

[illegible]

Eating plenty of fruits and vegetables, olive oil, and even a glass of wine a day, may protect the grey matter which declines as we age.

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A study of pensioners with this diet found their brain shrinkage, associated with memory loss and Alzheimer's, was half of others their age.

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Previous studies have found a Mediterranean diet, which is also low in meat and dairy, may protect against dementia. The diet has also been found to cut the risk of Parkinson's disease and dying from cardiovascular disease and cancer.

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