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Flavonoids can cut the risk of dementia by a third – 31st July, 2021

Level 0

We are living longer, so more people have dementia. Fruit and vegetables can cut dementia by over 30%. Flavonoids in food give our brain oxygen. Flavonoids give food like blueberries, oranges, peppers and strawberries their colour. A researcher said colourful food with flavonoids is good for long-term brain health.

Researchers studied 77,000 people for 20 years. People who ate more flavonoids were 38 per cent less likely to get dementia. Older people could feel four years younger. A researcher said flavonoids can really help our thinking skills as we get older. He said: "Adding colour to your plate may lower the risk of cognitive decline."

Level 1

We are living longer, so more people have mental illnesses like dementia. Food can cut the chances of getting dementia. Food with flavonoids could reduce the chances by a third. Flavonoids give fruit and vegetables their bright colours. They give the brain oxygen. Food like blueberries, oranges, peppers and strawberries contain flavonoids. A researcher said: "A colourful diet rich in flavonoids seems to be a good bet for promoting long-term brain health."

Researchers studied the diets and mental health of 77,000 older people for 20 years. They found that people who ate more flavonoids were 38 per cent less likely to get dementia. This means older people could feel up to four years younger. A researcher said: "Flavonoids are powerhouses when it comes to preventing your thinking skills from declining as you get older. Adding colour to your plate may lower the risk of cognitive decline."

Level 2

We are living longer, so there are more people with mental illnesses like dementia. Researchers found that food can cut the chances of getting dementia. In particular, food with flavonoids could reduce the chances of getting dementia by a third. Flavonoids give fruit and vegetables their bright colours. They increase the amount of oxygen going to the brain. Produce such as blueberries, oranges, peppers and strawberries contain flavonoids. Dr Walter Willett from Harvard University said: "A colourful diet rich in flavonoids seems to be a good bet for promoting long-term brain health."

Dr Willett studied the eating habits and mental health of 77,000 middle-aged people for 20 years. He found that people who ate more flavonoids were less likely to show signs of cognitive decline. He said people who ate more flavonoid-rich food were 38 per cent less likely to get dementia. This means older people could feel up to four years younger. Dr Willett said: "Flavonoids are powerhouses when it comes to preventing your thinking skills from declining as you get older. Adding colour to your plate may lower the risk of cognitive decline."

Level 3

People around the world are living longer. This means there are more people who suffer from mental illnesses like dementia. Researchers have found that food can cut the chances of developing dementia. In particular, if people eat food that contains flavonoids, they could reduce their chances of getting dementia by a third. Flavonoids are chemicals that give fruit and vegetables their bright colours. They help increase the amount of oxygen going to the brain. They are in produce such as blueberries, oranges, peppers and strawberries. Researcher Dr Walter Willett from Harvard University said: "A colourful diet rich in flavonoids seems to be a good bet for promoting long-term brain health."

Dr Willett conducted a study of the eating habits and mental health of around 77,000 middle-aged people for 20 years. He discovered that people who ate more flavonoids were less likely to experience signs of cognitive decline later in their life. The researchers said people who ate more flavonoid-rich food were 38 per cent less likely to suffer from mental decline. Dr Willett said this meant people in their later years could feel up to four years younger with the right diet. He added: "Flavonoids are powerhouses when it comes to preventing your thinking skills from declining as you get older. Adding colour to your plate may lower the risk of cognitive decline."