

## Mayo Clinic Minute

### The diet that could improve your brain's health

Video	Audio
	If you knew changing your diet today could make your brain healthier, would you?
	Research suggests the Mediterranean Diet might be the key.
00:02:33 <b>Maria Vassilaki, M.D., Ph.D.</b> <b>Epidemiology</b> <b>Mayo Clinic</b>	"The changes that we see in our brain and are associated with Alzheimer's disease, one of them is amyloid beta, which is a protein fragment that accumulates in the brain. We found out that the individuals that follow very closely the Mediterranean diet or that they are in the higher consumption for vegetables, they were less likely to have ... a lot of amyloid beta in their brain."
	Dr. Maria Vassilaki, a Mayo Clinic epidemiology researcher, says that while more research is needed to figure out why, it appears people who follow the Mediterranean diet show fewer signs of Alzheimer's developing.
	But, since symptoms of Alzheimer's don't usually appear until later in life, Dr. Vassilaki is hopeful this research suggests that a healthier Mediterranean Diet earlier in life could help delay or prevent the onset of dementia.
00:02:39	"We should not wait."
	For the Mayo Clinic News Network, I'm Ian Roth.