

# THE MIND DIET

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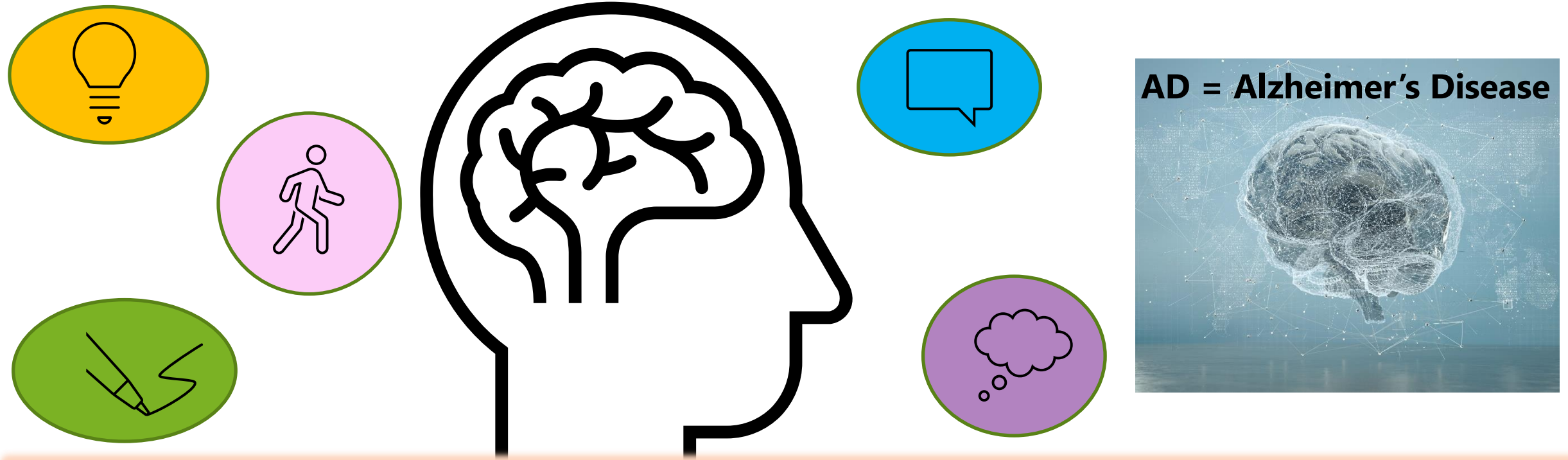
Eating to Reduce the Risk of Alzheimer's Disease



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# Alzheimer's Disease Risk

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In the Chicago Health and Aging Study conducted by Morris et al,<sup>40</sup> high intake of saturated and trans-unsaturated (hydrogenated) fats increased the risk of AD by 2.2 times and 2.4 times, respectively, compared with those with the lowest level of consumption. In contrast, intake of omega-3 polyunsaturated fat and monounsaturated fat were inversely associated with AD.

# What is the MIND Diet?

- ❑ Mediterranean-DASH Intervention for Neurodegenerative Delay



- ❑ Developed by Rush University nutritional epidemiologist Martha Clare Morris, former director of nutrition and nutritional epidemiology at Rush University & her colleagues

# What is the MIND Diet?

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- ❑ Involved 960 volunteers who had participated in the Rush Memory and Aging Project



- ❑ 9-year long observational study funded by the National Institute of Aging

# MIND Diet Study Results

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- ❑ Lowered risk of Alzheimer's by 53% in those who followed it strictly
- ❑ Decreased risk of Alzheimer's by 35% in those who followed it somewhat



# MIND Diet

- ❑ MIND = Mediterranean + DASH Diet combined into one



- ❑ Mediterranean diet alone reduces risk of Alzheimer's by 54% IF followed strictly



- ❑ DASH (Dietary Approaches to Stop Hypertension) reduces risk of Alzheimer's by 39% IF followed strictly



- ❑ Neither Mediterranean nor DASH reduce risk of Alzheimer's if followed more loosely





# What foods are included in the MIND Diet?

## **Brain Healthy Foods**

Green Leafy Vegetables

Other Vegetables

Nuts

Berries

Beans

Whole Grains

Fish

Poultry

Extra Virgin Olive Oil



# What foods are minimized/excluded/replaced in the MIND Diet?

Red Meats

Butter and stick margarine

Cheese

Pastries and Other Processed Sweets

Fried Foods

Fast Food





# Who endorses the MIND Diet?

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U.S. Department of Health & Human Services National  
Institute on Aging

Dr. Andrew Weil

Harvard

UCSF

UCLA

John Hopkins

Mayo Clinic

Cleveland Clinic



# Blue Zones

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## Ikaria, Greece

**“Almost  
no cases  
of  
dementia”**



*1 of 5 “blue zones” in world*  
*95% of diet from plants*

**Average lifespan 8-10 years longer than Americans**

In a group of 3,000 people, the ones who ate meat were  
**2 times as likely**  
to develop dementia as those on a vegetarian diet

➤ [Neuroepidemiology](#). 1993;12(1):28-36. doi: 10.1159/000110296.

**The incidence of dementia and intake of animal products: preliminary findings from the Adventist Health Study**

P Gien<sup>1</sup>, W L Beeson, G E Fraser

# MIND Diet Foods to Include Daily

- 1 serving of dark green leafy vegetables
- 1 serving of additional vegetables
- 3 servings of whole grains





# What is a dark leafy green?

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**Green  
vegetables in  
the Brassica  
family**



**Dark leaf  
lettuce  
varieties**



**Green leafy  
fresh herbs**



# What's an additional vegetable?

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## Colorful starchy and nonstarchy vegetables

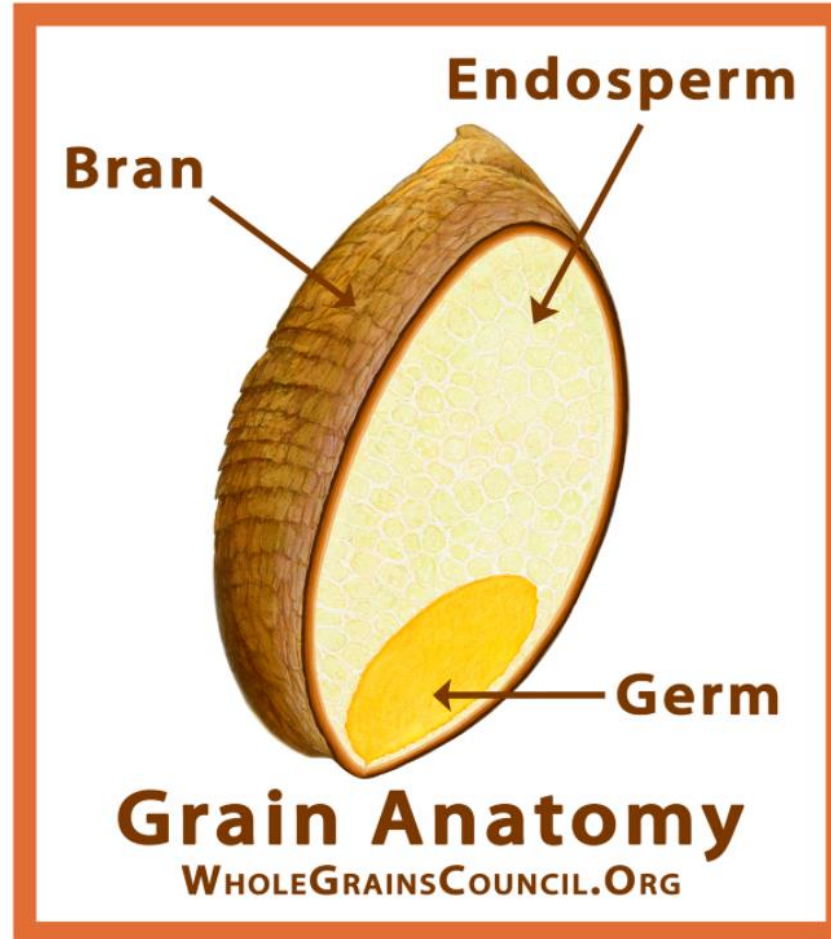




# What is a whole grain?

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Whole grains are intact grains including the bran, germ, and endosperm of the plant



# MIND Diet Foods to Include Several Days per Week

- 5 servings of nuts per week
- 3 servings of beans per week
- 2 servings poultry per week
- 2 servings of berries per week





# MIND Diet Foods to Include Once per Week

- ▣ 1 serving per week of fish



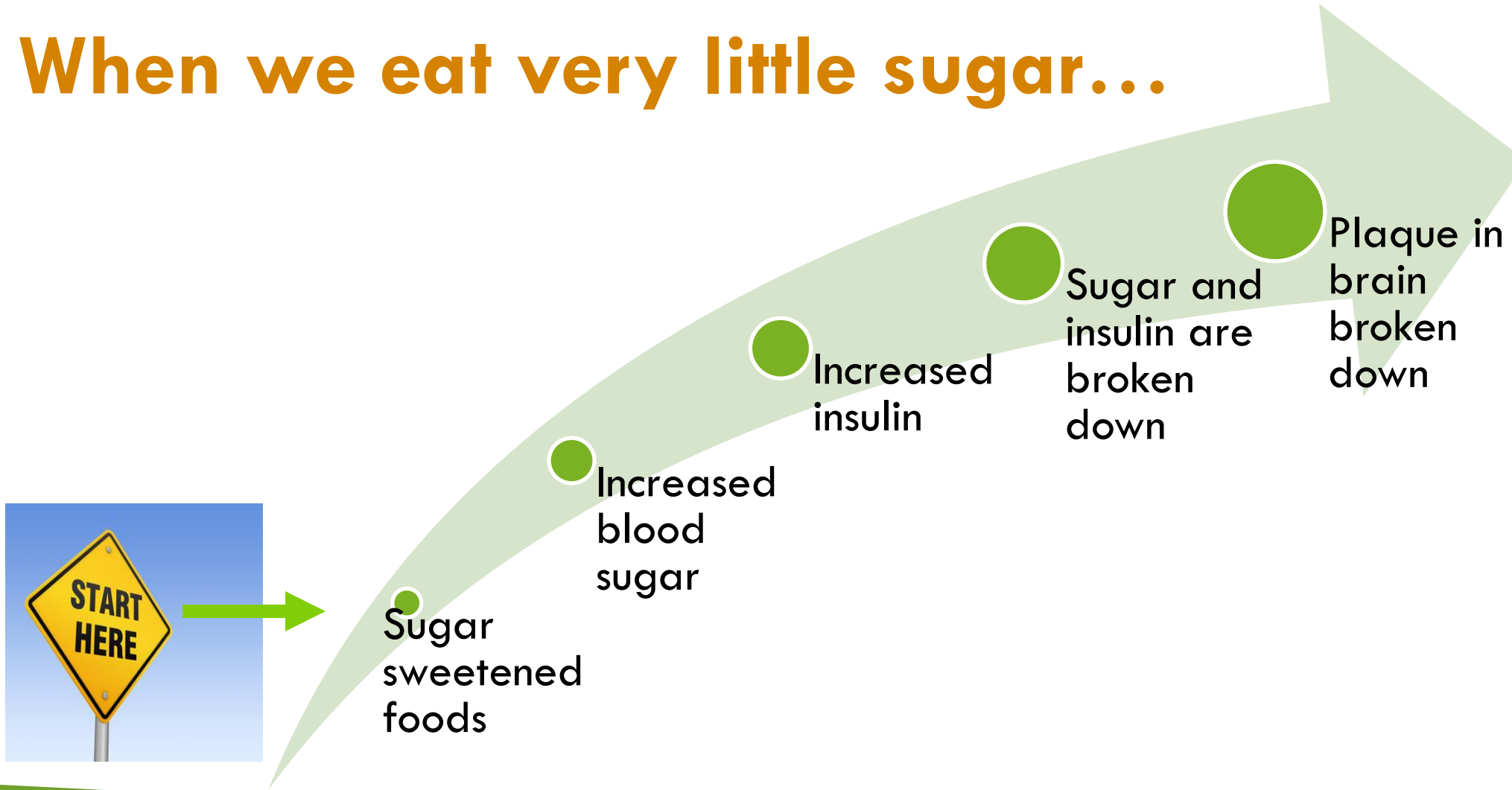
# Foods to Minimize on the MIND Diet

The Healthiest MIND Diet Participants Ate:

- Butter (limit to less than 1 tsp. per day)
- Cheese (less than 1 serving per week)
- Red Meat (less than 4 servings per week)
- Fried Foods (less than 1 serving per week)
- Fast Food (less than 1 serving per week)
- Pastries and Other Sweets (less than 5 servings per week)



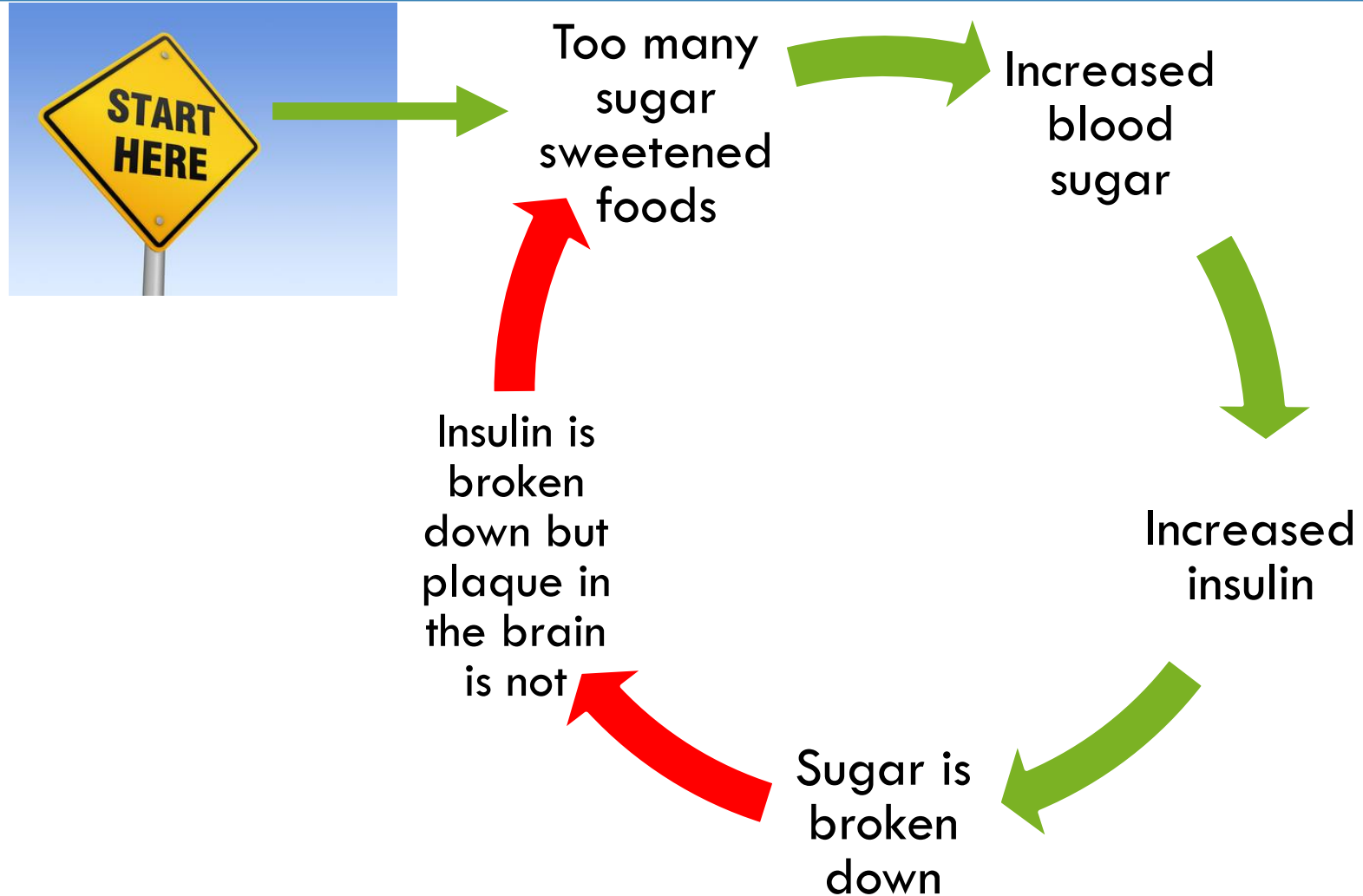
## When we eat very little sugar...



# Sugar and The Brain

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When we  
eat too  
much  
sugar...





# MIND Diet Reminders

## **Brain Healthy Foods**

Green Leafy Vegetables

Other Vegetables

Nuts

Berries

Beans

Whole Grains

Fish

Poultry

Extra Virgin Olive Oil



# Tips & Tricks for Brain Healthy Foods

## To Eat More Vegetables, Nuts, and Fruits ...

**Buy & steam frozen broccoli.**  
**Use a food processor or chopper if you have arthritis.**  
**Keep nuts at eye level in a clear jar in your refrigerator.**  
**Grapes are berries. Buy, wash, and snack on these.**



# Tips & Tricks for Brain Healthy Foods

**To Eat More Beans...**

**Buy low sodium canned beans.**

**Snack on bean dips.**





# Tips & Tricks for Brain Healthy Foods

## To Eat More Whole Grains...

Make a big batch of oatmeal and store it in the refrigerator.  
Mix cooked brown rice into cooked white rice. Increase brown and decrease white rice over time.  
Try one new whole grain every month.



# Tips & Tricks for Brain Healthy Foods

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**To Eat More Fish...**

**Instead of tuna salad, try making salmon salad.**



# Tips & Tricks for Brain Healthy Foods

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To Limit Your Chicken Intake...

Cook 1 chicken breast and use the meat to make a chicken + vegetable + fruit salad





# Tips & Tricks for Brain Healthy Foods

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## **To Increase Olive Oil ...**

**Use extra virgin olive oil and fresh herbs instead of salad dressing**

**Use extra virgin olive oil for low heat cooking**

# Why These Foods?

- ❑ Increase antioxidants
- ❑ Decrease inflammation
- ❑ Limit saturated fat intake
- ❑ Limit trans fat intake
- ❑ Decrease plaque build up in brain



# MIND Diet Superstar Foods

- ▣ Extra Virgin Olive Oil
- ▣ Blueberries
- ▣ Strawberries

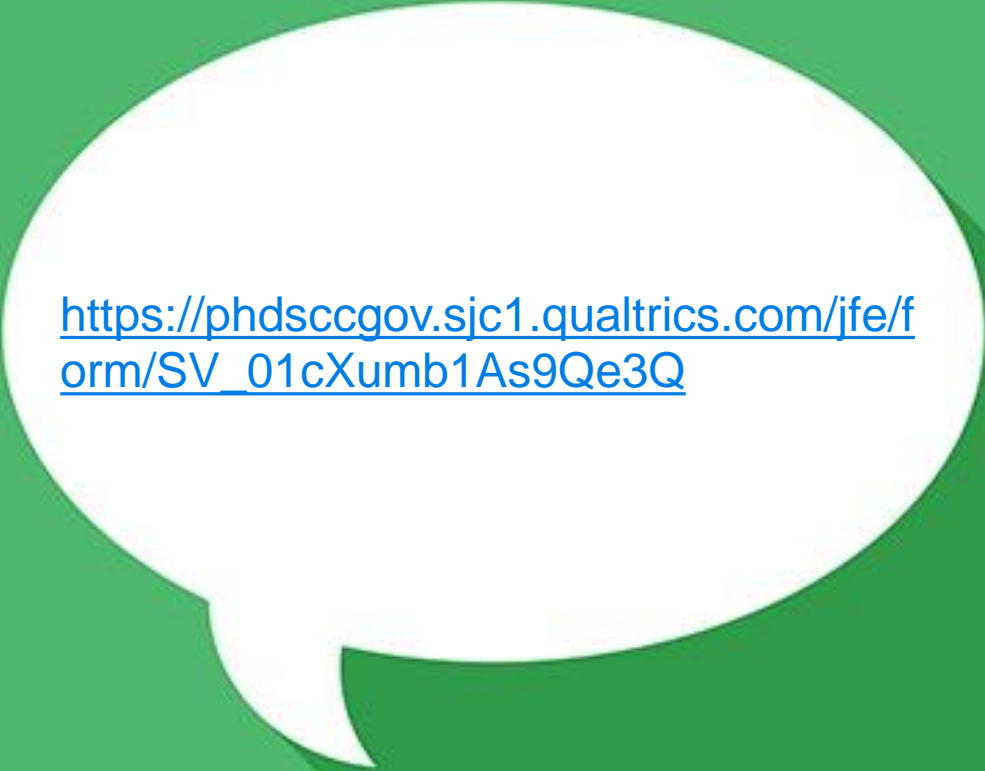


# References

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- ❑ <https://www.rush.edu/news/new-mind-diet-may-significantly-protect-against-alzheimers-disease>
- ❑ [https://www.healthline.com/nutrition/mind-diet#TOC\\_TITLE\\_HDR\\_9](https://www.healthline.com/nutrition/mind-diet#TOC_TITLE_HDR_9)
- ❑ <https://news.illu.edu/health-wellness/fight-against-alzheimers>
- ❑ <https://www.bluezones.com/>

# We Appreciate Your Feedback

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[https://phdsccgov.sjc1.qualtrics.com/jfe/form/SV\\_01cXumb1As9Qe3Q](https://phdsccgov.sjc1.qualtrics.com/jfe/form/SV_01cXumb1As9Qe3Q)

# We Appreciate Your Feedback

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Santa Clara County

# PUBLIC HEALTH

BETTER HEALTH FOR ALL