Mayo Clinic Minute

What to Eat for Brain Health

Video	Audio
Vivien Williams	There's no doubt that what you eat can impact your heart health. Research shows that's also true for your brain health.
Ronald Petersen, M.D., Ph.D. **Director** **Mayo Clinic Alzheimer's Disease Research Center**	"What's good for the heart is good for the brain, so I think many of the same features that give us good heart health, will also give us good brain health."
Vivien Williams	Mayo Clinic Dr. Ronald Petersen says eating a heart-healthy diet may increase blood flow to the brain. It may also impact the underlying disease process of conditions such as Alzheimer's disease.
Vivien Williams	Now, what is a heart- and brain-healthy diet? Dr. Petersen says it's a diet rich in fruits, vegetables, whole grains and healthy fats, such as olive oil. It also includes lean sources of protein, such as fish. But, he also says the lifestyle choice that may be even more important for your brain's health is …
Ronald Petersen, M.D., Ph.D.	… "I would say physical exercise."
Vivien Williams	Every week, try to fit in 150 minutes of moderate activity, such as walking. It will benefit your heart and brain health. For the Mayo Clinic News Network, I'm Vivien Williams.