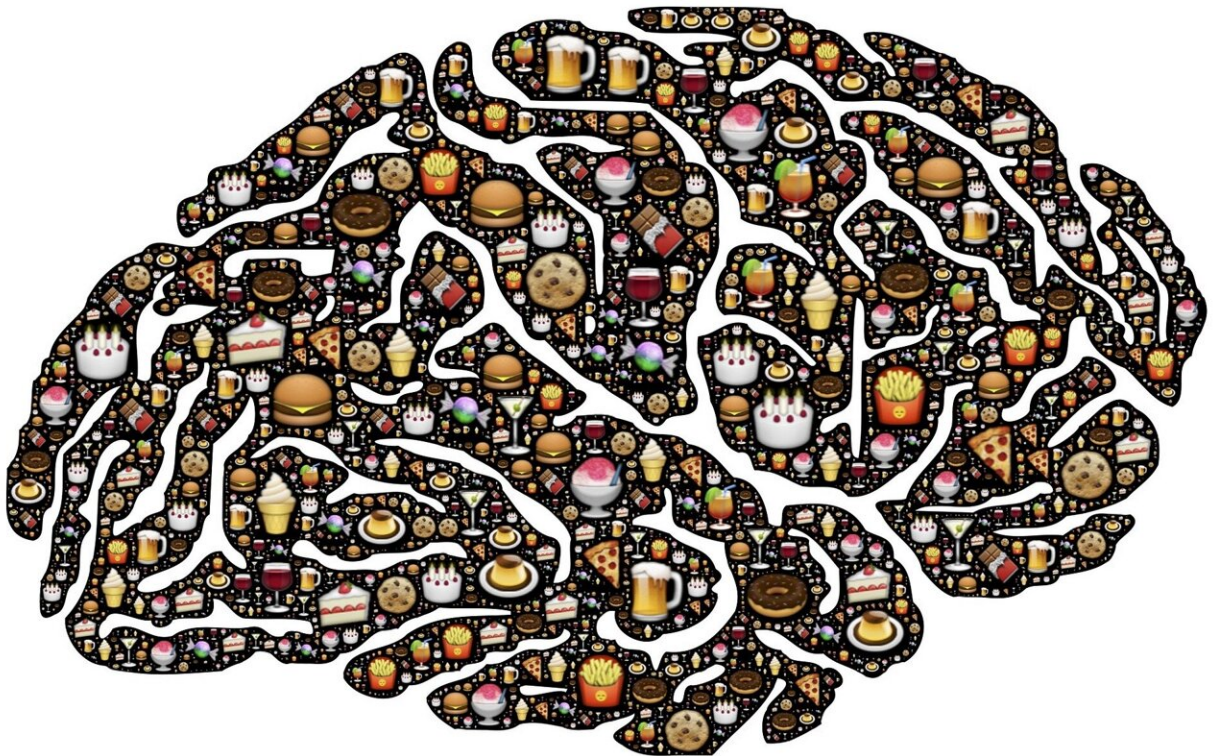


Can the MIND diet improve brain health?

March 27 2023, by DeeDee Stiepan



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You might be hearing more about the MIND diet of late. A recent study has added to the evidence that the diet, which includes a variety of brain-

friendly foods, may help protect against Alzheimer's disease.

In this Mayo Clinic Minute, Angie Murad, a registered dietitian and [nutritionist](#) and patient educator at Mayo Clinic, explains the benefits of incorporating foods included in the MIND diet.

Eating certain foods can help improve brain health and preserve [brain function](#). There's mounting [scientific evidence](#) that shows sticking to a method called the MIND diet can make a difference in your risk of cognitive decline and dementia, including Alzheimer's disease.

"MIND stands for Mediterranean-DASH Intervention for Neurodegenerative Delay," Murad says. "It's a combination of two other healthy diets: the Mediterranean diet and the DASH (Dietary Approaches to Stop Hypertension) diet, and includes a variety of brain-friendly foods."

"What it emphasizes are leafy greens; berries; nuts, specifically ones that are high in omega-3; fish; and an additional vegetable as well as the [leafy greens](#)," Murad adds.

Murad says the MIND diet is high in nutrients and is not difficult to follow. Foods to avoid or limit include butter, cheese, red meat and sweets.

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