

Greece is the Word



It turns out a heart-healthy diet is also a brain-healthy one. People who eat what is known as a “Mediterranean” diet have a lower risk of developing mild cognitive impairment and Alzheimer’s disease. This is according to an observational study done at Columbia University Medical Center. The study involved 1,875 elderly men who were asked to follow a Mediterranean-style diet over the course of 4.5 years. The results show that the more strictly

one adhered to the diet, the lower their chances of developing dementia and Alzheimer’s disease.

So, what is a Mediterranean diet: One that’s rich in vegetables, fruits, nuts, legumes, fish, olive oil and cereals—go light on the dairy products, meats and fat.

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