

Types of Diets

Mediterranean Diet - this diet emphasizes plant-based foods and healthy fats and encourages people to have no processed foods, sugars, or red meats. This diet, just as it sounds, is based off of the diets of people who live in the Mediterranean region. This diet has been found to reduce rates of cancer, cardiovascular disease, and Alzheimer's, and Parkinson's disease. Foods that are included in this diet are:

- plenty of fruits and vegetables, whole grains, potatoes, beans, nuts, and seeds
- olive oil as the primary fat source
- low to moderate amounts of dairy products, eggs, fish and poultry

Whole 30 Diet - this diet focuses on consuming only whole foods that are primarily unprocessed. This diet removes foods such as grains, alcohol, added sugars, legumes/beans, foods that contain preservatives, baked goods, junk food, and dairy. Instead, it encourages you to eat:

- meat and seafood
- eggs
- vegetables
- fruits
- natural fats like avocados and nuts

The Whole30 Diet has been linked mildly improving symptoms of memory loss, fatigue, depression, mood swings, and brain fog. It also has been shown to improve sleep and have positive impacts on blood pressure.

Anti-Inflammatory Diet - the anti-inflammatory diet focuses on eliminating common foods that have inflammatory properties such as red meat, processed foods, baked goods, and gluten and instead focuses on eating clean anti-inflammatory foods such as:

- fruits
- vegetables
- seafood and poultry
- nuts and seeds
- beans and legumes

The foods that are included in the anti-inflammatory diet are also those that are great for brain health. There is some evidence that suggests that following an anti-inflammatory diet can slow down the progression of Parkinson's when used along with medication and exercise.

MIND Diet - the MIND diet combines a couple of other healthy diets to maximize on its benefits. The main foods that are avoided on the MIND diet are red meat, butter, and cheese. The foods that are encouraged on the MIND diet are:

- vegetables
- fruits - especially berries
- whole grains
- beans
- nuts
- poultry
- seafood
- olive

This diet has been shown to have great cognitive benefits including supporting a slower decline in cognitive functioning.