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Contributions of Diet and Nutrition to Vascular Risk Factors and Consequent Neurological Outcomes

Dietary profiles that are centered on plant foods are associated with decreased vascular risk. These dietary profiles, which include the Mediterranean Diet, the Dietary Approaches to Stop Hypertension diet (DASH), and the Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) diets, have been associated with reduced risk of vascular events, slower age-related cognitive decline, and reduced incidence of Alzheimer's disease. This session will provide an overview of the findings of large-scale randomized clinical trials and prospective cohort studies showing protective associations between dietary patterns and neurological outcomes.

Abstract References

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