Article Type: Bookshelf

Eat to Cheat Dementia. N. Hobbins. 2016. Self-published book, Hobart, Tasmania, ISBN: 9780994344014. Paperback \$19.20, Kindle \$9.12.

Ngaire Hobbins is a dietitian living and working in Tasmania. She has published two books using crowdfunding to finance production, printing and distribution. *Eat to Cheat Dementia* expands on the healthy brain chapter in her first book, *Eat to Cheat Ageing*. Both books were inspired by the author's frustration at lack of appropriate and accessible information on the dietary needs of older people written in plain English. It summarises some of the research about what can be done in the realm of diet and eating habits to reduce the chances of experiencing cognitive decline and dementia and to maximise nutrition in people who already have cognitive decline. The text spans the continuum from people who middle-aged or fit and well through to those who have become frail, are living with dementia, or require palliative care.

This book is written in an engaging style. The final sections include useful "how to" guides for food preparation and recipes which are practical and easy to use.

Unfortunately, one of the drawbacks of the book is that it contains no referencing of the material cited, making it difficult to verify its claims. The title of the book *Eat to Cheat Dementia* is also problematic, because Hobbins states at the outset "this book is not about curing or even sure-fire ways to avoid dementia—there are none of those proven yet". The book can only highlight ways of reducing the risk of cognitive decline by eating well.

The book is of interest to adults in middle-age and older, and to dietitians wanting an easy-to-read resource to share with patients and clients.

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This is the author manuscript accepted for publication and has undergone full peer review but has not been through the copyediting, typesetting, pagination and proofreading process, which may lead to differences between this version and the [Version of Record](#). Please cite this article as [doi: 10.1111/ajag.12434](https://doi.org/10.1111/ajag.12434)

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Title:

Eat to Cheat Dementia

Date:

2017-06-01

Citation:

Hampson, R. & Wells, Y. (2017). Eat to Cheat Dementia. AUSTRALASIAN JOURNAL ON AGEING, 36 (2), pp.166-166. <https://doi.org/10.1111/ajag.12434>.

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