



Did You Know?

Nutrition

Eating the right foods, in the right amount, gives your body and your brain what it needs to be healthy.

10 Brain Healthy Food Groups

1) Green Leafy Vegetables
($\geq 6X$ /week)



2) Other Vegetables
($\geq 1X$ /day)



3) Nuts/Seeds
($\geq 5X$ /week)



4) Berries
($\geq 2X$ /week)



5) Beans (>3X/week)



6) Whole Grains ($\geq 3X$ /day)



7) Fish/Shellfish ($\geq 1X$ /week)



8) Poultry ($\geq 2X$ /week)



9) Olive Oil



10) Wine (1X/day)



5 Unhealthy Food Groups

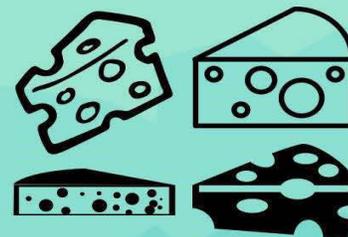
1) Red Meats
($< 4X$ /week)



2) Butter and Stick Margarine
(< 1 Tbsp/day)



3) Cheese ($< 1X$ /week)



4) Pastries and Sweets ($< 5X$ /week)



5) Fried or Fast Food ($< 1X$ /week)



References

- Martha Clare Morris, Christy C. Tangney, Yamin Wang, Frank M. Sacks, Lisa L. Barnes, David A. Bennett, and Neelum T. Aggarwal. MIND diet slows cognitive decline with aging. *Alzheimers Dement.* 2015 June 15. [http://www.alzheimersanddementia.com/article/S1552-5260\(15\)00194-6/abstract](http://www.alzheimersanddementia.com/article/S1552-5260(15)00194-6/abstract)
- Martha Clare Morris, Christy C. Tangney, Yamin Wang, Frank M. Sacks, David A. Bennett, and Neelum T. Aggarwal. MIND diet associated with reduced incidence of Alzheimer's disease. *Alzheimers Dement.* 2015 Feb 11; 1-8. [http://www.alzheimersanddementia.com/article/S1552-5260\(15\)00017-5/abstract](http://www.alzheimersanddementia.com/article/S1552-5260(15)00017-5/abstract)
- Neal D. Barnard, Ashley I. Bush, Antonia Ceccarelli, James Cooper, Celeste A. de Jager, Kirk I. Erickson, Gary Fraser, Shelli Kesler, Susan M. Levin, Brendan Lucey, Martha Clare Morris, and Rosanna Squitti. Dietary and lifestyle guidelines for the prevention of Alzheimer's disease. *Neurobiol Aging.* 2014 Sep; 35 Suppl 2: S74-78. <http://www.sciencedirect.com/science/article/pii/S0197458014003480>
- Martin Prince, Emiliano Albanese, Maëlen Guerchet, and Matthew Prina. World Alzheimer Report 2014: Dementia and Risk Reduction. *Alzheimer's Disease International.* 2014; 1-104. <http://www.alz.co.uk/research/world-report-2014>
- Christy Tangney, Hong Li, Lisa L. Barnes, Julie Schneider, David Bennett, and Martha Morris. Accordance to Dietary Approaches to Stop Hypertension (DASH) is associated with slower cognitive decline. *Alzheimers Dement.* 2013 July; 9(4) Suppl: 135. [http://www.alzheimersanddementia.com/article/S1552-5260\(13\)00226-4/fulltext](http://www.alzheimersanddementia.com/article/S1552-5260(13)00226-4/fulltext)

Resources

- Alzheimer's Association. Adopt a Healthy Diet. http://www.alz.org/we_can_help_adopt_a_healthy_diet.asp
- U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion. Dietary Guidelines. <http://www.health.gov/dietaryguidelines/>
- U.S. Department of Health and Human Services, National Heart, Lung, and Blood Institute. What Is the DASH Eating Plan? <http://www.nhlbi.nih.gov/health/health-topics/topics/dash>
- U.S. Department of Health and Human Services, National Heart, Lung, and Blood Institute. Recipes. http://www.nhlbi.nih.gov/health/educational/lose_wt/eat/recipes.htm
- U.S. Department of Health and Human Services, National Institute on Aging. What's on Your Plate? <https://www.nia.nih.gov/health/publication/whats-your-plate>
- U.S. Department of Health and Human Services, National Institute on Aging. Preventing Alzheimer's Disease: What Do We Know? <https://www.nia.nih.gov/alzheimers/publication/preventing-alzheimers-disease/introduction>

 Dr. Martha Clare Morris, who developed the MIND diet, presented a talk titled "Nutrition for a Healthy Brain" on June 11, 2014 at the UC Davis Alzheimer's Disease Center's Community Engagement Series. See her talk in its entirety here: <https://www.youtube.com/watch?v=4LYk-AKs9c&feature=youtu.be>

Programs and Services

California Department of Public Health

- Chronic Disease Control Branch
<http://www.cdph.ca.gov/programs/cdcb/Pages/default.aspx>
- California Alzheimer's Disease Program
<http://www.cdph.ca.gov/programs/alzheimers/Pages/Default.aspx>
- California Project LEAN (Leaders Encouraging Activity and Nutrition)
<http://www.californiaprojectlean.org/default.asp>
- Nutrition Education and Obesity Prevention Branch
<http://www.cdph.ca.gov/programs/NEOPB/Pages/default.aspx>
- Network for a Healthy California - Legacy of Health
<http://legacyofhealth.net/index.html>
- Sodium Reduction Initiative
<http://www.cdph.ca.gov/programs/cdcb/Pages/SodiumReductionInitiative.aspx>

California Department of Health Care Services

- Welltopia
<http://mywelltopia.com/well-body/good-food/>

California Department of Aging

- Nutrition Services
<https://www.aging.ca.gov/Programs/Nutrition/>
- Supplemental Nutrition Assistance Program-Education (SNAP-Ed)
<https://www.aging.ca.gov/Programs/SNAP-Ed/>

California Department of Education

- Child & Adult Care Food Program (CACFP)
<http://www.cde.ca.gov/ls/nul/cc/>

California Department of Food and Agriculture

- Senior Farmers' Market Nutrition Program (SFMNP)
<http://www.cdfa.ca.gov/SeniorFarmersMrktNutritionPrgm/>

California Department of Social Services

- CalFresh Program
<http://www.calfresh.ca.gov/>