

# Welcome to the June Statewide Wellness Virtual Lunch and Learn

Hosted by: OSHR Worksite Wellness

If you participate in the State Health Plan, you can find a nutritionist close to you by logging into your BCBSNC account or calling BCBS. Dietitian visits are covered at 100% when an in-network provider is used. Visit [www.shpnc.org](http://www.shpnc.org) to learn more.

For future Wellness Lunch and Learn events or recordings of previous events, visit <https://oshr.nc.gov/wellness-webinars>.

Let's Lunch and Learn!



# The MIND Diet: Mediterranean-Dash Intervention for Neurodegenerative Delay

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Presented by Katie Godin, RD,LDN



# Katie Godin, RD, LDN

- Lifestyle Medical Centers offers Nutrition Counseling to assist with educating you on how to make positive lifestyle changes alongside continual support and encouragement.
- **Services offered:**
- Weight Management
- Women's Health
- Sports Nutrition
- Chronic Disease Counseling
- Bariatric Support
- Smoking Cessation
- Sleep Assessment and Stress Management



Evidence-based Lifestyle Modification  
and Medical Nutrition Therapy

# The MIND Diet: It's Purpose

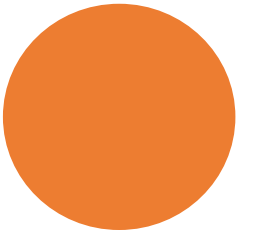
- Dementia is the sixth leading cause of death in the U.S.
- The MIND diet is a hybrid of the Mediterranean and DASH (Dietary Approaches to Stop Hypertension) diets, both of which have been found to reduce the risk of cardiovascular conditions, like hypertension, heart attack and stroke.
- The MIND Diet is meant to slow the progression of cognitive decline / reduce risk of developing Alzheimer's from occurring – not from reversing Alzheimer's in patients who already have the disease.

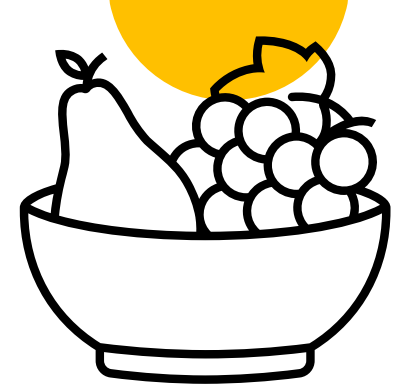




# Chronic Disease and Dementia

- Diabetes: The Alzheimer's brain has a Diabetes-like condition resulting from high insulin levels in the brain. Individuals with Type 2 Diabetes are as much as 50-65% more at risk of developing Alzheimer's Dementia. Termed "Type 3 Diabetes".
- High blood pressure / High cholesterol: You are more likely to have a stroke which will impair cognitive function.
- Increased homocysteine and elevated CRP (C Reactive Protein): These are indicators of vascular issues that can also lead to stroke and impaired brain function.
- Obesity: An individual is three times more likely to develop Alzheimer's Dementia and five times more likely to develop Vascular Dementia compared to someone within a normal to overweight BMI category.





# MIND DIET : The Research

- Developed by researchers from Rush University Medical Center and Harvard University. They wanted to isolate out 15 specific brain-healthy foods and put limitations on five unhealthy foods to see if they could see different results related to the protection of cognitive decline / dementia in older adults.
- Focused on results of previous studies (Med/DASH) that examined brain health.
- Research was conducted on older adults (mean age 64). Focused on an overall scoring method made up of MIND diet components. Each dietary component is scored from zero to one based on the frequency of consumption of that food. Scores were conducted on a weekly basis. The total MIND diet score ranges from zero to 15 and is the sum of the 15 component scores. Higher scores indicate greater diet concordance.
- Studies found the participants with the highest MIND diet scores were more likely to keep the brain seven and a half years younger and reduce risk of Alzheimer's by 53%. Also found that even those participants who had moderate MIND scores showed a 35% lower rate compared with those with the lowest MIND scores. The main MIND diet study noted the effects of the diet on cognition showed greater effects than either the Mediterranean or DASH diet alone.

# DASH vs. MEDITERRANEAN

Difference	DASH	MEDITERRANEAN
Origin	Based on health trials and studies	Based on history of the Mediterranean cuisine
Goal	Reduce Blood Pressure	Promote cardiovascular health as a whole
Nutrients	Key emphasis on Potassium, Magnesium and Calcium	Emphasis on Fiber-Rich Foods
Sodium	2300 mg or less per day	Does not specify
Limitations	Limitations on saturated fat, sodium, sweets and alcohol	More about moderation of these things vs. limiting altogether

# MIND DIET: What to Include

INCLUDE THESE	SERVING SIZE	HOW OFTEN	EXAMPLES
Green Leafy Veggies	1 Cup Raw Leafy OR 1/2 Cup cooked	Daily	Spinach, Kale, Swiss Chard
Other Veggies	1/2 Cup Cut Up Raw OR Cooked	At least once per day	Broccoli, Carrots, Green Beans, Potatoes, Squash, Tomatoes
Nuts	1/3 Cup , 2 Tbsp Nut Butter, OR 2 Tbsp Seeds	Daily	Almonds, Nut Butter, Walnuts, Sunflower Seeds
Berries	1/2 Cup Fresh or Frozen 1/4 Cup Dried	At least twice per week	Blueberries, Raspberries, Strawberries, Blackberries



# MIND DIET: What to Include cont..

Include These	Serving Size	How Often	Examples
Beans	1/2 Cup Cooked	Every other day	Black Beans, Chickpeas, Kidney Beans, White Beans
Whole Grains	1/2 Cup Rice, Pasta, Oatmeal OR 1 Slice Bread	Three times per day	Whole Grain Bread, Quinoa, Brown Rice, Whole Wheat Pasta
Fish	3oz Portion	At least once per week	Salmon, Halibut, Tuna, Flounder, Mackerel
Poultry	3oz Portion	At least twice per week	
Olive Oil	1 Tsp	Two times per day	

# Specific Nutrients in Play



Antioxidants: Vitamin E, Flavonoids, Carotenoid (leafy greens and veggies). Antioxidant enzymes are not as readily available for the brain as antioxidant nutrients from food, making them very important to the aging brain.



DHA: DHA supports structural integrity of brain; patients with Alzheimer's are noted to have lower levels of DHA in the brain.



B Vitamins: B6, B12 and Folate help with metabolism of homocysteine (high levels associated with cognitive impairment). Supplementation may be warranted for older adults with high homocysteine levels.

# MIND DIET: What should you limit?

Red meats : no more than 3 servings per week

Butter and Margarine: less than 1Tbsp daily

Cheese : less than 1 serving a week

Pastries/Sweets: No more than 4 servings per week

Fried and fast foods : less than one serving/week





# MIND Diet Menu

Breakfast: Veggie Frittata

Snack : Walnuts and Blueberries

Lunch: Avocado based Tuna Salad on Whole Grain bread with Leafy Green Salad and olive oil-based dressing

Snack: Hummus and Veggies

Dinner: Roasted Chicken with Broccoli and Quinoa

Feature Wine: 6oz Glass of Red



# References:

- <https://www.rush.edu/news/new-mind-diet-may-significantly-protect-against-alzheimers-disease#:~:text=The%20MIND%20diet%20has%2015,and%20sweets%2C%20and%20fried%20or>
- <https://www.matherhospital.org/uncategorized/mind-diet-mediterranean-dash-intervention-neurodegenerative-delay/>
- <https://www.hsph.harvard.edu/nutritionsource/healthy-weight/diet-reviews/mind-diet/>
- <https://theheartdietitian.com/dash-diet-vs-the-mediterranean-diet/#:~:text=The%20DASH%20Diet%20emphasizes%20the%20lowering%20of%20sodium%20intake%2C%20while,of%20foods%20high%20in%20fiber>





Let's Cook!  
Kale and  
Kimchi Salad