

# MIND Diet for Dementia

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## Objectives

-   
 Identify four major points that frame challenges related to nutrition.
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 Differentiate between components of nutrition and patterns of nutrition.
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 Review evidence for Mediterranean, DASH, and MIND diets.
-   
 Make you very hungry!
-   
 No disclosures to share.

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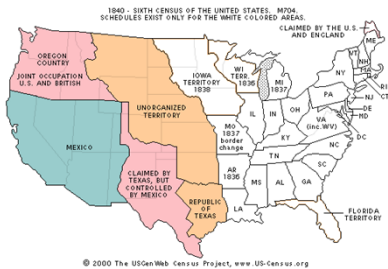
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Point #1: Human Longevity → Lifestyles Impact Health

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Point #2: Access to Excess

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Point #3: Nutrition Research is Quite Challenging

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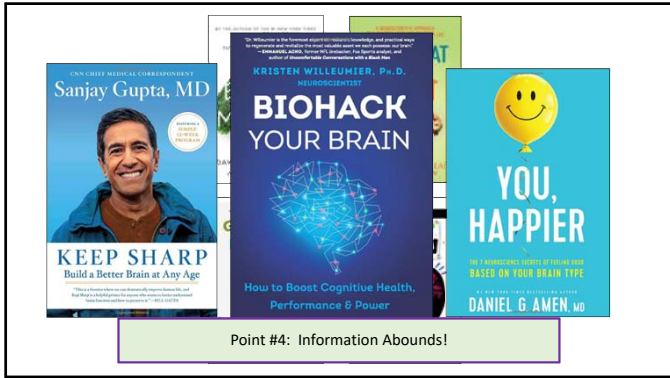
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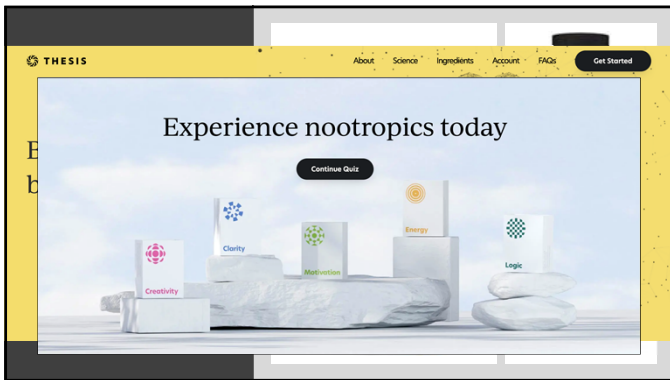
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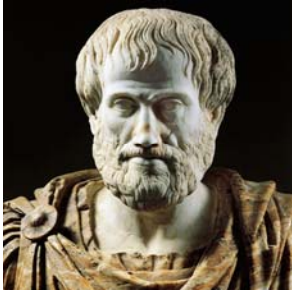
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“The whole is greater than the sum of the parts.”



*"In the case of all things which have several parts and in which the totality is not, as it were, a mere heap, but the whole is something besides the parts, there is a cause, for even in bodies contact is the cause of unity in some cases, and in others viscosity or some other such quality."*

Aristotle  
Metaphysics, Book VIII, 1045a.8–10  
~2370 years ago  
Book VIII, 1045a.8–10

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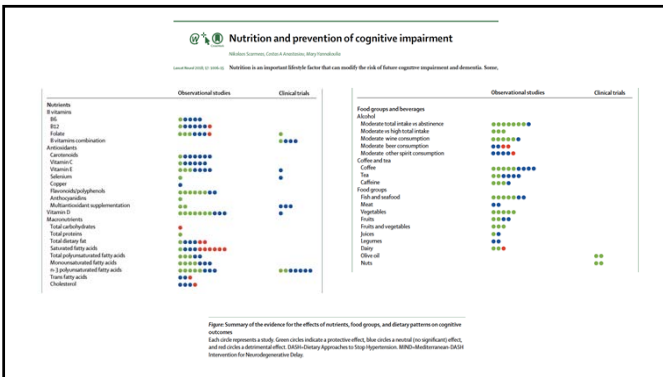
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### The Seven Countries Study

### Lyon Diet Heart Study

**Figure 3.** Cumulative survival without nonfatal infarction, without major secondary end points, and without minor secondary end points (90% CI).

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This article has been retracted.

A correction has been published 1

ORIGINAL ARTICLE

## Primary Prevention of Cardiovascular Disease with a Mediterranean Diet

Bárcen Estuáñ, M.D., Ph.D., Emilia Ros, M.D., Ph.D., Jordi Salas-Salvadó, M.D., Ph.D., María Isabel Casas, D.Pharm., Ph.D., Dolores Corella, D.Pharm., Ph.D., Fernando Arós, M.D., Ph.D., Enrique Gómez-Gracia, M.D., Ph.D., Valentín Ruiz-Gutiérrez, Ph.D., Miquel Fiol, M.D., Ph.D., José Lapetra, M.D., Ph.D., Rosa María Lamuela-Raventós, D.Pharm., Ph.D., Lluís Serra-Majem, M.D., Ph.D., et al., for the PREDIMED Study Investigators\*

Article
Figures/Media
Metrics
April 4, 2013

N Engl J Med 2013; 368:1279-1290

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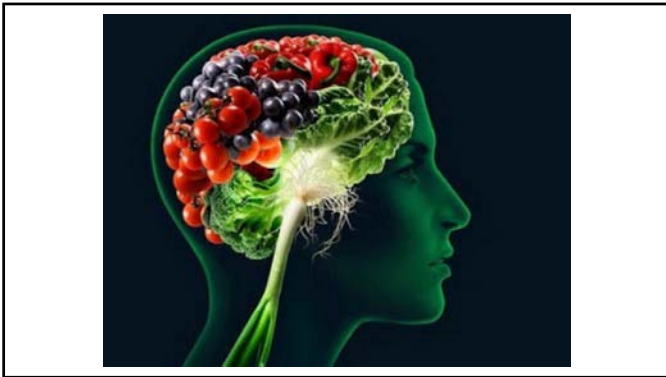
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	<p>Published in final edited form as: <i>Alzheimers Dement.</i> 2015 September ; 11(9): 1007-1014. doi:10.1016/j.jalz.2014.11.009.</p>
	<p><b>MIND Diet Associated with Reduced Incidence of Alzheimer's Disease</b> Martha Clare Morris, S.D.<sup>1</sup>, Christy C. Tangney, Ph.D.<sup>2</sup>, Yamin Wang, Ph.D.<sup>1</sup>, Frank M. Sacks, M.D.<sup>3</sup>, David A Bennett, M.D.<sup>3,4</sup>, and Neelum T. Aggarwal, M.D.<sup>3,4</sup></p>

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To Summarize...

- Lifespan and caloric availability have increased pretty substantially over time.
- Nutrition science is challenging, producing uncertainty for patients and providers alike.
- Solid evidence to support nutritional patterns.
- Resources exist!

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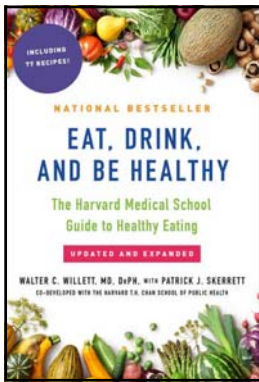
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Resources

- OldWays: Cultural Food Traditions  
  - <https://oldwayspt.org/>
- Harvard T.H. Chan School of Public Health, Nutrition Source  
  - <https://www.hsph.harvard.edu/nutritionsource/>
- Goldring Center for Culinary Medicine, Culinary Medicine Certification Program  
  - <https://www.healthymedicalfood.com/>
- Mediterranean Diet as a UNESCO Intangible Cultural Heritage of Humanity  
  - <https://ich.unesco.org/en/0018/mediterranean-diet-00084>
- Apps of Interest
  - FoodWitch: has a camera feature that allows you to find healthy alternatives within a category in the grocery store by scanning a bar code. Created by a Northwestern University cardiologist.
  - PiFood: take a picture of something in your pantry and it will provide recipes for you!

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