

List of Abbreviations

AAMI - Age Associated Memory Impairment

A β - Amyloid Beta

ACE - Addenbrooke's Cognitive Examination

ACE –R - Addenbrooke's Cognitive Examination Revised

AD - Alzheimer's disease

ADL – Activity of Daily Living

AI - Atherogenic Index

ALA - Alpha-linoleic acid

ApoE - Apolipoprotein E

BFS - Benign Forgetfulness of Senescence

BMI – Body Mass Index

BP – Blood Pressure

BUN – Blood Urea Nitrogen

CBC – Complete Blood Count

CIND - Cognitive Impairment but No Dementia

CNS – Central Nervous System

CVD – Cardio Vascular Disease

DALY – Disability Adjusted Life Years

DBP - Diastolic Blood Pressure

DHA - Docosahexaenoic Acid

eGFR - Estimated Glomerular Filtration Rate

EMG - Exponentially Modified Gaussian

EPA - Eicosapentaenoic Acid

FBS – Fasting Blood Sugar

FFA – Free Fatty Acids

FFQ – Food Frequency Questionnaire

HbA_{1c}– Glycated Hemoglobin

HPLC - High Performance Liquid Chromatography

GC – Gas Chromatogram

GGT - Gamma Glutamyl Transferase

HC – Hip Circumference

Hcy – Homocysteine

HDL – High Density Lipoprotein

IM - Intramuscular

LAMIC – Low And Middle Income Countries

LDL – Low Density Lipoprotein

MCI – Mild Cognitive Impairment

MET – Metabolic Equivalent

MMSE – Mini Mental State Examination

MNA – – Mini Nutritional Assessment

MUFA – Monosaturated Fatty Acids

PAL – Physical Activity Level

PUFA - Polyunsaturated Fatty Acids

RBC – Red Blood Cell

RDA – Recommended Dietary Allowances

SBP – Systolic Blood Pressure

SFA – Saturated Fatty Acids

SPSS – Statistical Package for Social Sciences

TC – Total Cholesterol

TG - Triglycerides

VLDL – Very Low Density Lipoprotein

WBC – White Blood Cell

WC – Waist Circumference

WHR – Waist Hip ratio

YFPIT – Yamaguchi Fox-Pigeon Imitation Test