

Nutrition & Lifestyle for Brain Health

Supporting brain health through daily choices can help reduce inflammation, protect against oxidative stress, and support cardiovascular health. These habits are important both for prevention and for those already diagnosed with Alzheimer's disease.

The **MIND Diet** (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay) is a common approach when it comes to protecting brain health.

Foods to focus on:

- Green leafy vegetables** (spinach, kale, collards)
- Other types of vegetables**
- Berries** – especially blueberries and strawberries
- Whole grains**
- Nuts**
- Olive oil** – primary oil for cooking and dressings
- Fish** (especially fatty fish like salmon, sardines)
- Beans**
- Poultry**

Foods to Limit:

- Red meat** (beef, pork, lamb)
- Butter/margarine** (use sparingly)
- Cheese** (limit portions)
- Pastries and sweets** (cakes, cookies, processed desserts)
- Fried/fast food/processed food**



Other Nutrition & Supplements to Consider:

- **Omega-3 fatty acids** – from fish or supplements (DHA may be particularly important)
- **Vitamin E** – from food (nuts, seeds, spinach); supplements not generally recommended unless deficient
- **Vitamin B12, B6, folate** – important for reducing homocysteine, a brain risk marker
- **Curcumin** (found in turmeric) – anti-inflammatory, may have neuroprotective effects
- **Probiotics** – gut health may play a role in brain health

Lifestyle Tips for Brain Health:

- **Stay hydrated**
- **Avoid excess sugar and processed carbs**
- **Exercise regularly** – works synergistically with a healthy diet
- **Prioritize sleep and rest**
- **Engage in cognitive stimulation** (reading, puzzles, learning new skills)

Learn More: <https://www.alz.org/help-support/caregiving/daily-care/food-eating>

