

WEEK 6 · MAY 13, 2020

NUTRITION WELLNESS, & BRAIN IN AGING

This series is hosted by University of Illinois Extension and the Interdisciplinary Health Sciences Institute.

Key Takeaways

DIET PATTERNS AND BRAIN AGING

- Diet patterns such as the MIND and Mediterranean diet are associated with decreased cognitive decline and protection against neurodegenerative diseases

EXERCISE AND BRAIN AGING

- Practicing yoga can positively affect executive functioning in older adulthood
- Aerobic exercise is known to impact hippocampal volume and function in older adults

NUTRIENTS FROM NWB SERIES AND MIND DIET

Fiber

Fiber consumption is associated with improved memory performance in children.

Carotenoids

These nutrients deposit in brain tissue, Intervention studies have shown cognitive improvement with carotenoid supplementation.

Flavanoids

These nutrients are associated with improved cognitive performance and slowed brain aging.

Omega-3 Fats

These fats help create the insulation for neurons. Studies have found that higher consumption of these fats is related to better cognitive functioning..

Interested in Learning More?

This summer we will cover more about health and wellness on topics like:

Microbiome
Inflammation
Sleep

Exercise
Genetics
Nutrition

More information coming soon!

To evaluate the course follow the QR code below



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NUTRITION, WELLNESS, & THE BRAIN

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