



Fighting Dementia with Food: MIND and Mediterranean Diets

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Research shows eating a Mediterranean diet can offer a protective effect on brain health and is associated with a decreased rate of cognitive decline. The Mediterranean diet is also effective in reducing the risk of cardiovascular diseases. The MIND diet is a combination of the Mediterranean and DASH eating patterns and encourages many plant-based foods in addition to fish and poultry.

This presentation will give an overview of the components of both diets and potential health and cognitive benefits and review strategies for implementing these diets with older adults.

Following this presentation the participant will be able to:

- Identify the main dietary components of the MIND and Mediterranean diets
- Describe at least two potential health benefits of eating a Mediterranean-style diet
- List at least two examples of strategies for incorporating MIND and Mediterranean diet elements into daily meals
- Describe how to apply the MIND and/or Mediterranean diet elements to the older adult

- The Optimum Life CE series is a pre-recorded webcast.
- This program was submitted for approval to the following governing bodies and their required pre-approval statements listed below. The program is approved for CE credit when presented in the month listed.
- This activity has been submitted to the Ohio Nurses Association for approval to award contact hours. The Ohio Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (OBN-001-91).
- This program has been submitted (but not yet approved) for Continuing Education for 1.0 hour from NAB/NCERS.
- This activity is pending approval from the National Association of Social Workers.
- This program has been submitted to The Commission for Case Manager Certification for approval to provide board certified case managers with 1.0 hour.
- Brookdale Senior Living Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0221.
- This course is approved by the Michigan Social Work Continuing Education Collaborative.
- Call (312) 977-3711 for more information about contact hours.

