



# You, Your brain and Healthy diet

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# Cognitive Decline is Not an Inevitable Part of Aging



# Lifestyle Factors

What works for the  
Heart works for the  
Head



# Lifestyle Factors

- Nutrition
- Stress Management
- Exercise



# Nutrition-Food for Thought



- Fish-Omega- 3 FA
- Mediterranean Diet

# Omega 3 FA mechanisms

- Anti-inflammatory
- Reduces cardiovascular risk
- Brain development and nerve membranes
- Regulates serotonin – “feel good”



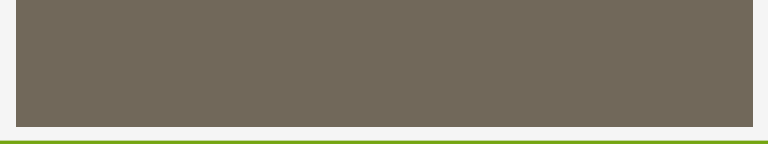
# Omega 3 FA

- 2/week-3 gm./day
- 1 gm EPA and DHA/100gm of fish
- Flaxseed, walnuts, canola & spinach

# Omega 3 FA-caution!

- Patients with bleeding disorders
- Diabetes
- Pregnant women





# Mediterranean Diet



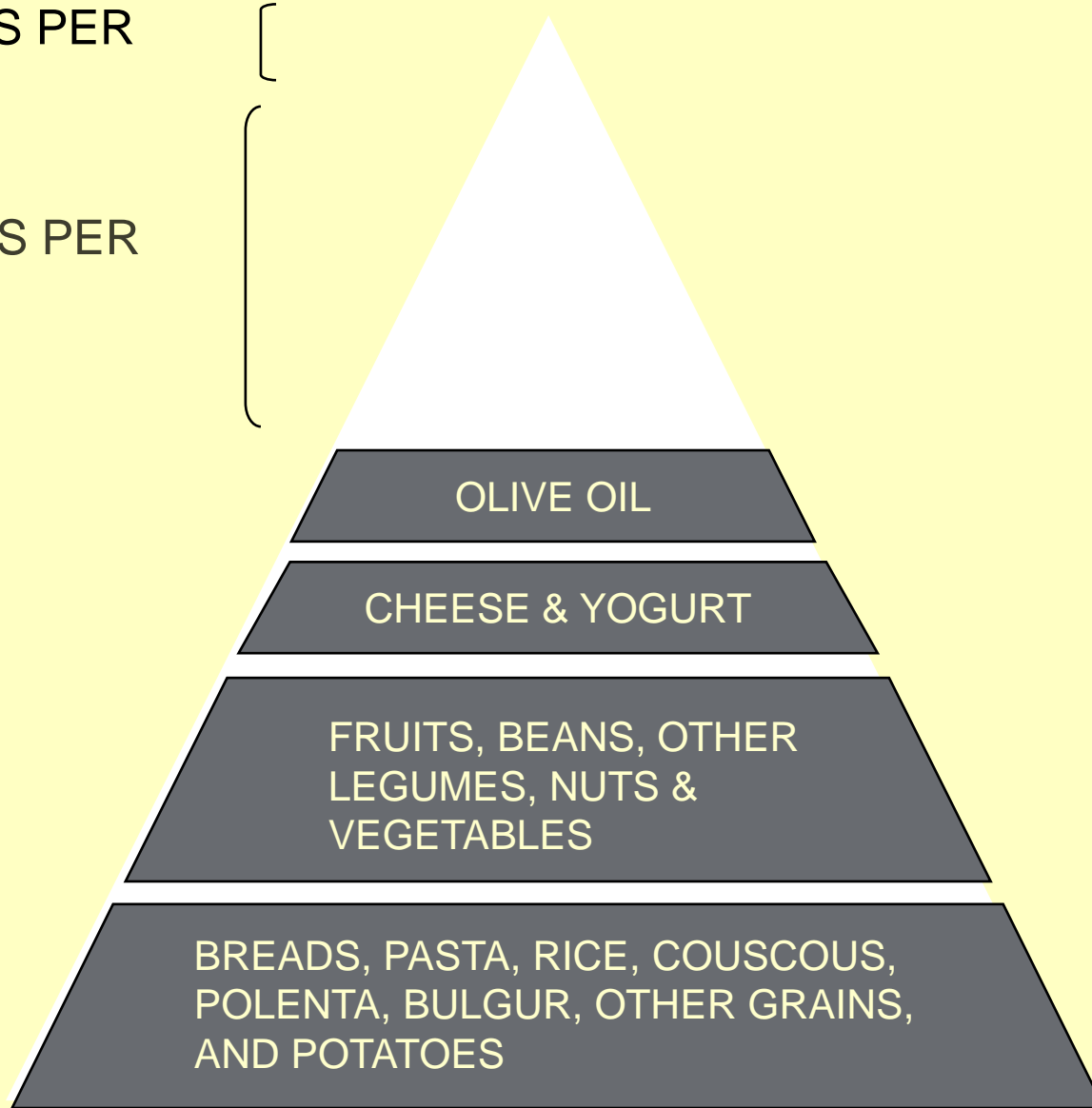
# Mediterranean Diet

- #3 in Best Diets Overall
- #14 in Best Weight-Loss Diets
- #4 in Best Heart-Healthy Diets
- #3 in Best Diets for Healthy Eating
- #8 in Best Diabetes Diets
- #3 in Easiest Diets to Follow
- #1 in Best Plant-Based Diets

FEW TIMES PER  
MONTH

FEW TIMES PER  
WEEK

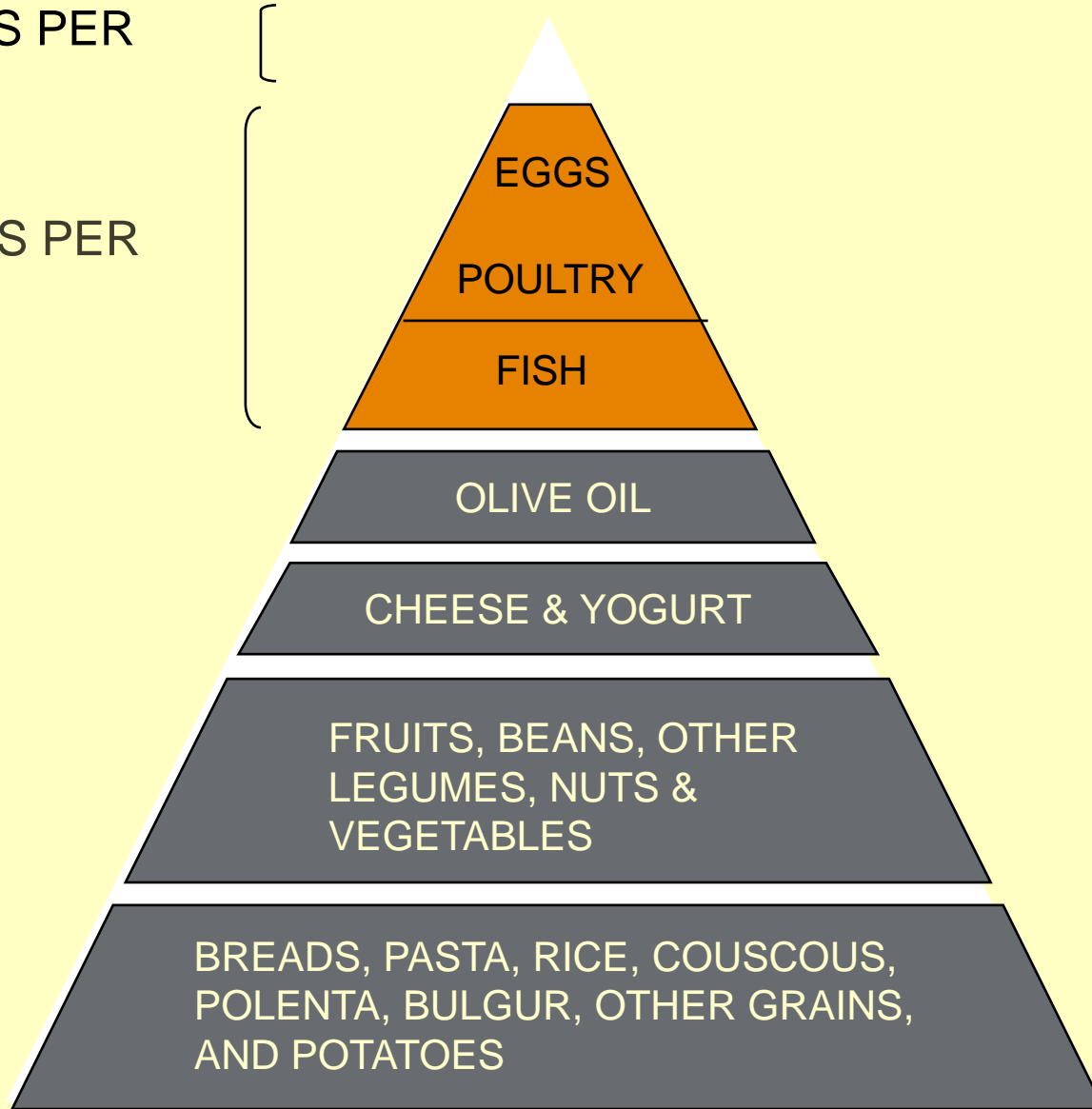
DAILY



FEW TIMES PER MONTH

FEW TIMES PER WEEK

DAILY



# MEDITERRANEAN DIET

FEW TIMES PER MONTH

SWEETS  
RED MEAT

FEW TIMES PER WEEK

EGGS

POULTRY

FISH

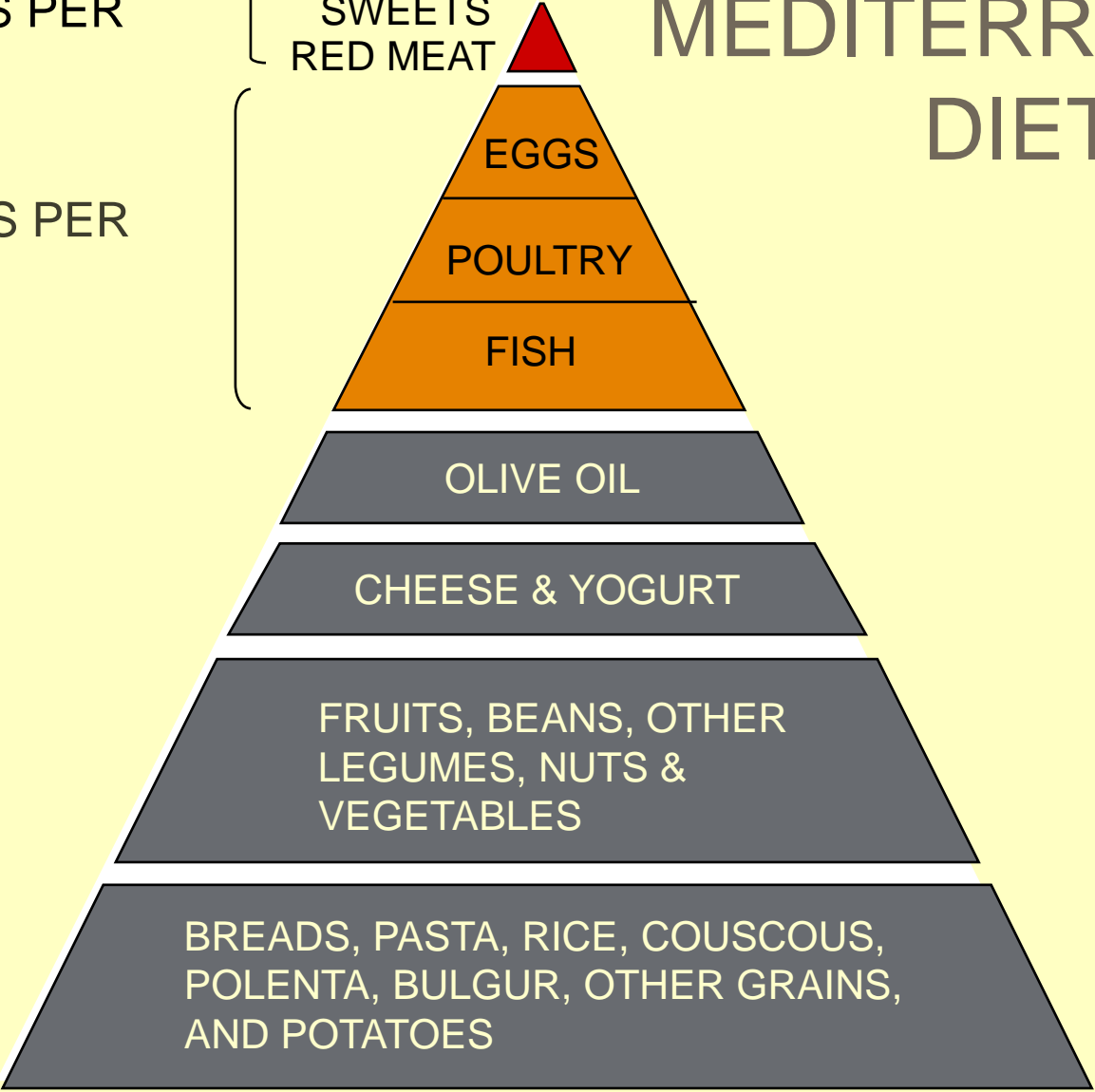
DAILY

OLIVE OIL

CHEESE & YOGURT

FRUITS, BEANS, OTHER  
LEGUMES, NUTS &  
VEGETABLES

BREADS, PASTA, RICE, COUSCOUS,  
POLENTA, BULGUR, OTHER GRAINS,  
AND POTATOES



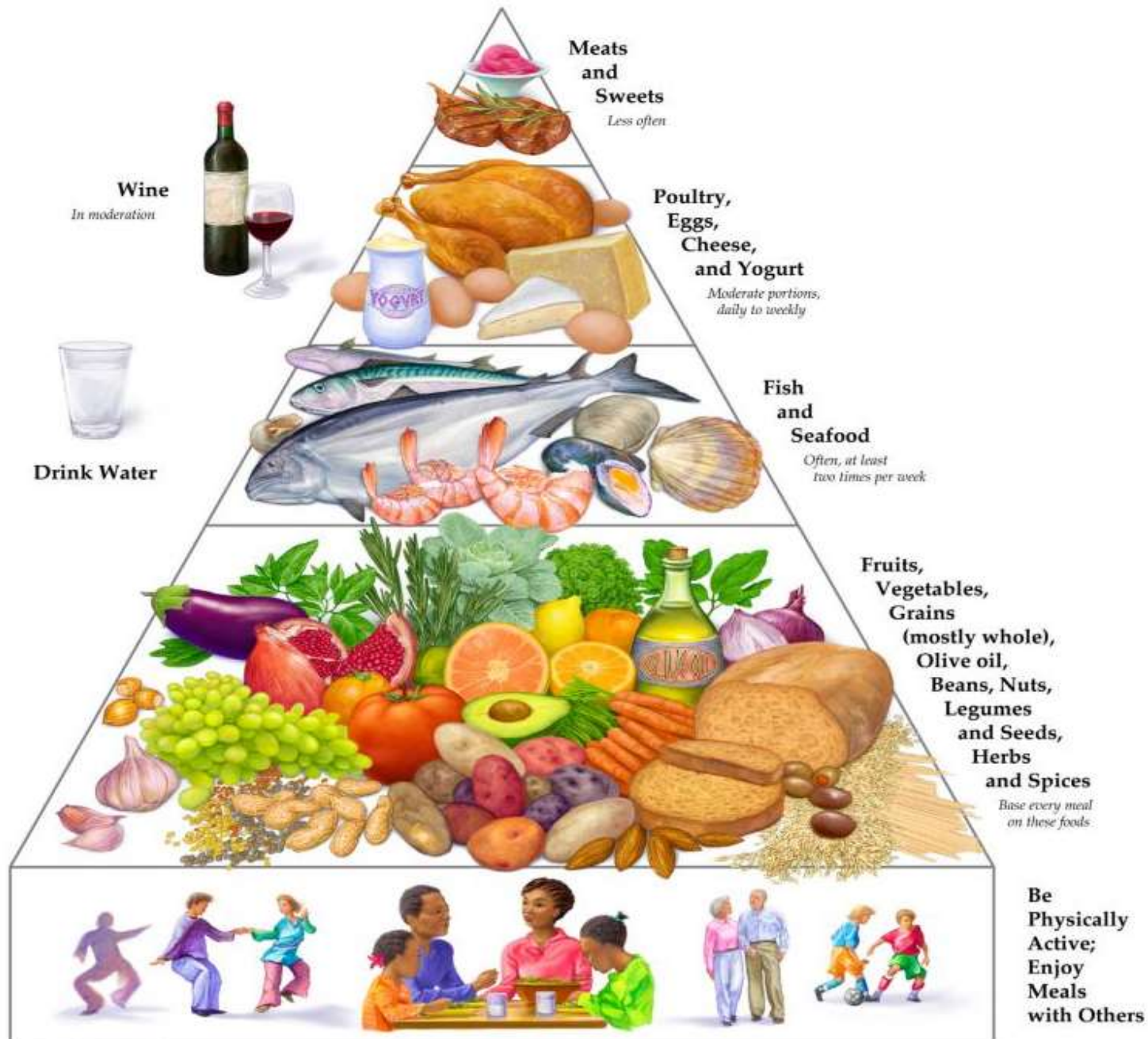


Illustration by George Middleton



# Mediterranean Diet

- 66% more Vegetables
- Double seafood
- 4 times more olive oil
  
- 16% less eggs
- 45% less Meat
- 50% less whole milk, cream, butter

# Smart foods

- Blueberries
- Walnuts
- Salmon
- Broccoli
- Banana
- Olive oil
- Spinach
- Tomatoes
- Green tea
- Red Wine/grape juice
- Dark chocolate/hot coco

Small servings!

- Lower incidence of Alzheimer's disease found in areas that eat a more Mediterranean rich diet
- Top two healthy geographies in the United States are Maryland and District of Columbia, with lower ranking states including Iowa (Gazette, 2011)



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## ORIGINAL ARTICLE

# Primary Prevention of Cardiovascular Disease with a Mediterranean Diet

Ramón Estruch, M.D., Ph.D., Emilio Ros, M.D., Ph.D., Jordi Salas-Salvadó, M.D., Ph.D., Maria-Isabel Covas, D.Pharm., Ph.D., Dolores Corella, D.Pharm., Ph.D., Fernando Arós, M.D., Ph.D., Enrique Gómez-Gracia, M.D., Ph.D., Valentina Ruiz-Gutiérrez, Ph.D., Miquel Fiol, M.D., Ph.D., José Lapetra, M.D., Ph.D., Rosa Maria Lamuela-Raventos, D.Pharm., Ph.D., Lluís Serra-Majem, M.D., Ph.D., Xavier Pintó, M.D., Ph.D., Josep Basora, M.D., Ph.D., Miguel Angel Muñoz, M.D., Ph.D., José V. Sorlí, M.D., Ph.D., José Alfredo Martínez, D.Pharm., M.D., Ph.D., and Miguel Angel Martínez-González, M.D., Ph.D. for the PREDIMED Study Investigators

N Engl J Med 2013; 368:1279-1290 | [April 4, 2013](#) | DOI: 10.1056/NEJMoa1200303

 [Comments](#) open through April 10, 2013

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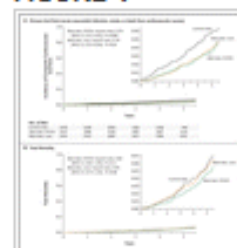
[Abstract](#)[Article](#)[References](#)[Citing Articles \(82\)](#)[Comments \(52\)](#)[Letters](#)

## BACKGROUND

Observational cohort studies and a secondary prevention trial have shown an inverse association between adherence to the Mediterranean diet and cardiovascular risk. We conducted a randomized trial of this diet pattern for the primary prevention of cardiovascular events.

## MEDIA IN THIS ARTICLE

### FIGURE 1



# Mediterranean Diet- Research

- When combined with physical activity on a regular basis, adhering to a Mediterranean diet pattern can reduce the risk of developing Alzheimer's disease by 48 percent.

*N. Scarmeas, J. Luchsinger, N. Schupf, A. Brickman, et al. Physical activity, diet and risk of Alzheimer disease. JAMA. 2009;302(6):627-637.*



# Exercise



It's n  
start  
and  
it's o  
to Q



to  
ly