

## Healthy eating habit

1. Wash our hand properly with hand soap
2. Cook food at the recommended temperature
3. Keep attention to product expired date for frozen food
4. Dispose the food waste in an appropriate manner to avoid pests
5. Use clean utensils and plates

**Healthy eating habit for people with dementia during coronavirus pandemic is similar to healthy people**



## More info

### Alzheimer Indonesia Nederland

Facebook : Alzheimer Indonesia

Instagram : @Alzi\_nederland

Website : [www.alzined.org](http://www.alzined.org)

### Alzheimer Indonesia

Hotline Alzi: 0811822594

Facebook: Alzheimer Indonesia

Twitter : @alzi\_indonesia

Email: [info@alzi.or.id](mailto:info@alzi.or.id)

Video available at Youtube Alzheimer Indonesia Nederland ([https://youtu.be/-M\\_QrNdlGek](https://youtu.be/-M_QrNdlGek))

Photo Courtesy of Alzheimer Indonesia Nederland



## The benefit of maintaining gut's health in people with dementia



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# GUTS & BRAIN

- Gut microbiota/bacteria helps to regulate the daily function of the brain
- Stress factors break barrier of protection in the gut
- The bacteria travels to brain and cause inflammation
- Fasting brings benefit to people

## HEALTHY NUTRIENTS FOR HAPPY INTESTINES

### Probiotics

- Yogurt
- Soy yogurt

### Prebiotics

- Banana
- Onions
- Garlic
- Wheat

### Anti - inflammation

- Apple
- Avocado
- Broccoli
- Grape
- Cucumber
- Dates
- Eggplants
- Cauliflower



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Managing diets and nutrition may improve cognitive function of people with dementia

## Eating Problems in people with dementia

- Sometimes they cannot communicate if they are hungry or thirsty

### Common eating difficulties

- Cannot chew the food
- Trouble of getting food from plate to their mouth

## Strategies for caregivers

1. Make food looks and smells good
2. Find the best time to eat and soften the foods
3. Try give their favorite foods with strong taste
4. Make a supportive environment to eat