

# WATCH: Make Up Your MIND With This Diet Change

If you want to keep your brain healthy as you get older and possibly cut your risk of Alzheimer's or dementia, try improving your diet.

Researchers at Rush University Medical Center in Chicago developed a diet that has been associated with a lower risk of those diseases.

The MIND diet includes green leafy vegetables and other vegetables, berries, nuts, whole grains, poultry, fish, and more.

The researchers also say you should avoid red meat, butter, stick margarine, and cheese—because of its high level of saturated fat—as well as pastries and sweets and fried or fast food.

*For the original article, visit .*