




# THE “MIND” .....GOOD FOOD, GOOD LIFE!

Presented by  
Cecilia Rokusek, Ed.D., M.Sc., RDN  
Professor and Dean (Ret.)  
International Health Consultant








2/3 OF ALL INDIVIDUALS 65 YEARS AND OLDER HAVE AT LEAST ONE CHRONIC DISEASE; 80% HAVE ONE OR MORE CHRONIC DISEASE BY THE TIME THEY ARE AGE 75 YEARS AND 90% OF ALL INDIVIDUALS 85 YEARS AND OLDER HAVE TWO OR MORE CHRONIC DISEASES.  
WHO, 2015





Chronic illnesses are the public health challenge globally for the 21st century. Self management is the key to bringing everyone's health care cost down to size and the prevention of chronic disease. In the US, according to the Centers for Disease Control (CDC), "As a nation, 75% of the US health care dollars goes to treatment of chronic diseases. These persistent conditions—the nation's leading causes of death and disability—leave in their wake deaths that could have been prevented, lifelong disability, compromised quality of life, and burgeoning health care costs".



Evidence based practice  
is Critically Needed  
**Globally**



**We know the 3 most preventable factors in ADRD and in  
Chronic Diseases of the maturing population:**

**Smoking**

**Physical Exercise**

**Nutrition.....**



**Nutrition.....You Are  
What You Eat.....No  
Matter Your Age**





**Eat What You Like but remember the  
M & M Approach**

**MODERATION IN ALL**

**MODIFICATION WHEN NEEDED**



***SUPER FOODS*** FOR POSITIVE  
AGING and.....

**PREVENTION/REDUCTION/  
INTERVENTION OF ADRD**



## **Take Home Messages:**

- MIND Diet
- Newest and ongoing research on Super Foods



Coronary Heart Disease (CHD)

**The controllable risk factors are:**

High cholesterol

Overweight and Obesity

High blood pressure

**Risk factors we cannot control:**

Family history and genetics

Age

Gender


**Life style changes that will make an impact:**

Healthy diet- (controls high blood pressure and cholesterol) that includes red wine!

Maintaining a healthy weight

Physical activity

Not smoking



**THE IMPORTANCE OF NUTRITION TO HEALTH HAS BEEN LONG ESTABLISHED OVER THE PAST 30 YEARS. NEW EVIDENCE OF THE PAST 2 YEARS SUGGESTS A STRONG PREVENTIVE FACTOR ASSOCIATED WITH THE MEDITERRANEAN INTERVENTION FOR NEURODEGENERATIVE DELAY (MIND) DIET.**

**IT WAS FOUND THAT THOSE WHO FOLLOWED A MIND DIET HAD A LEVEL OF COGNITIVE FUNCTION THE EQUIVALENT OF A PERSON 7.5 YEARS YOUNGER.**

(Rush University Medical Center/Chicago, 2015)





## **Key findings of the Rush Study:**

- **Reduced risk of developing Alzheimer's disease by as much as 53%**
- **Slowed rate of cognitive decline (regardless of other risk factors)**
- **Even with moderate dietary adherence, there were improved preventive factors**

## Dietary factors:

- **Both the Mediterranean Diet and the Dash (low sodium) diet must be followed to achieve positive results**
- **The longer a person followed this diet, the better protected the individual was from developing Alzheimer's disease**



## **The Objectives of this Survey Research Were to:**

- **Examine dietary and lifestyle patterns of elders 55 years and older living in Florida**
- **Identify components of the MIND diet that individuals included in their daily diets**
- **Investigate perceived “wellness” of elders**
- **Examine elder’s sources of nutrition and lifestyle information**

## **RESULTS**

- **163 respondents (67.9% of the total N = 240)**
- **Only 5 respondents (2%) shared their personal information for a follow-up one-on-one interview**
- **Overall elders are very interested in their diets and their relationship to being healthy and active**

## Results (con't)

- **98% of the respondents were interested in their individual diets and the association of diet to longevity and prevention of dementia; although the majority of individuals did not have knowledge of the MIND diet, they were practicing many components of the diet**
- **Exercise was important but mobility issues challenged daily exercise for 43% of those responding**



## Results (con't)

- 100% of the participants said they would modify their diets if they knew it would help them be healthier
- The primary sources of nutrition information for the respondents were, in rank order:
  - 1) Television
  - 2) Computer
  - 3) Popular magazines
  - 4) Personal physician, registered dietitian, or other health care provider
  - 5) Word of mouth
  - 6) Radio
  - 7) Advertisements
  - 8) Mall displays/kiosks



**This survey reinforces the importance of diet to overall health and “perceived” overall health and wellness by a group of active elders.**

# The Ideal MIND Diet

- **At least 3 servings of whole grains a day**
- **6 servings of leafy greens a week plus one other veggie serving daily**
- **2 servings of berries a week (minimum)**
- **1 serving of fish a week (ideally 2-3)**
- **2 servings of poultry a week**
- **3 servings of legumes a week**
- **5 servings of nuts a week**
- **A daily serving of alcohol, preferably red wine for its long list of health benefits**

## **Diet (con't)**

- **Olive oil should be the PRIMARY fat in the diet**
- **Fried Foods should be AVOIDED**
- **Cheese should not be eaten more than once per week**
- **Red meat consumption should be limited to no more than four times per week**
- **Sweets and desserts should be limited to no more than five times per week**
- **Butter or margarine should be limited to less than a tablespoon a day**



**BERRIES** are very important in the **MIND** diet. Blueberries, in particular, appear to slow down cognitive decline.

In addition, include ample amounts of leafy vegetables that contain antioxidants and vitamins that protect the brain from damage





## The importance of polyphenols cannot be overlooked

- **Cloves**
- **Star Anise**
- **Cocoa Powder**
- **Dried Mexican Oregano**
- **Celery Seed**
- **Black Chokeberry**
- **Dark Chocolate**
- **Flaxseed Meal**
- **Black Elderberry**
- **Chestnuts**



## Other good sources of polyphenols.....

- Sage
- Rosemary
- Spearmint
- Thyme
- Capers
- Basil
- Curry
- Strawberries
- Coffee
- Vegetables, fruits, nuts, and seeds overall

## **Additional New Frontiers to Watch For in the Nutrition Sciences.....**

**1. LECTINS – A GROUP OF COMPOUNDS FOUND TO DISRUPT THE BODY'S IMMUNE SYSTEM, INCREASE RHEUMATOID ARTHRITIS, AND OTHER INFLAMMATORY AND AUTOMIMMUNE CONDITONS**

**Highest foods in Lectins: Wheat, Soy, Corn, Barley, Oats, Rye, Garbanzo Beans, and Rice**

**2. Continued study on lower fat and increased fish, fruit, and vegetable diets**

**3. More emphasis on prevention of cognitive decline through nutritional intervention**



**(con't)**

- 4. Focus on POTASSIUM\* – key in brain neuron function**
- 5. Focus on MAGNESIUM\* – key in overall cellular body function and used in the treatment of depression, anxiety, and behavioral disturbances; new research on the role of magnesium in protecting the aging brain's structure and function.**

**\*\*Both potassium and magnesium are found in high concentrations in fruits and vegetables**



# **Super Foods in the 21st Century**





## ONIONS

- Eases construction of bronchial tubes
- Can be used orally and on the chest
- Helpful for breathing challenges, including ASTHMA



## **CABBAGE**

- Helps Maintain Estrogen Levels
- Helps in healing gastric ulcers
- Helps in prevention of breast cancer and even some other cancers



## **ORANGES**

- Reduce some of the symptoms of the common cold
- Reduce Cholesterol
- Prevent and Dissolve Kidney Stones
- Reduce the Risk of Colon Cancer



## **PINEAPPLE**

- Can Help to Reduce Bone Fractures
- Because of the High levels of Manganese can also Help to Prevent Osteoporosis
- Combines with daily activity pineapple is overall good for bone health



# **TOMATOES**

- Excellent Preventive Food especially for Men
- Can Help to Slow Down the Onset and Spreading of Prostate Cancer

## **APPLES**

- Although Apples are Low in Vitamin C, They Are High in Antioxidants and Flavonoids Which Increase and Enhance Vitamin C Activity thereby:
  - Decreasing Colon Cancer
  - Decreasing Heart Attacks
  - Decreasing Stroke
- Apples can also assist in Diarrhea (like bananas)



## **FISH**

- Can Help to Prevent Headaches (so does Ginger)
- Reduces Inflammation and Pain (Sardines have actually shown to help individuals with Arthritis in terms of pain and inflammation)
- Omega oils help to strengthen the human immune system
- Fish is a “Heart Healthy” Food





## **STRAWBERRIES**

- A Strong Antioxidant
- Helps in Cancer Prevention
- Reduces Blood Vessel Clotting
- Reduces the Formation of Free Radicals in the Body  
(Part of the Aging Process)



## **MEMORY FOODS**

- Zinc containing foods such as:

1. NUTS
2. PUMPKIN SEEDS
3. RED MEAT

“DON'T FORGET THE BLUEBERRIES....THE PRIMARY FOOD OF THE 21<sup>ST</sup> CENTURY.....The antioxidants and polyphenols in blueberries have been shown to both prevent cognitive decline and even reverse moderate decline!!!”



## **Guava and Papaya**

- Very High Food Sources of Vitamin C
- Guava has been shown to be a good natural laxative for constipation
- Papaya is very high in carotene (like carrots) and good for eye health
- Both Guava and Papaya can also reduce Flatulence and Indigestion



## **CRANBERRY JUICE**

- Good high acid food that helps to control harmful bacteria in the body
- Good in both prevention and treatment of Urinary Tract Infection.....always make sure we take in plenty of fluids (water is the most important nutrient in both health and prevention)



## **Watermelon**

- Great source of water (92%)
- Excellent source of Glutathione that Boosts the body's Immune system
- Contains Lycopene – Cancer fighting substance
- Very good source of Vitamin C and Potassium (Life exists beyond the banana!!!!)



## ALLERGIES (especially hay fever)

- Yogurt
- Honey (eat honey from your **local region** with the regionally pollen)

## Broccoli and Peanuts

- Chromium and both of these foods helps the body control Insulin and Blood Sugar Levels
- NOTE: It is important for all elders, not only those with diabetes to have **small frequent feedings throughout the day (6)**





## **OLIVE OIL, OLIVES, AND CELERY**

- Olives and Celery have all Shown to Decrease Blood Pressure
- NOTE: The Mediteranean Diet contains lots of olives and foods like celery!



## **CORNFLAKES**

- Decreases Depression
- Decreases Anxiety
- Decreases Fatigue

\*\*\*\*reduces symptoms associated with PMS



## KIWI

- Great nutrient source for Potassium, Magnesium, Vitamin C (2x the amount of Vitamin C than in an orange)
- High in Fiber....key nutrient in prevention of chronic diseases



# **GARLIC**

- Clears up a Stuffy Nose and helps to Reduce Nasal Congestion
- Helps to Lower Cholesterol



## **GREEN TEA**

- Helps to reduce the onset of a stroke by Reducing the fatty build up in the arterial walls
- Strengthens the body's Immune System



# HONEY

- Use as a Natural Sedative
- Can have a tranquillizing effect
- Warm milk can also be effective and it can be mixed with honey too



## **RED PEPPERS**

- Can help Reduce coughing because of the cayenne
- Good source of minerals of vitamins





## **AVOCADOS**

- Because of the high amount of monounsaturated fats in avocados, body cholesterol can be lowered
- Prevention of clogged arteries and arterial build up



## **CONCLUSION**

- **Elders do want to modify or even change their diets and their lifestyles through increased exercise (tailored to them individually) to live longer and healthier lives**
- **As interprofessional health leaders we need to get the word out about good nutrition as both a preventive factor and an interventional one**
- **We need to work with patients and have the current and updated knowledge so that they turn to us for information.**

## WE Need to Start EARLY



**Feed Your Head**

Healthy Kids Today  
MAGAZINE  
[www.healthykidstoday.org](http://www.healthykidstoday.org)

Blueberries  
Nuts & Seeds  
Wild Salmon  
Beans  
Avocado

**5 Foods Your Brain Loves**

**Blueberries**  
Blueberries have more antioxidants than any other fruit. They're packed with nutrients that help improve memory and focus.

**Nuts & Seeds**  
Walnuts and flaxseeds are rich in omega-3 fatty acids, which are essential for brain health.

**Wild Salmon**  
Wild salmon is a great source of omega-3 fatty acids, which are essential for brain health.

**Beans**  
Beans are a great source of protein and fiber, which help keep you full and energized.

**Avocado**  
Avocado is a healthy fat source that helps improve memory and focus.



**So what will you do to  
modify your  
diets.....starting today?**