi.org/10.15585/mmwr.mm7101a1>
- ⁶ Risk reduction of cognitive decline and dementia: WHO guidelines. Geneva: World Health Organization; 2019. License: CC BY-NC-SA 3.0 IGO. <https://www.who.int/publications/i/item/9789241550543>

About NACDD:

Since 1988, the National Association of Chronic Disease Directors and its more than 7,000 Members have worked to strengthen state-based leadership and expertise for chronic disease prevention and control in all states, territories, and nationally.

NACDD Web/Address:

chronicdisease.org | 8735 Dunwoody Place #10962, Atlanta, GA 30350

Funding Disclaimer:

Integrating Brain Health Messaging in Chronic Disease Programs and Facilitating Collaboration Among BOLD Public Health Programs is supported by the Centers for Disease Control and Prevention (CDC) of the U.S. Department of Health and Human Services (HHS) under CDC/HHS as part of a financial assistance award totaling \$1,000,000 with 100% funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, CDC/HHS or the U.S. Government.

Accessibility Statement:

If you require this document in an alternative format, such as large print or a colored background, contact the Communications and Member Services Department at publications@chronicdisease.org.

