

MIND Diet Reduces Signs of Alzheimer's Disease

Leafy greens and berries were most beneficial in reducing signs of Alzheimer's disease in brain tissue.

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A new study found that the brains of people who adhered to the MIND (Mediterranean-DASH Intervention for Neurodegenerative Delay) diet showed fewer signs of [Alzheimer's disease](#) when autopsied, [CNN reports](#).

Overall, Black adults are almost twice as likely as white adults to develop Alzheimer's, a type of [dementia](#) that affects memory, thinking and behavior, according to the [Alzheimer's Association](#). More than 21% of Black Americans ages 70 and older are living with Alzheimer's.

Suffering damage to the heart or blood vessels as a result of high blood pressure, heart disease, stroke, diabetes and elevated cholesterol levels is a modifiable risk factor for Alzheimer's disease.

Developed by RUSH University researchers in 2015, the MIND [diet](#) emphasizes increasing one's intake of [fruits](#) and [vegetables](#), whole grains, beans and seeds, while also limiting one's consumption of sugar, red meat and ultra-processed foods, such as ready-to-eat meals, frozen pizza or prepackaged soups.

The MIND diet prioritizes plant-based cooking and recommends specific amounts of brain-healthy foods, such as dark leafy greens (arugula, collards, endive, romaine lettuce, spinach) and berries (blackberries, blueberries, raspberries, strawberries). Adding these foods to one's diet can help delay the onset of Alzheimer's disease or reduce the risk of developing dementia, according to study authors.

[Published in Neurology](#), the study examined the brains of 581 people who had donated their body to the Memory and Aging Project at RUSH University. People who most closely stuck to the MIND diet had nearly 40% lower odds of showing signs of Alzheimer's disease, such as amyloid plaques

on the brain.

Leafy green vegetables, which contain bioactives—chemicals that reduce inflammation and promote health—were found to be the most beneficial foods. In fact, the brain tissue of those who consumed the greatest amount of leafy greens appeared almost 20 years younger in terms of plaque buildup than those who ate one serving per week or less.

“We still need to really tease apart what exactly is happening,” said study author Puja Agarwal, PhD, an assistant professor of internal medicine at the Rush University Medical Center in Chicago. “But overall, these diets are rich in the essential nutrients and bioactives which reduce overall inflammation and oxidative stress in the brain and probably leading up to less accumulation of amyloid plaques and tangles.”

Click [#Alzheimer’s Disease](#) or [#Diet](#) to read articles such as “[Many Black Adults Unaware of Alzheimer’s Disease, Symptoms](#),” “[Benefits of Plant-Based Diet in Black Adults](#)” and “[Small Amounts of Ultra-Processed Foods Can Raise Risk of Stroke and Cognitive Decline](#).”

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