



Nutrients Linked to Slower Brain Aging Discovered by Scientists : ScienceAlert

Description

A new study has found a link between the speed at which our brains age and the nutrients in our diets, shedding light on how what we eat could impact our overall health and longevity.

Researchers from the University of Illinois and the University of Nebraska-Lincoln analyzed brain scans and nutritional intake of 100 volunteers aged between 65 and 75. They discovered that a diet rich in nutrients similar to those found in the Mediterranean diet could slow down the aging process of the brain.

Specifically, fatty acids from fish and olive oil, antioxidants like vitamin E from spinach and almonds, as well as choline from egg yolks and organ meats were identified as beneficial biomarkers associated with slower brain aging.

By analyzing blood samples rather than relying on self-reported diets, the researchers were able to obtain solid scientific evidence of the participants' nutrient intake.

The study, published in *npj Aging*, also assessed brain aging through MRI scans and cognitive assessments, showing a direct link between brain properties and cognitive abilities.

The findings suggest that nutrition plays a key role in how our brains age, and that simple dietary changes could potentially reduce the risk of neurodegenerative diseases like Alzheimer's.

The researchers plan to conduct further studies over a longer period to explore how diet and nutrition can impact brain aging. These promising results highlight the importance of a balanced and nutrient-rich diet for maintaining brain health as we age.

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Vocabulary List:

1. **Nutrients** // (noun): Substances in food that provide nourishment and energy for the body.
2. **Longevity** // (noun): Long life or duration of existence.
3. **Biomarkers** // (noun): Measurable substances in an organism that indicate a particular biological process or state.
4. **Neurodegenerative** // (adjective): Relating to the progressive loss of structure or function of neurons.
5. **Cognitive** // (adjective): Related to the mental processes of perceptionmemoryjudgmentand reasoning.
6. **Balanced** // (adjective): Being in a state of equilibrium having a harmonious combination or arrangement.

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which term is used to signify the deep appreciation or love for something?

- Option: Antiretroviral
- Option: Cherishes
- Option: Empower
- Option: Mutation

2. The body's ability to resist infection and disease is known as:

- Option: Variant
- Option: Immunity
- Option: Monitoring
- Option: Nutrients

3. Which type of cancer affects the colon and rectum?

- Option: Steadily
- Option: Predisposition
- Option: Anemia



Option: Colorectal

4. The process of giving power and authority to someone is known as:

Option: Empowerment

Option: Innovative

Option: Strains

Option: Evolve

5. Which term relates to mental processes like thinking understanding and remembering?

Option: Longevity

Option: Biomarkers

Option: Neurodegenerative

Option: Cognitive

6. Which term describes the act of following guidelines or rules?

Option: Adherence

Option: Stigmatize

Option: Monitoring

Option: Nutrients

7. A change in the genetic material of an organism is referred to as a:

Option: Incidence

Option: Variant

Option: Mutation

Option: Predisposition

8. The action or state of keeping careful watch for potential dangers or difficulties is called:

Option: Anemia

Option: Vigilance

Option: Remission

Option: Anemia

9. To remove the association of shame and disgrace from a particular condition is to:

Option: Comprehensive

Option: Variant

Option: Destigmatize

Option: Transcend

10. Which term describes the introduction of new ideas or methods?



- Option: Innovative
- Option: Empower
- Option: Steadily
- Option: Evolve

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. A balanced diet should provide essential _____ for overall health.
12. Advancements in medicine and healthcare have increased the average human _____.
13. The _____ of the disease has been steadily increasing over the past decade.
14. Genetic factors may create a _____ to certain medical conditions.
15. After undergoing treatment the cancer went into _____.
16. The healthcare plan included a _____ range of services to address various needs.
17. The virus showed multiple _____ which made treatment challenging.
18. Organisms constantly _____ to adapt to their environment.
19. Blood tests can detect specific _____ that indicate the presence of a disease.
20. Alzheimer's disease is a type of _____ disorder that affects the brain.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Regularly observing and checking a patient's condition and progress.
22. To give someone the authority or power to do something.
23. To go beyond the usual limits or boundaries.
24. To treat someone as unworthy or disgraceful because of a particular characteristic.
25. The process of enabling individuals to have control over their lives.



26. A form or version of something that differs from the standard.
27. Keeping track of a process or activity over time to ensure proper functioning.
28. A genetic alteration or change resulting in a different characteristic.
29. Introducing new methods or ideas to improve existing practices.
30. The act of following a set of guidelines or instructions consistently.

Answer

Multiple Choice: 1. Cherishes 2. Immunity 3. Colorectal 4. Empowerment 5. Cognitive 6. Adherence 7. Mutation 8. Vigilance 9. Destigmatize 10. Innovative

Gap-Fill: 11. Nutrients 12. Longevity 13. Incidence 14. Predisposition 15. Remission 16. Comprehensive 17. Strains 18. Evolve 19. Biomarkers 20. Neurodegenerative

Matching sentence: 1. Monitoring 2. Empower 3. Transcend 4. Stigmatize 5. Empowerment 6. Variant 7. Monitoring 8. Mutation 9. Innovative 10. Adherence

CATEGORY

1. Health - LEVEL4

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