

Right foods aid memory and protect against disease

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For the first time researchers have found out what effect multiple, rather than just single, foods with anti-inflammatory effects have on healthy individuals.

The results of a diet study show that [bad cholesterol](#) was reduced by 33 per cent, blood lipids by 14 per cent, blood pressure by 8 per cent and a risk marker for [blood clots](#) by 26 per cent. A marker of inflammation in the body was also greatly reduced, while memory and cognitive function were improved.

"The results have exceeded our expectations! I would like to claim that there has been no previous study with similar effects on healthy subjects", says Inger Bjorck, professor of food-related nutrition at Lund University and head of the University's Antidiabetic Food Centre.

Forty-four healthy, overweight people between the ages of 50 and 75 took part in the diet study. For four weeks they ate foods which are presumed to reduce low-grade inflammation in the body, a condition which in turn triggers [metabolic syndrome](#) and thus obesity, [type 2 diabetes](#) and cardiovascular disease.

The test diet was high in antioxidants, low-GI foods (i.e. slow release carbohydrates), omega fatty acids, wholegrain products, probiotics and viscous dietary fibre. Examples of foods eaten were oily fish, barley, soy protein, [blueberries](#), almonds, cinnamon, vinegar and a certain type of wholegrain bread. Some of the products in the food portfolio are not yet

available in the shops, but were developed specifically for the study.

Provided by Lund University

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