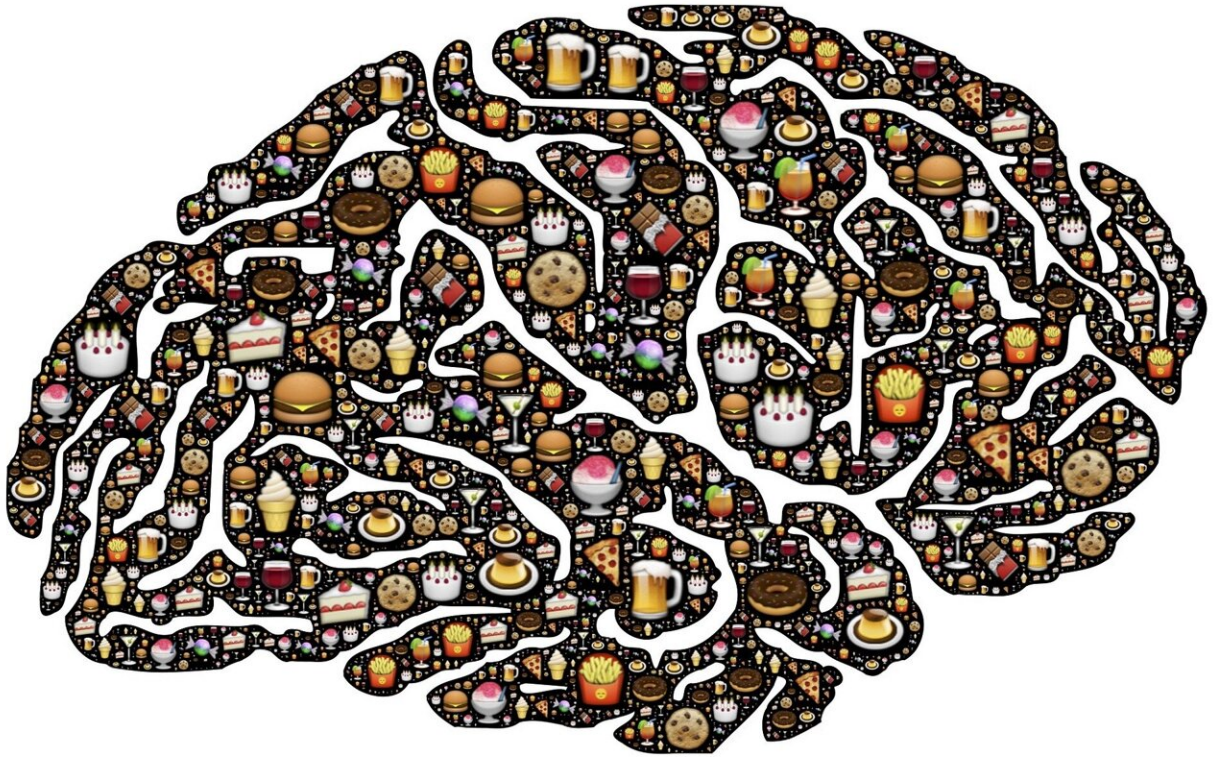


Can the MIND diet improve brain health?

March 27 2023, by DeeDee Stiepan



Credit: Pixabay/CC0 Public Domain

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.

©2023 Mayo Clinic News Network.
Distributed by Tribune Content Agency, LLC.

Citation: Can the MIND diet improve brain health? (2023, March 27) retrieved 26 April 2024 from <https://medicalxpress.com/news/2023-03-mind-diet-brain-health.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is

provided for information purposes only.