

A Diet Might Cut the Risk of Developing Alzheimer's

Adapted from article by SUMATHI REDDY in the Wall Street Journal – April 20, 2015

The MIND diet combines elements of the heart-healthy Mediterranean diet and the DASH diet, which aims to reduce high blood pressure. The MIND diet also includes 'brain-healthy' foods such as lots of green leafy vegetables, blueberries and nuts. A study found adhering strictly to any of the three diets lowered the risk for Alzheimer's disease. **But only the MIND diet had significant benefits even with moderate adherence.**

The MIND diet, which took two years to develop, stands for Mediterranean – DASH Intervention for Neurodegenerative Delay. Researchers modified the Mediterranean and DASH diets based on evidence from animal and human studies looking at nutrition and the brain. DASH stands for Dietary Approached to Stop Hypertension.

The MIND diet has 15 dietary components; the first 10 are the healthy components:

- Green leafy vegetables
- Other vegetables
- Nuts
- Berries
- Beans
- Whole grains
- Fish
- Poultry
- Olive oil
- Wine

The five unhealthy groups are:

- Red meats
- Butter and stick margarine
- Cheese
- Pastries and sweets
- Fried or fast food

The MIND diet includes at least three servings of whole grains, a salad and one other vegetable everyday – along with a glass of wine. It also involves snacking most days on nuts and eating beans every other day or so, poultry and berries at least twice a week and fish at least once a week. Dieters must limit eating the designated unhealthy foods, especially butter (less than 1 tablespoon a day), cheese, and fried food (less than a serving a week for any of the three), to have a real shot at avoiding the devastating effects of Alzheimer's, according to a study by Rush University Medical Center researchers.

MIND

Healthy Components

Food	Quantity & Servings	Examples and Tips
Green Leafy Vegetables	At least 1 serving/day *One serving = 1 cup raw or ½ cup cooked	Spinach, kale, collards, Swiss chard, mustard greens, turnip greens, dandelion greens, arugula, endive, grape leaves, romaine lettuce
Most Other Vegetables	At least 1 serving/day *One serving = 1 cup raw or ½ cup cooked	Salad + at least one other vegetable every day. Asparagus, broccoli, Brussel sprouts, cabbage, carrots, cauliflower, eggplant, green beans, mushrooms, onion, okra, snow peas, squash, bell peppers, sweet potatoes, tomatoes
Nuts	5 oz total/week *One serving = ½ cup	Peanuts, almonds, walnuts, cashews, pistachios, or Nut butter
Berries	At least 5 servings a week *One serving = ½ cup	Blueberries, strawberries, raspberries, blackberries
Beans/Legumes	At least 3 servings a week *One serving = ½ cup	Black, pinto, cannellini, garbanzo, kidney lima, red/white, navy, lentils, tofu, edamame, hummus, soy yogurt
Whole Grains	At least 3 servings a week *One serving = ½ cup or 1 slice	Dark or whole grain bread, brown rice, whole grain pasta, wild rice, quinoa, barley, bulger, whole grain cereal
Fish	At least 1 serving/week *One serving = 3 to 5 oz	*Not Fried Salmon, tuna, tilapia, cod, mahi mahi, halibut
Poultry	At least 2 servings/week *One serving = 3 to 5 oz	*White meat & skinless Chicken or Turkey breast
Extra Virgin Olive Oil	2 TB/day *One serving = 2 TB	USE EVOO as primary oil Look for unrefined EVOO

Unhealthy Components

Food	Quantity and Servings	Examples and Tips
Red Meat and Processed Meat	No more than 3 servings/week *One serving = 3 to 5 oz	Beef, lamb, pork, ham, burger, hot dogs, sausages, bacon, roast beef, salami
Butter and Margarine	Less than 1 pat a day	Use EVOO instead, use Smart balance or Earth balance
Regular Cheese	No more than 2 oz a week	Full fat cheese
Pastries and Sweets	No more than 4 treats a week	Pastries, Pop tarts, biscuits, rolls, cake, Danish, candy
Fried Foods and Fast Foods	No more than 1 meal/week	Fast food or Fast casual restaurants. Any fried foods including fried potato chips.

Adapted: Morris, MC et al. MIND diet associated with reduced incidence of Alzheimer's disease. *Alzheimer's & Dementia*; 2015. Lindseth, G. et al., Neurobehavioral Effects of Consuming Dietary Fatty Acids. *Biol Res Nurs* July 13, 2016