You, Your brain and Healthy diet

Yogesh Shah M.D.
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
- 1gm 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
- BREADS, PASTA, RICE, COUSCOUS, POLENTA, BULGUR, OTHER GRAINS, AND POTATOES (DAILY)
- FRUITS, BEANS, OTHER LEGUMES, NUTS & VEGETABLES (DAILY)
- CHEESE & YOGURT (FEW TIMES PER WEEK)
- POULTRY (FEW TIMES PER WEEK)
- FISH (FEW TIMES PER MONTH)
- OLIVE OIL (FEW TIMES PER MONTH)
- EGGS (DAILY)
MEDITERRANEAN DIET

FEW TIMES PER MONTH

FEW TIMES PER WEEK

DAILY

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

FRUITS, BEANS, OTHER LEGUMES, NUTS & VEGETABLES

CHEESE & YOGURT

OLIVE OIL

FISH

POULTRY

EGGS

SWEETS
RED MEAT

RED MEAT

CHEESE & YOGURT

OLIVE OIL

POULTRY

FRUITS, BEANS, OTHER LEGUMES, NUTS & VEGETABLES

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

DAILY

FEW TIMES PER WEEK

FEW TIMES PER MONTH

SWEETS
RED MEAT
Meats and Sweets
Less often

Wine
In moderation

Fish and Seafood
Often, at least two times per week

Fruits, Vegetables, Grains (mostly whole), Olive oil, Beans, Nuts, Legumes and Seeds, Herbs and Spices
Base every meal on these foods

Be Physically Active; Enjoy Meals with Others

Drink Water
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 Colombia, with lower ranking states including Iowa (Gazette, 2011)
Primary Prevention of Cardiovascular Disease with a Mediterranean Diet

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Comments open through April 10, 2013

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.
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.

Exercise
It’s never too late to start, and it’s always too early to Quit!