

# Consumption of fruits may reduce the risk of Alzheimer's disease

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Apples, bananas, and oranges are the most common fruits in both Western and Asian diets, and are important sources of vitamins, minerals, and fiber. A new study in the Journal of Food Science explores the additional health benefits of these fruits and reveals they also protect against neurodegenerative diseases, including Alzheimer's Disease.

Researchers at Cornell University investigated the effects of apple, banana, and orange extracts on neuron cells and found that the phenolic phytochemicals of the fruits prevented neurotoxicity on the cells.

Among the three fruits, apples contained the highest content of protective antioxidants, followed by bananas then oranges.

The authors concluded “[their] study demonstrated that antioxidants in the major fresh fruits consumed in the United States and Korea protected neuronal cells from oxidative stress....Additional consumption of fresh fruits such as apple, banana, and orange may be beneficial to improve effects in neurodegenerative diseases such as Alzheimer's.”

Source: Blackwell Publishing Ltd.

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