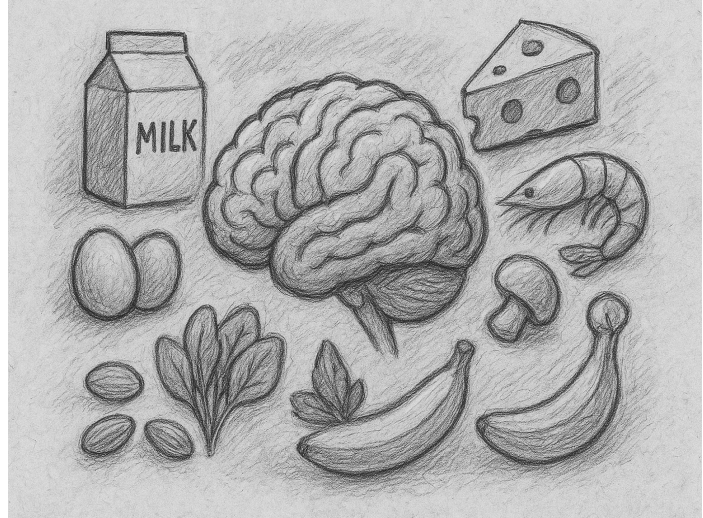


# Eating More Vitamin B2 May Help Prevent Dementia

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A new study from Japan suggests that eating foods rich in vitamin B2, also known as riboflavin, might lower a person's chances of developing dementia. Dementia is a condition that affects memory and thinking skills, especially in elderly people. Researchers followed over 4,000 adults between the ages of 40 and 69 for about 15 years to see how their diets might relate to brain health.



The scientists discovered that people who ate the most riboflavin had about half the risk of developing serious dementia compared to those who ate the least. They also noticed that a higher intake of vitamin B6 and folate (another B vitamin) seemed to help, although the link was not as strong. However, vitamin B12 didn't appear to make much difference in this study.

It's important to remember that the research only shows a connection; it doesn't prove that vitamin B2 directly prevents dementia. The study also didn't include vitamin pills, so it's unclear if taking pills would have the same effect.

Even so, the results support the idea that a healthy, balanced diet is good for the brain. Foods high in riboflavin include milk, yogurt, eggs, lean meats, fish, mushrooms, almonds, and spinach. B6 and folate are found in poultry, salmon, bananas, beans, leafy greens, and fortified grains. Experts say that rather than focusing on a single vitamin, people should try to eat a variety of nutritious foods to help protect their brains as they age.

## Comprehension Questions:

1. Dementia is a condition that affects memory and thinking skills. What does "condition" mean?  
a) A weather situation                      b) A health problem or disease  
c) A type of vitamin                        d) A mood or emotion
2. Higher intake of vitamin B6 and folate might also help prevent dementia. What does "intake" mean?  
a) The time when a person eats            b) The type of vitamin pill someone buys  
c) A kind of medical test                    d) The amount of food or nutrients a person eats
3. People who ate the most riboflavin had what kind of result?  
a) They gained more weight.              b) They had a lower risk of serious dementia.  
c) They became younger.                    d) They slept better.

4. Why do you think the researchers studied adults between 40 and 69 years old?
- a) Dementia only affects children.
  - b) Middle-aged adults are at risk of changes in brain health.
  - c) Only this age group eats vitamins.
  - d) Older adults refuse to join studies.
5. Why might experts tell people not to focus on one vitamin?
- a) Because vitamins are not real.
  - b) Because pills taste bad and are hard to swallow.
  - c) Because a mix of many nutrients is better for overall health.
  - d) Because focusing on one vitamin makes the other vitamins jealous.
6. Which of these statements is false?
- a) The study proved that vitamin B2 is a cure for dementia.
  - b) The researchers studied people for about 15 years.
  - c) Eating foods with vitamin B2 was linked to a lower risk of dementia.
  - d) Milk and eggs are examples of foods that contain riboflavin.
7. Which is the correct order of events according to the study?
- a) People took vitamin pills, then they were studied for 15 years, then they showed no dementia.
  - b) Researchers measured people's diets, then watched their health for many years, then found a connection.
  - c) People got dementia first, then the scientists asked them what they used to eat.
  - d) Scientists proved vitamin B2 prevents dementia, then they told people to change their diets.
8. A 40-year-old person reads this article. What is the most logical thing for them to do?
- a) Immediately start taking high doses of riboflavin pills.
  - b) Believe that they are too young for this information to be important.
  - c) Consider eating more foods like eggs, spinach, and almonds.
  - d) Stop eating all foods that do not contain vitamin B2.
9. What was the role of the researchers in this study?
- a) They told people exactly what to eat every day.
  - b) They sold vitamin pills to the people in the study.
  - c) They observed the people's diets and health over a long period.
  - d) They only studied people who already had dementia.
10. What overall message can readers take from this article?
- a) A balanced keeps your brain strong as you age.
  - b) Vitamins work instantly.
  - c) Vitamin pills are the only solution.
  - d) Food has no effect on brain health.

### **Speaking and Writing Activities:**

- Discuss these questions with a partner or a small group.
  - Choose one topic and write a response to it. Show your writing to a classmate or teacher.
1. Have you eaten any foods today that contain B vitamins?
  2. Why do people find it hard to eat a balanced diet even if they know it's good for them?
  3. Imagine you are an elderly person. What kinds of things would you do to keep your memory strong?