

The MIND diet is now being offered at Apple Valley Place Assisted Living for all residents. We are committed to bringing the latest and most advanced research to help our residents with successful aging and learning how what we eat can affect our overall health.

# MIND Diet

Emphasizing foods that support a healthy brain and limiting potentially damaging choices



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# RESEARCH

The MIND Diet trial followed 923 individuals from age 58 to 98 for an average of 4.5 years. For people who followed the diet closely, they realized a 53% reduction in the risk of developing Alzheimers disease. Even moderate compliance with the MIND Diet brought about a significant reduction in dementia risk.

*Judith C Thalmeimer, RD, LDN Today's Geriatric Medicine Vol 8, No 4 P 10*



## WHY IT WORKS

Certain foods and food components have been directly linked to improved neurological function. MIND diet foods reflect nutrients shown to slow cognitive decline, lower the risk of Alzheimers disease and decreases inflammation. MIND recommended foods are rich in nutrients like Vitamin E and Omega-3 fatty acids. The diet also includes plenty of B Vitamins and Vitamins C and D.

The MIND Diet is fairly simple to follow. With the diet a part of the communities dining program, we make it easy for residents to follow the MIND Diet guidelines and reap the benefits. The good news is that research shows that even modest adherence to the MIND Diet can measurably reduce the chances of developing Alzheimer's disease. The longer you stick with it, the greater the benefits.

# THE MIND DIET

Emphasizes the importance of vegetables to brain health.

- A salad and a vegetable every day
- Berries help to protet the brain, 2x a week
- Beans should be eaten three times a week to help keep the mind sharp
- Whole grains 3x a day
- Fish once a week
- Poultry at least two servings a week
- Cook with Olive Oil
- Eat Nuts 5 times a week

## MIND DIET FOODS TO AVOID

- Red meat no more than 4 times a week
- Butter and margarine less than a tablespoon a day – Olive oil instead
- Cheese once a week
- No more than 5 sweet treats a week
- Fried food no more than once a week

