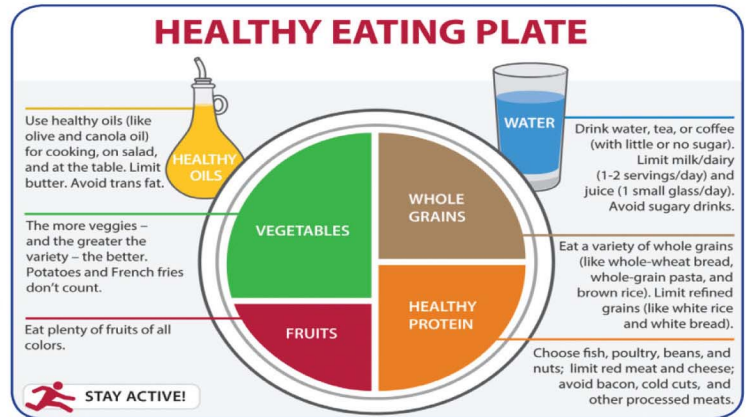


# A Guide to Healthy Aging

## What You Should Eat

### The Mediterranean Diet

The Mediterranean diet has been linked to promoting brain and heart health. A heart healthy diet is also a brain healthy diet! An analysis of more than 1.5 million healthy adults demonstrated that the Mediterranean diet was associated with a reduced risk of heart failure, stroke, cancer, Alzheimer's disease and Parkinson's disease. The diet is characterized by high intakes of fish, vegetables, legumes, fruits, whole grains and unsaturated fatty acids. Conversely, low intakes of dairy products, red meat and saturated fats and moderate alcohol consumption are recommended.



### What about vitamins?

The recommendation of the Penn Memory Center is to take a daily multivitamin. However, healthy eating is still essential, as multivitamins cannot take the place of eating a variety of foods that are important to a healthy diet.

### Grocery list ideas for a Mediterranean Diet

Plan your weekly shopping and meal plans around the Mediterranean diet. For example, a week may be planned around two fish meals, two poultry meals, two vegetarian-based meals and a single meal with red meat. You can increase your intake of vegetables if portions of meat are reduced. Focus on whole grains like whole wheat bread and brown rice, fruits and vegetables, healthy oils and fats like extra virgin olive oil and avocados, and nuts and seeds. Stick to low-fat dairy like skim milk or low-fat yogurt. For main courses focus on chicken, turkey, fish or seafood.

### What does this look like in your diet?

- Eat fish and poultry at least two times per week.
- Eat red meat no more than a few times per month.
- Spice it up! Herbs and spices make food tasty and are also rich in health-promoting substances.
- Pass on the butter. Try olive or canola oil as a healthy replacement for butter or margarine.
- Go nuts. Keep almonds, cashews, pistachios and walnuts on hand for a quick snack.



For more information, email:  
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**Additional resources may also be found by visiting:**

<http://www.floridahealth.gov/provider-and-partner-resources/research/HealthyBrainInitiative1/index.html>