

Breakthrough common nutrition myths, see what's trending, catch up on latest research, and get great tips from our team of Registered Dietitians.

MYTH

FACT

Frozen and canned vegetables and fruit are not as nutritious as fresh.

Nothing beats the taste of fresh produce in season. But frozen and canned produce can be just as nutritious since it's usually picked and packed at the peak of ripeness when nutrient levels are highest. Frozen or canned produce gives you benefits beyond health. It allows Canadians to enjoy a variety of vegetables and fruit year-round and is a practical choice for people living in remote areas. It's also sometimes more affordable than fresh produce. And cooking with frozen or canned produce can save you time in the kitchen! Read the labels: The healthiest choices are products that contain no added sugar, fat or salt.



Alzheimer's Awareness Month

Mediterranean Diet – Does it boost brain function?

Mediterranean diet is well known to be beneficial for cardiovascular health. But, did you know, that it has also been linked to maintaining healthy brain function? Following a Mediterranean diet has been linked with reduced risk of dementia and Alzheimer's. A randomized control trial examining cognitive function after 6.5 years of following a Mediterranean diet, found higher cognitive function in the Mediterranean diet groups compared to a low fat control group. Another recent study showed that following a Mediterranean diet increases preservation of white matter connectivity, thought to represent a 10 year delay in cognitive aging.

[http://www.alzheimersanddementia.com/article/S1552-5260\(15\)02125-1/abstract](http://www.alzheimersanddementia.com/article/S1552-5260(15)02125-1/abstract)

<http://www.ncbi.nlm.nih.gov/pubmed/19204158>

<http://jnnp.bmj.com/content/early/2013/04/19/jnnp-2012-304792>

Coconut Oil – Could it help or hinder?

There are claims that coconut oil could be used as a treatment, or even a cure for Alzheimer's disease. The claim is based on the theory that the nerve cells in the brains of people with Alzheimer's disease are unable to use glucose to produce energy properly and therefore 'starve'. The theory is that coconut oil may act as an alternative energy source by forcing the body to metabolize fats. However, there is also evidence to suggest that fats like coconut oil could indirectly result in increased levels of a protein called acetylcholinesterase which would work against the current treatments for Alzheimer's disease. A clinical trial examining the effects of coconut oil on memory, as well as the safety of coconut oil, in people with mild to moderate Alzheimer's disease, is currently being conducted. The results of this trial are due in mid-2017.

http://www.alzheimers.org.uk/site/scripts/documents_info.php?documentID=2211&pageNumber=4

Type 3 Diabetes – Is Alzheimer's disease another form of diabetes?

In Alzheimer's disease, the brain loses the ability to use glucose. Research conducted in 2005 (<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2769828/>) suggests that problems with insulin production and uptake within the brain leads to the formation of plaque; plaque destroys receptors in the brain, resulting in insulin resistance and memory loss. Insulin in the brain helps the neurons absorb glucose for healthy functioning. It is thought that insulin's primary function in the brain is to form memories at synapses; if the insulin receptors on neurons are unable to take in glucose, the brain does not get the energy it needs to make new memories. The good news? What's good for the body is good for the brain: regular activity (to enhance insulin sensitivity) and a healthy diet (to maintain a healthy weight) are important factors in preventing and managing all types of diabetes.

Non-Smoking Week: January 18-24

National Non-Smoking Week (NNSW) has been observed for more than 30 years. It is one of the longest running and most important events in Canada's ongoing public health education efforts. Go to <http://nnsw.ca> for e-Help, Quitlines and research.

Talk to your Registered Dietitian for more information.