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Avo may fight off brain disease

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A diet heavy in smashed avo on toast might not help you buy a house, but it could help stave off Alzheimer's disease (AD) in future.

Research shows a clear link between diets high in processed foods like pies, hamburgers and sausages and significantly increased risk of developing AD.

It's hard news to hear when our hectic lives mean we often need to rely on food that is fast, convenient and accessible – often the types that are highly processed.

But there's good news too – this means reducing the risk and severity of dementia in later life could be as simple as changing your diet.

Such change isn't always easy, of course, but our research shows its impact could be significant.

The research found a daily intake of processed foods, including meat pies, pizzas, hamburgers, crackers, chips, jam, bacon, ham, salami, sausages, tinned fish, tinned fruit, fried fish, cakes and flavoured milk drink increases the development of AD.

Wine intake and red meat intake also play a role, unfortunately.

In contrast, daily consumption of avocado, capsicum, cabbage, oranges, apples, pears, bananas, strawberries, tomatoes, lettuce, carrots, broccoli, fruits, vegetables, nuts and spinach may work as a protective factor against developing AD.

It is still not clear what frequency of consumption of processed foods and alcohol would be needed to influence AD development.

It is not solely about the food type, but the variety and quantity of daily food consumption.

Patterns of food taken by AD patients and healthy people with no history of dementia or memory loss focusing on food balance were examined.