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 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

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

<table>
<thead>
<tr>
<th>Difference</th>
<th>DASH</th>
<th>MEDITERRANEAN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Origin</td>
<td>Based on health trials and studies</td>
<td>Based on history of the Mediterranean cuisine</td>
</tr>
<tr>
<td>Goal</td>
<td>Reduce Blood Pressure</td>
<td>Promote cardiovascular health as a whole</td>
</tr>
<tr>
<td>Nutrients</td>
<td>Key emphasis on Potassium, Magnesium and Calcium</td>
<td>Emphasis on Fiber-Rich Foods</td>
</tr>
<tr>
<td>Sodium</td>
<td>2300 mg or less per day</td>
<td>Does not specify</td>
</tr>
<tr>
<td>Limitations</td>
<td>Limitations on saturated fat, sodium, sweets and alcohol</td>
<td>More about moderation of these things vs. limiting altogether</td>
</tr>
</tbody>
</table>
# MIND DIET: What to Include

<table>
<thead>
<tr>
<th>INCLUDE THESE</th>
<th>SERVING SIZE</th>
<th>HOW OFTEN</th>
<th>EXAMPLES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green Leafy Veggies</td>
<td>1 Cup Raw Leafy OR 1/2 Cup cooked</td>
<td>Daily</td>
<td>Spinach, Kale, Swiss Chard</td>
</tr>
<tr>
<td>Other Veggies</td>
<td>1/2 Cup Cut Up Raw OR Cooked</td>
<td>At least once per day</td>
<td>Broccoli, Carrots, Green Beans, Potatoes, Squash, Tomatoes</td>
</tr>
<tr>
<td>Nuts</td>
<td>1/3 Cup , 2 Tbsp Nut Butter, OR 2 Tbsp Seeds</td>
<td>Daily</td>
<td>Almonds, Nut Butter, Walnuts, Sunflower Seeds</td>
</tr>
<tr>
<td>Berries</td>
<td>1/2 Cup Fresh or Frozen 1/4 Cup Dried</td>
<td>At least twice per week</td>
<td>Blueberries, Raspberries, Strawberries, Blackberries</td>
</tr>
</tbody>
</table>
# MIND DIET: What to Include cont..

<table>
<thead>
<tr>
<th>Include These</th>
<th>Serving Size</th>
<th>How Often</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans</td>
<td>1/2 Cup Cooked</td>
<td>Every other day</td>
<td>Black Beans, Chickpeas, Kidney Beans, White Beans</td>
</tr>
<tr>
<td>Whole Grains</td>
<td>1/2 Cup Rice, Pasta, Oatmeal OR 1 Slice Bread</td>
<td>Three times per day</td>
<td>Whole Grain Bread, Quinoa, Brown Rice, Whole Wheat Pasta</td>
</tr>
<tr>
<td>Fish</td>
<td>3oz Portion</td>
<td>At least once per week</td>
<td>Salmon, Halibut, Tuna, Flounder, Mackerel</td>
</tr>
<tr>
<td>Poultry</td>
<td>3oz Portion</td>
<td>At least twice per week</td>
<td></td>
</tr>
<tr>
<td>Olive Oil</td>
<td>1 Tsp</td>
<td>Two times per day</td>
<td></td>
</tr>
</tbody>
</table>
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%202015,and%20sweets%2C%20and%20fried%20or
- 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%20while,of%20foods%20high%20in%20fiber
Let’s Cook!
Kale and Kimchi Salad