# *Cognitive nutrition
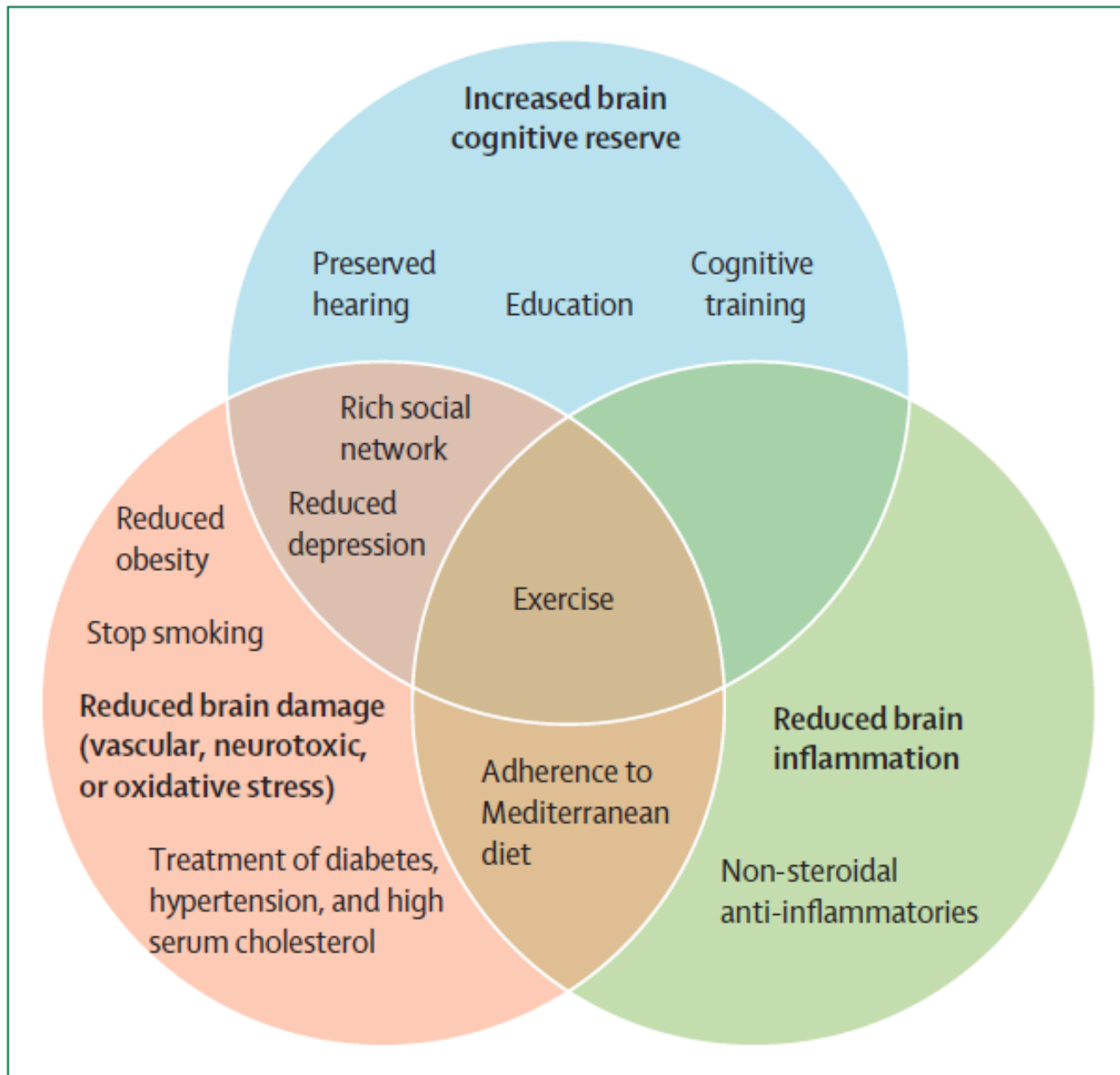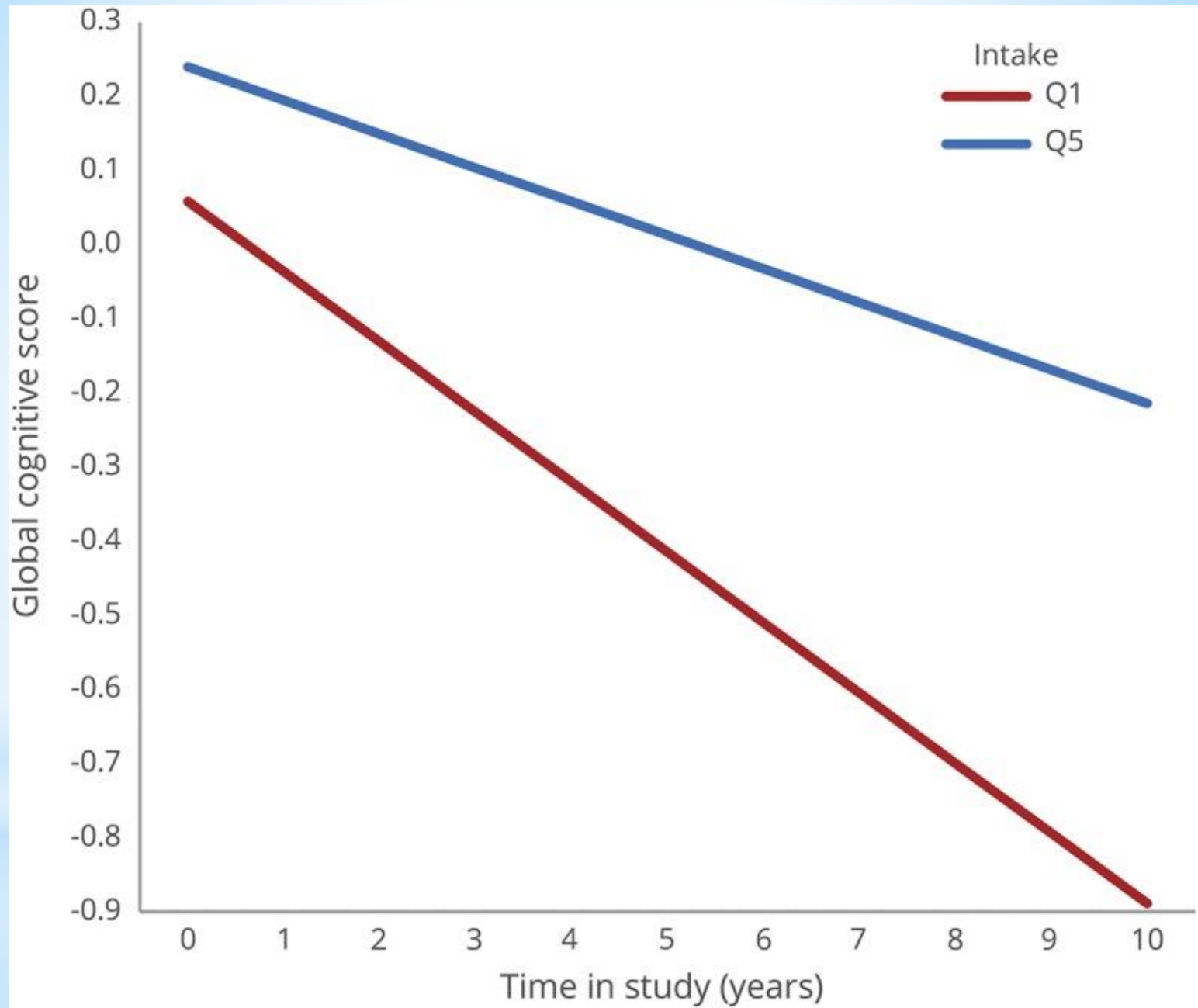
Dr Yu-Min Lin

Geriatrician
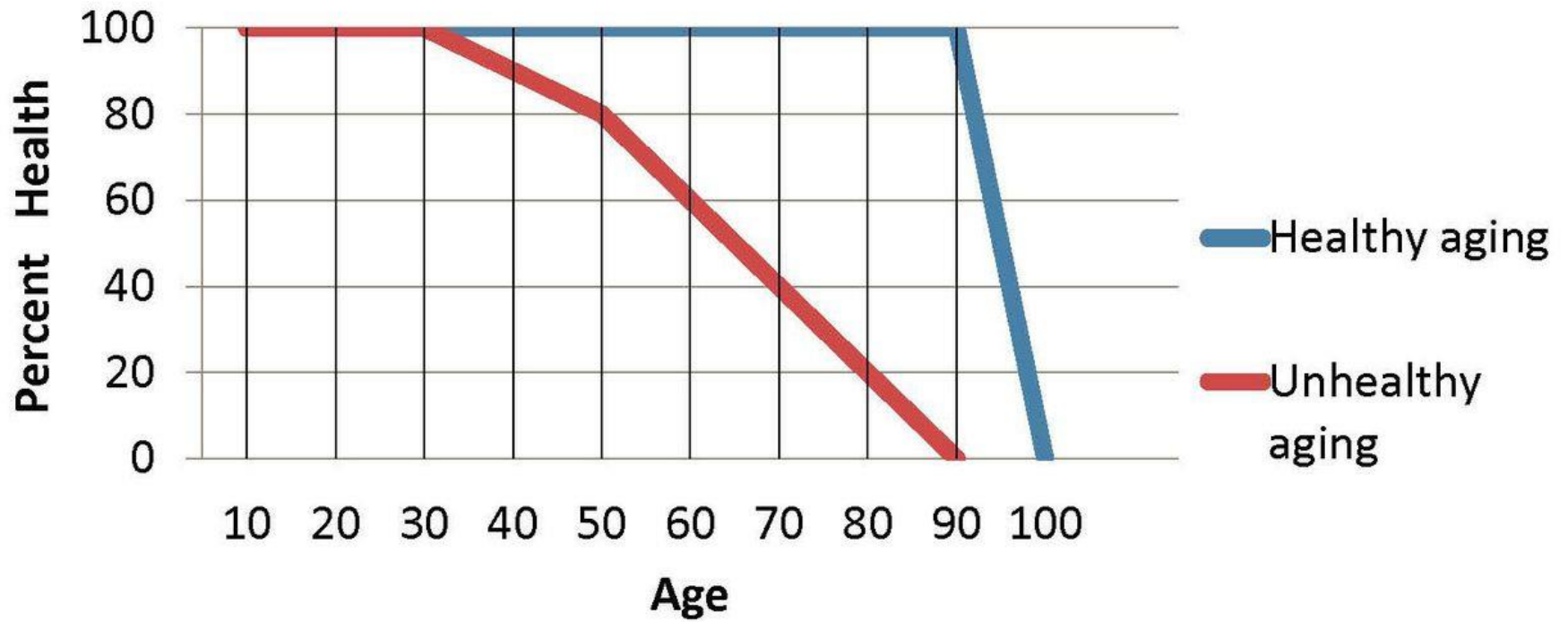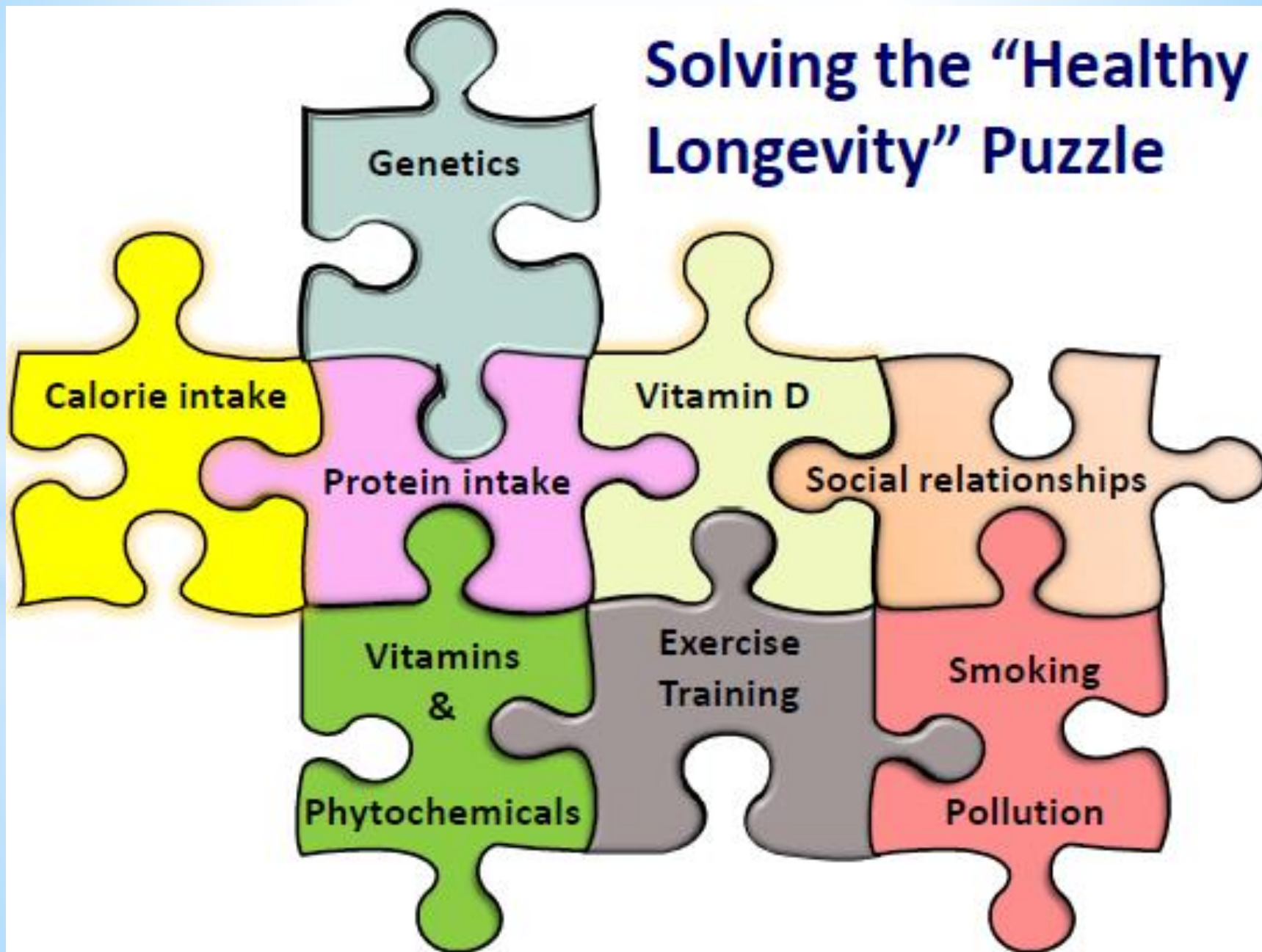
*Figure 5:* Potential brain mechanisms for preventive strategies in dementia

*Prospective study – 960 participants

*Age 58-99

*Mean follow up 4.7 years

*Highest intake ~1.3 serving per day

*Leafy Green

Neurology 2017, Morris et al

* Most consistent finding in improved cognitive health but largely from observation/case-control or longitudinal studies
* Suggestion it lowers AD risk

# * Mediterranean diet

*What is Mediterranean diet?

*Italy? Greek? Spainish?

*How do you educate patients?

*How do you know their "healthy diet" is healthy?

* Cohort study 960 patients
* Combined with Medi diet and DASH diet
* 15 point score system

\* MIND diet

Table 1

## MIND diet component servings and scoring

| | 0 | 0.5 | 1 |
|---|---|---|---|
| Green Leafy Vegetables[a] | ≤2 servings/wk | > 2 to <6/wk | ≥6 servings/wk |
| Other Vegetables[b] | <5 serving/wk | 5 – <7 wk | ≥1 serving/day |
| Berries[c] | <1 serving/wk | 1 /wk | ≥2 servings/wk |
| Nuts | <1/mo | 1/mo – <5/wk | ≥5 servings/wk |
| Olive Oil | Not primary oil | | Primary oil used |
| Butter, Margarine | >2 T/d | 1–2 /d | <1 T/d |
| Cheese | 7+ servings/wk | 1–6 /wk | < 1 serving/wk |
| Whole Grains | <1 serving/d | 1–2 /d | ≥3 servings/d |
| Fish (not fried)[d] | Rarely | 1–3 /mo | ≥1 meals/wk |
| Beans[e] | <1 meal/wk | 1–3/wk | >3 meals/wk |
| Poultry (not fried)[f] | <1 meal/wk | 1 /wk | ≥2 meals/wk |
| Red Meat and products[g] | 7+ meals/wk | 4–6 /wk | < 4 meals/wk |
| Fast Fried Foods[h] | 4+ times/wk | 1–3 /wk | <1 time/wk |
| Pastries & Sweets[i] | 7+ servings/wk | 5 –6 /wk | <5 servings/wk |
| Wine | >1 glass/d or never | 1/mo – 6/wk | 1 glass/d |
| TOTAL SCORE | | | 15 |