



Image by silviarita from Pixabay

EAT WELL, AGE WELL.

MIND DIET (MEDITERRANEAN-DASH INVENTION FOR NEURODEGENERATIVE DELAY)

According to the Alzheimer's Association, 1 in 10 people age 65+ has Alzheimer's disease. If there was a way to decrease your chances of developing Alzheimer's or dementia, would you be interested? Well, besides getting regular exercise, preliminary studies have shown very promising results with a relatively new eating pattern called the MIND Diet. This diet combines the Mediterranean Diet and the DASH Diet and emphasizes foods that impact brain health. Study results from a 4.5-year study showed people who strictly followed the diet decreased their risk of getting Alzheimer's by 53%. Moderate adherence to the diet still showed a 35% reduction in Alz. However, more research is needed to confirm these results.

Berries, Beans and Leafy greens are three of the brain healthy foods you are encouraged to eat most days of the week on this eating plan. Say it with me, "Berries, Beans and Leafy Greens." Also include whole grains, fish, poultry and nuts. **Foods to limit or avoid include:** butter and margarine, use olive oil instead, red meat, fast foods, full-fat cheeses, sweets & pastries. Read labels and cut back on added sugars.

WEEKLY CHALLENGES

ADD BERRIES AT LEAST 3 TIMES EACH WEEK

LOOK UP MIND DIET RECIPES AND TRY AT LEAST TWO

ADD LEAFY GREENS TO SMOOTHIES, SALADS, SOUPS, HOT DISH, PIZZA...

CUT DOWN ON SWEETS & PASTRIES

DID YOU KNOW?

Every 65 seconds, someone in the US develops Alzheimer's

(Alz.org)

Note to Nutrition Directors and Site Managers:

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate brain foods into their eating habits. You can help create excitement to try new foods. These foods will help decrease the rate of cognitive decline and increase brain function.

If they ask how they should record if they reach their weekly action plan. They can write words like, "Nailed it" or just a short note like, added tomato juice at breakfast or added kale to my salad, etc. on the *Monthly Tracking Calendar*.

Week 1: Give out/Post

- The 1- page overview handout *Eat Well, Age Well. MIND Diet*
- Placemat/handout – *MIND Diet Overview*
- *Monthly Tracking Calendar*

Week 2: Give out/Post

- Placemat/handouts – *Easy MIND Healthy Salad*
- Table Tent- *MIND Diet Overview*

Week 3: Give out/Post

- Placemat/handouts – *Orange-Cranberry Poultry*
- *Table Tent- MIND Diet Tips and Sample Menu*

Week 4: Give out/Post

- Placemat/handout- *Boost Your Brain Health Challenge*

To print the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet, and click on the drop-down menu to select "Scale to Paper Size" and select "letter" size paper.

The table tents are available in full size version that you can post on a bulletin board, give as a handout or place in a full-size table tent holder or print the 4 x 6-inch version and place in 4 x 6 or 5 x 7-inch holder.

I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments pam.vankampen@gwaar.org