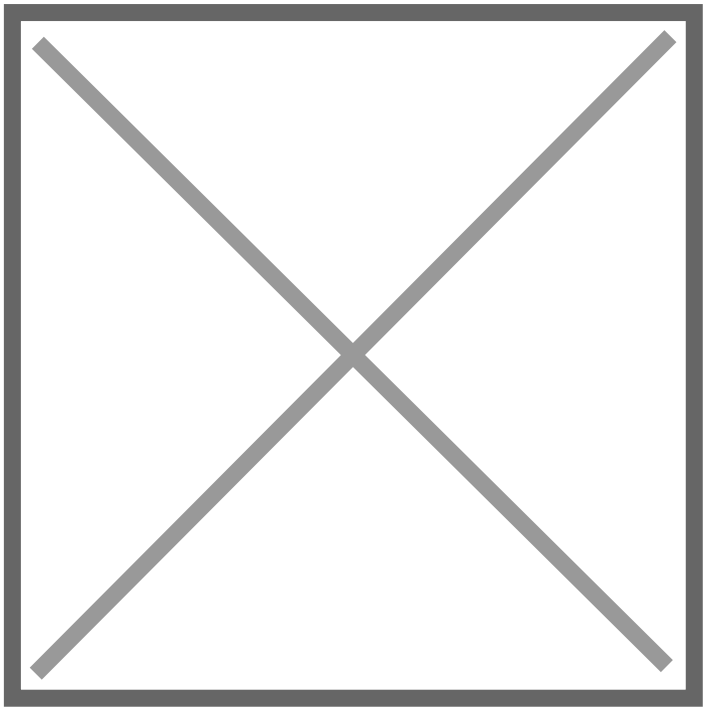
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Plant-based diet proven to reduce Alzheimer's risk

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A recent study has found that plant based Mediterranean-Dash Diet Intervention for Neurodegenerative Delay (Mind) substantially slows down cognitive decline and ageing can prevent or delay the onset of Alzheimer's and other neurodegenerative disorders.

In a pilot study conducted by scientists at Rush University Medical Centre in Chicago, it was found that diet rich in green leafy vegetables, beans, berries, whole grains and wine can help to slow normal brain ageing and cognitive decline.

Mind is a hybrid of the Mediterranean diet rich in olive oil and vegetables and the DASH eating plan designed to control high blood pressure. The diet consists of 15 dietary components and recommends at least three servings of whole grains, a salad and another vegetable each day and a glass of wine. Beans and poultry should be eaten at least twice a week and fish once a week.

The researchers tested the cognitive ability of 960 adults with an average age of 81.4 years at 40 retirement community and senior public housing units in the Chicago area over a period of 4.7 years. They uncovered a slower decline in mental ability among the elderly who adhered most closely to the diet.