

Mayo Clinic Minute: Can the MIND diet improve brain health?

Video	Audio
Angie Murad Dietitian Mayo Clinic	Eating certain foods can help 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 (Dietary Approaches to Stop Hypertension) Intervention for Neurodegenerative Delay."
	Angie Murad, a registered dietitian and nutritionist and patient educator at Mayo Clinic, says the MIND diet is a combination of two other healthy diets 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 also including an additional vegetable as well as the leafy greens."
	The benefits of the MIND method go beyond just the mind.
	"Anyone can really benefit because it's more of a plant-based diet, which also helps reduce weight if that's something that you're struggling with."
	Foods to avoid or limit include butter, cheese, red meat and sweets. For the Mayo Clinic News Network, I'm DeeDee Stiepan.
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