10 Foods to Feed Your Brain

Researchers have identified several lifestyle factors, including diet and exercise which appear to affect not only the risk of developing Alzheimer's but also the progression of the disease. A recently published study called Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) determined that following an eating pattern that has components of the DASH and Mediterranean diets could reduce the risk of developing Alzheimer's disease by 53%. The MIND study identified ten food groups that appear to be beneficial to brain health and five others that are harmful to the brain.

10 Food Groups that are Beneficial for Brain Health

- Beans
- Berries (especially blueberries and strawberries)
- Fish
- Green, leafy vegetables (spinach, kale, arugula, Swiss chard, etc.)
- Nuts
- Olive oil
- Other vegetables (carrots, broccoli, green beans, cauliflower, etc.)
- Poultry
- Whole grains (brown rice, farro, quinoa, oats, etc.)
- Wine

5 Food Groups to Limit or Avoid

- Butter and stick margarine
- Cheese
- Fried or fast food
- Pastries and sweets
- Red meats

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