

The Mind Diet

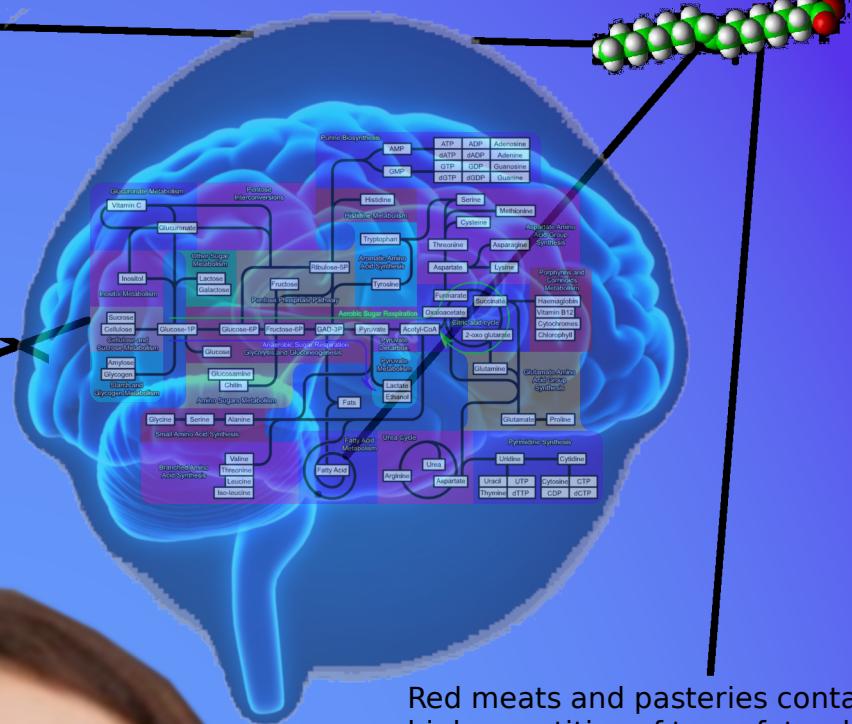
A Dietary Solution to Alzheimer's Prevention



Brain healthy foods include vegetables, whole grains, berries, nuts, beans, wine, fish, poultry, and olive oil, whereas brain unhealthy foods include cheese, red meats, fried foods, butter/margarine, or pastries and sweets

such fats help to suppress insulin tolerance, and prevent neurological decay

Green leafy vegetables, and plant oils contain unsaturated or cis fats



Red meats and pastries contain high quantities of trans fats which increase cholesterol levels and encourage insulin tolerance



Close adherence to the mind diet decreases the rate of neurological decay by on average 30%, with a decrease in apparent/physiological age of as much as 7 years.

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