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**published in**

Journal of the American Medical Directors Association  
2020

**DOI (link to publisher)**

[10.1016/j.jamda.2020.04.031](https://doi.org/10.1016/j.jamda.2020.04.031)

**document version**

Publisher's PDF, also known as Version of record

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**citation for published version (APA)**

de Leeuw, F. A., van de Rest, O., Doorduyn, A. S., Fieldhouse, J. L. P., de van der Schueren, M. A. E., Visser, M., van den Heuvel, E. G. H. M., Scheltens, P., Teunissen, C. E., Kester, M. I., & van der Flier, W. M. (2020). Associations Between Nutrient Intake and Corresponding Nutritional Biomarker Levels in Blood in a Memory Clinic Cohort: The NUDAD Project. *Journal of the American Medical Directors Association*, 21(10), 1436-1438. <https://doi.org/10.1016/j.jamda.2020.04.031>

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## Research Letter

# Associations Between Nutrient Intake and Corresponding Nutritional Biomarker Levels in Blood in a Memory Clinic Cohort: The NUDAD Project

*To the Editor:*

Diet is a promising intervention target to prevent or slow Alzheimer's disease (AD).<sup>1,2</sup> Early (predementia) stages of AD offer a unique opportunity for dietary interventions.<sup>2</sup> Nutritional assessment methods to estimate nutrient intake have, however, not been validated in clinical populations. Hence, we assessed the association between nutrient intake assessed by food frequency questionnaire (FFQ) and nutrient status measured by nutritional biomarkers in blood in a clinical sample of controls, mild cognitive impairment (MCI), and patients with AD.

**Methods**

From the Nutrition, the Unrecognized Determinant in Alzheimer's Disease (NUDAD) study we included 90 participants: 29 patients with AD, 22 patients with MCI, and 39 individuals with subjective cognitive decline (SCD) who served as controls.<sup>3</sup> All participants completed a FFQ and had at least 1 nutritional biomarker measurement. Written informed consent was obtained from all participants and the local Medical Ethics Committee approved the study.

Usual dietary intake was measured using the semiquantitative 238-item HELIUS FFQ with a reference period of 4 weeks.<sup>4</sup> In addition, participants reported their nutritional supplement use. If the nutrient dosage could not be obtained from participants or the (online) instructions leaflet ( $n = 11$ ), it was imputed with the nutrient dosage of the most frequently used comparable supplement in this study.

All nutritional biomarker were measured in fasting plasma, serum, or whole blood samples, except for folic acid and vitamin B12, which were measured in nonfasting samples, and vitamin A, which was measured in both fasting (89%) and nonfasting (11%) samples.

To investigate associations of nutrient intake with nutritional biomarker levels, we used linear regression analyses. Furthermore, we assessed whether associations differed per diagnostic group (controls/MCI/AD). Lastly, we performed sensitivity analyses excluding supplement users for each nutrient separately.

**Results**

Overall, mean age was  $67 \pm 9$  years, 42 (47%) were female, and vitamin and mineral supplement use was observed in 40 (44%) participants.

Table 1 shows the associations between nutrient (diet + supplement) intake and their corresponding nutritional biomarker levels in blood. Intake and blood levels were associated for vitamin B1, vitamin B6, vitamin B12, vitamin C, folate, and eicosapentaenoic acid, and trends were observed for retinol activity equivalents, total omega-3 fatty acids, and docosahexaenoic acid (DHA). No associations were found for zinc.

Subsequently, we evaluated if associations differed per diagnostic group. Interactions ( $P < .10$ ) were found between diagnostic group and nutrient intake for vitamin B6, vitamin C, total omega-3 fatty acids, and DHA. Stratification by diagnostic group showed associations for vitamin B6 in all diagnostic groups [B(SE) controls; 0.78 (0.06), MCI; 1.05 (0.20), AD; 0.45 (0.14),  $P < .01$ ], for omega-3 fatty acids and DHA in controls [B(SE) controls; 0.50 (0.20),  $P = .021$ , 0.38 (0.13),  $P = .009$ , MCI;  $-0.38$  (0.30),  $P = .230$ ,  $-0.13$  (0.27),  $P = .646$ , AD; 0.25 (0.17),  $P = .166$ ,  $-0.27$  (0.25),  $P = .285$ ] and for vitamin C in AD [B(SE) controls; 0.22 (0.15),  $P = .152$ , MCI; 0.03 (0.27),  $P = .927$ , AD; 0.75 (0.11),  $P < .001$ ].

Finally, we re-analyzed the data in the total cohort excluding supplement users for each nutrient separately. Associations remained comparable in effect size for most nutrients, but attenuated for DHA, vitamin B1, B6, and B12 [(B(SE) 0.07(0.15),  $-0.41$ (0.60), 0.31(0.23),  $-0.22$ (0.47),  $P > .05$ ].

**Discussion**

The main finding of this study is that nutrient intake of omega-3 fatty acids, A, B and C vitamins, as assessed by the HELIUS FFQ and self-reported supplement use, is moderately associated with their corresponding nutritional biomarker levels in a memory-clinic cohort of controls and patients with MCI or AD. Associations were largely similar across diagnostic groups, except for total omega-3 fatty acids and DHA that were only associated in controls, and vitamin C that was only associated in AD. Almost one-half of the participants used nutritional supplements.

In the subgroup of nonsupplement users, associations between nutrient intake and nutritional biomarker levels remained largely comparable to our findings in the total cohort.

Among the strengths of this study is that we used a well characterized, clinical population with different stages of cognitive decline. A potential limitation is that the FFQ used in this study has a reference period of 4 weeks, which is relatively short to assess habitual diet. The burden of memory, however, may be less in comparison to other FFQs that use a reference period up to a year,

**Table 1**  
Associations between Nutrient Intake and Nutritional Biomarker Levels in Blood

| Determinants                                       | Outcome  | All          |       |    |
|--|--|--------------|-------|----|
|  |  | B(SE)        | P     | n  |
| Nutrient intake                                    | Nutritional biomarker                              |              |       |    |
| Retinol activity equivalents, mcg/d                | Vitamin A, $\mu\text{mol/L}$                       | 0.23 (0.12)  | .057  | 87 |
| Vitamin B1*, mg/d                                  | Vitamin B1, nmol/L                                 | 0.48 (0.09)  | <.001 | 79 |
| Vitamin B6*, mg/d                                  | Vitamin B6, nmol/L                                 | 0.71 (0.07)  | <.001 | 79 |
| Vitamin B12, mcg/d                                 | Vitamin B12, pmol/L                                | 0.35 (0.10)  | <.001 | 77 |
| Vitamin C, mg/d                                    | Vitamin C, $\mu\text{mol/L}$                       | 0.49 (0.09)  | <.001 | 78 |
| Folate equivalents, mcg/d                          | Folate, nmol/L                                     | 0.49 (0.09)  | <.001 | 77 |
| Zinc, mg/d   | Zinc, $\mu\text{mol/L}$                            | -0.10 (0.11) | .373  | 79 |
| Omega-3 fatty acids, % of total fatty acids intake | Omega-3 fatty acids, % of plasma total fatty acids | 0.21 (0.12)  | .101  | 79 |
| DHA, % of total fatty acids intake                 | DHA, % of plasma total fatty acids                 | 0.19 (0.12)  | .102  | 79 |
| EPA, % of total fatty acids intake                 | EPA, % of plasma total fatty acids                 | 0.41 (0.11)  | <.001 | 79 |

EPA, eicosapentaenoic acid; SD, standard deviation.

The HELIUS FFQ was not designed to measure these nutrients.

Linear regression analyses adjusted for sex, age, diagnosis, and total energy intake were used, using separate models for each nutritional biomarker. Data were log-transformed and converted to z scores before data analysis. Effect size is change of SD nutritional biomarker blood level per 1 SD increase in nutrient intake.

which could be an advantage in a cohort of cognitively impaired individuals. Moreover, most plasma and serum biomarkers reflect relatively short-term intake. Future studies should include nutritional biomarkers in adipose tissue or erythrocytes that assess longer-term intake.<sup>5</sup>

In conclusion, nutrient intake and nutrient status were moderately associated and largely similar across diagnostic groups. Our findings indicate that the HELIUS FFQ provides valid estimates of nutrient intake in a memory-clinic cohort.

## Acknowledgments

The Alzheimer Center Amsterdam is supported by Stichting Alzheimer Nederland and Stichting VUmc fonds. The clinical database structure was developed with funding from Stichting Dioraphte. Research of the Alzheimer Center Amsterdam is part of the neurodegeneration research program of Amsterdam Neuroscience. W.F. is recipient of a donation by stichting Equilibrio, and of a ZonMW Memorabel grant (#733050814). F.L., A.D., M.K., and J.F. are appointed at the NUDAD project, which is funded by NWO-FCB (project number 057-14-004). W.F. holds the Pasman chair.

We acknowledge members of the NUDAD project team: Amsterdam University Medical Center location VUmc: Wiesje van der Flier, Maartje Kester, Philip Scheltens, Charlotte Teunissen, Marian de van der Schueren, Francien de Leeuw, Astrid Doorduijn, Jay Fieldhouse, Heleen Hendriksen, José Overbeek, and Els Dekkers; Vrije Universiteit Amsterdam: Marjolein Visser; Wageningen University and Research: Ondine van de Rest and Sanne Boesveldt; DSM: Peter van-Dael and Manfred Eggersdorfer; Nutricia Research: John Sijben, Nick van Wijk, Amos Attali, and Martin Verkuijl; FrieslandCampina: Rolf Bos, Cecile Singh-Povel, Ellen van den Heuvel, and Martijn Veltkamp.

The authors would like to thank Eva Anne Hartman for her help with the administration and cleaning of the nutritional supplement data. F.L., O.R., A.D., J.F., M.S., M.V. and M.K. report no disclosures. E.H. is an employee of FrieslandCampina, P.S. has received consultancy/speaker fees (paid to the institution) from Novartis, Vivoryon, Genentech and EIP Pharma. C.T. has a collaboration contract with ADx Neurosciences, performed contract research or

received grants from Probiodrug, Biogen, Esai, Toyama, Janssen prevention center, Boehringer, AxonNeurosciences, Fujirebio, EIP farma, PeopleBio, and Roche. Research programs of W.F. have been funded by ZonMW, NWO, EU-FP7, EU-JPND, Alzheimer Nederland, CardioVascular Onderzoek Nederland, Health-Holland, Topsector Life Sciences & Health, stichting Dioraphte, Gieskes-Strijbis fonds, stichting Equilibrio, Pasman stichting, Biogen MA Inc, Boehringer Ingelheim, Life-MI, AVID, Roche BV, Janssen Stellar, Combinostics. W.F. has performed contract research for Biogen MA Inc and Boehringer Ingelheim. W.F. has been an invited speaker at Boehringer Ingelheim and Biogen MA Inc. All funding is paid to her institution.

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