

# Nutrition, the unrecognized determinant in Alzheimer's disease (NUDAD)

<https://neurodegenerationresearch.eu/survey/nutrition-the-unrecognized-determinant-in-alzheimers-disease-nudad/>

## Principal Investigators

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## Contact information of lead PI

### Country

Netherlands

## Title of project or programme

Nutrition, the unrecognized determinant in Alzheimer's disease (NUDAD)

## Source of funding information

NWO -FCB

## Total sum awarded (Euro)

€ 1,082,002

## Start date of award

01/07/2015

## Total duration of award in years

5.0

## The project/programme is most relevant to:

Alzheimer's disease & other dementias

## Keywords

### Research Abstract

Diet likely has an important effect on cognitive health and performance. The most common form of dementia, Alzheimer's disease (AD), is one of the grand challenges of the 21st century. Prevention of dementia through dietary intervention is an attractive approach, especially since curative therapy is not available now or in the near future. Dietary intervention is relatively safe and cheap, compared to drug development and treatment, but should be based on scientific evidence of the factors involved. NUDAD's main objective is to identify modifiable dietary risk

factors for AD, the preceding stages of mild cognitive impairment (MCI) and preclinical AD (i.e. cognitively normal) in a longitudinal cohort study. We will assemble a prospective cohort of patients at risk of AD (cognitively normal, MCI) and mild AD, with clinical follow-up during three years. In these patients, we will measure food behaviour including taste, smell, hunger /satiety and food preference as determinants of food intake, track food intake using detailed questionnaires, measure energy needs and body composition, and assess nutritional biomarkers in patients' blood and CSF. These findings will be used to identify risk factors for AD, formulate dietary guidelines for patients with (predementia) AD and to develop recommendations for trial design in stratified patient groups. Ultimately, this will aid in the future development of targeted nutritional products for patients (at risk of) cognitive decline and AD.

### **Lay Summary**

**Further information available at:**

#### **Types:**

Investments > €500k

#### **Member States:**

Netherlands

#### **Diseases:**

Alzheimer's disease & other dementias

#### **Years:**

2016

#### **Database Categories:**

N/A

#### **Database Tags:**

N/A