

2016 Fall Lecture Series

Date: Nov 15th 2016

Speaker: Dr. Carol Greenwood

Background: Assistant Director: Kunin-Lunenfeld
Applied Research Unit, Baycrest Senior
Scientist: Rotman Research Institute,
Baycrest Professor, Department of
Nutritional Sciences, University of Toronto



Title: **“Retention of Cognitive Function with Aging:
the Role of Diet”**

Description: Between 30-50% of Alzheimer Disease risk can be attributed to poor lifestyle choice, including the consumption of a Western style diet high in red meat and refined and prepackaged foods. The World Dementia Council, of which Canada is a member, is recommending the consumption of a healthy diet as a strategy to help older adults preserve their cognitive function with aging and reduce their dementia risk. This talk will discuss the attributes of a brain healthy diet and touch on some common misconceptions.

Link to more information: <http://research.baycrest.org/cgreenwood>

<http://www.baycrest.org/about/publications/healthy-aging/mindfull/>

<https://www.youtube.com/watch?v=O-EnfiiVe48>