

Table 2. Voedingsinterventies: Overzicht van fulltext beoordeelde studies, die niet aan de PICO voldoen (in Engels)

Study	Design	Aim	Population	Intervention	Comparator	Search period (databases)	Outcomes	Conclusion authors	Comment PICO
Devranis, 2023	SR	To summarize the evidence of three dietary patterns (i.e. the Mediterranean diet, the ketogenic diet, the MIND diet) for the prevention of cognitive decline.	Patients over 40 years old	Mediterranean (n=11 RCTs), ketogenic (n=7 RCTs), MIND (n=1 RCT)	Not specified (various)	Until January 2022 (PubMed, ScienceDirect, Web of Science)	Cognitive outcomes (e.g. MMSE)	All three dietary interventions have been shown to slow the rate of cognitive decline in the included studies. <ul style="list-style-type: none"> The Mediterranean diet was shown to be beneficial for global cognition after 10 weeks of adherence. The ketogenic diet had a beneficial effect for patients with diabetes mellitus and improved verbal recognition. The MIND diet showed benefits in obese patients, improving working memory, verbal recognition, memory and attention. 	Wrong P (no patients with MCI)
Price, 2023	SR	To clarify the potential benefits of the ketogenic diet for symptom management or	Adults aged 18 years or older with a diagnosis of	Diet interventions or supplements that can induce a state of ketosis (n=15; 11 RCTs)	Not specified (various)	N.R. (PubMed, Scopus, Google Scholar)	<ul style="list-style-type: none"> Symptom or disease progression of PD, AD or MCI 	Ketogenic therapies have promise in PD, AD, and MCI for symptom improvement although larger studies are needed to support their	Wrong P, wrong comparison (only 5/15 studies in patients with MCI; but with wrong

		disease modification in patients with Parkinson's disease, Alzheimer's disease, or MCI.	PD, AD or MCI	and 4 experimental)			<ul style="list-style-type: none"> • Functioning • Quality of life 	implementation in clinical practice.	comparison: Modified Adkins diet, low vs high carbohydrate diet, ketogene drank vs sunflower oil, MCT vs canola oil)
Bohnen, 2023	SR	To review the current level of evidence supporting the clinical utility of ketogenic interventions in MCI, AD, and PD.	Subjects with MCI, AD, or PD.	Ketogenic interventions (n=10 AD, n=3 MCI, n=5 PD)	Not specified (various)	N.R. (from 2005 in Pubmed)	<ul style="list-style-type: none"> • Cognition, • brain AcAc FDG PET, MRI • Processing speed, • Cardiometabolic and inflammatory • biomarkers 	<p>Ketogenic interventions are probably effective for cognitive improvement in patients with mild-to-moderate AD who are APOε4- and in patients with MCI.</p> <p>Taking all considerations into account, we recognize the potential for a multidimensional model geared toward optimizing the effectiveness of ketogenic interventions as dictated by clinical setting.</p>	Wrong P (too broad), unclear selection criteria, no search strategy, no pooled data of outcomes.
García-Casares, 2021	SR + MA	To determine the effects of a higher adherence to Mediterranean on MCI and AD.	Non-AD participants but with AD risk	Mediterranean diet (n=11 in MA)	Not specified (various)	Until June of 2021 (PubMed, Scopus and The Cochrane Library Plus)	<ul style="list-style-type: none"> • Adherence to Mediterranean diet • Cognitive Function 	Higher adherence to Mediterranean diet reduce the risk to develop MCI and AD.	Wrong studies (only association studies included, MD adherence and MCI / AD risk)

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Richtlijn Mild Cognitive Impairment (MCI) 2025

							<ul style="list-style-type: none"> • MRI Volumetry • Alzheimer's Disease Risk, Incidence, or Progression from Mild Cognitive Impairment 		
Gutierrez, 2021	SR	To evaluate the impact of dietary counselling interventions, food-based interventions and dietary supplementations on cognitive function in adults with or without cognitive impairment.	Adults with or without MCI, no previous diagnoses of AD	Dietary interventions: <ul style="list-style-type: none"> • Diet Counselling Interventions (n = 5) • Food-Based Interventions (n = 7) • Dietary Supplement Interventions (n = 49) 	Not specified (various)	January 2018- July 2021 (Pubmed)	Cognitive functioning	<ul style="list-style-type: none"> • The studies included in this review support that healthy dietary patterns, specific foods and dietary supplements can (a) improve memory, language, attention and concentration, executive functions, psychomotor speed and further cognitive domains, and (b) increase blood perfusion in areas typically related to AD. • It confirms the beneficial role of the Mediterranean diet, plant foods and protein-rich supplements, some amino acids and minerals, polyphenols and the combination of 	Wrong P; wrong comparison (14/61 studies in patients with MSI, but with wrong comparisons: wel/geen olive oil, cheeses, vitamin D, probiotics, vish oil, foliumzuur, aminozuren)

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								them, as well as other types of dietary supplements.	
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