

Healthy Brain Diets

Often times researchers are asked, "What can I do to help prevent memory loss?" Dr. William Frey answered just that at a recent presentation when he spoke about two diets: the Mediterranean Diet and the MIND Diet. Studies suggest that both diets reduce the risk of developing brain cell loss and Alzheimer's disease.

The Mediterranean Diet consists of a high consumption of olive oil, legumes, unrefined cereals, fruits and vegetables, moderate to high consumption of fish, moderate consumption of dairy products and wine, and low consumption of non-fish meats.

The MIND Diet consists of a high consumption of leafy greens and other vegetables, moderate to high consumption of nuts, blueberries and strawberries, beans, and whole grains, moderate consumption of fish, poultry, olive oil, and wine, and a low consumption of red meat, butter, cheese, sweets, and fried food.

Consumption of turmeric (present in yellow curry and turmeric tea), green tea and other foods containing natural antioxidants and anti-inflammatory compounds (such as quercetin) are also likely to be beneficial.



Eating a healthy diet, remaining mentally active, and exercising regularly are all important for a healthy brain!



Food groups to avoid in your diet

1. Red meat: Less than four servings a week
2. Butter and margarine: Less than a tablespoon daily
3. Cheese: Less than one serving a week
4. Pastries and sweets: Less than five servings a week
5. Fried or fast food: Less than one serving a week

Food groups to include in your diet

1. Green leafy vegetables: (spinach, kale, chard, collard greens and salad) at least six servings a week
2. Other vegetables: at least one a day
3. Nuts: five servings a week (walnuts, pistachios, sunflower seeds)
4. Berries: (blueberries, strawberries) two or more servings a week
5. Beans: at least three servings a week
6. Whole grains: three or more servings a day
7. Fish: once a week (salmon, tuna, herring, sardines, black cod)
8. Poultry: (chicken or turkey) two times a week
9. Olive oil: use it as your main cooking oil
10. Wine: one glass a day