In the Chicago Health and Aging Study conducted by Morris et al., 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?

- 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

- 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?

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

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.


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

P Giem¹, 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?

Green vegetables in the Brassica family

Dark leaf lettuce varieties

Green leafy fresh herbs
What’s an additional vegetable?

Colorful starchy and nonstarchy vegetables
What is a whole grain?

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)
Sugar and The Brain

When we eat very little sugar...

- Sugar sweetened foods
  - Increased blood sugar
  - Increased insulin
  - Sugar and insulin are broken down
  - Plaque in brain broken down
Sugar and The Brain

When we eat too much sugar...

Too many sugar sweetened foods → Increased blood sugar

Insulin is broken down but plaque in the brain is not → Increased insulin

Sugar is broken down

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MIND Diet Reminders

**Brain Healthy Foods**
- Green Leafy Vegetables
- Other Vegetables
- Nuts
- Berries
- Beans
- Whole Grains
- Fish
- Poultry
- Extra Virgin Olive Oil
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.
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.
To Eat More Fish...
Instead of tuna salad, try making salmon salad.
To Limit Your Chicken Intake...

Cook 1 chicken breast and use the meat to make a chicken + vegetable + fruit salad
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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We Appreciate Your Feedback

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