

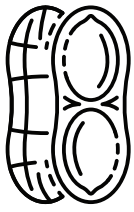
## THE MIND DIET & PEANUTS:

A

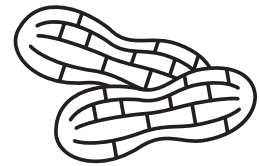
# SUPER PLAN

FOR

## YOUR BRAIN.



WITH A WEALTH OF ANTIOXIDANTS, VITAMINS, MINERALS, UNSATURATED FATS AND POLYPHENOLS, peanuts aren't just brain food—they're brain superfood! So it's no surprise that when the MIND diet was created to bring together the most brain-boosting foods, peanuts and peanut butter were high on their list.



## WHAT IS THE MIND DIET?

The MIND diet (or Mediterranean-DASH diet Intervention for Neurological Delay) combines components from two existing diets that are recommended for overall health: the Mediterranean and DASH diets. The MIND approach incorporates foods from each that have been shown to be particularly beneficial for the brain. And the best part? **Peanuts and peanut butter are a part of all three!**

MIND CAN REDUCE  
**ALZHEIMER'S RISK BY 53%**

A study on the relationship between MIND diet adherence and Alzheimer's Disease examined a total of 923 participants, ages 59-98, for an avg. of 4.5 years. They found high adherence reduced risk of Alzheimer's by 53%, and a significant reduction with even mild adherence.<sup>2</sup>

THE MIND DIET  
**SLOWS**  
↓  
COGNITIVE  
DECLINE

In 2015, 460 MIND diet participants were followed over the course of 4.7 years. Researchers observed a higher adherence to the MIND diet "substantially slows cognitive decline with age."<sup>1</sup>

## OTHER WAYS PEANUTS CAN HELP THE BRAIN



### INCREASE BLOOD FLOW TO THE BRAIN

Resveratrol in peanuts is believed to improve blood flow in the brain by as much as 30%, which may reduce risk of stroke<sup>3</sup> and help improve cognitive abilities.<sup>4</sup>



### HELP ENHANCE YOUR MOOD

Polyphenols (like those found in peanuts) have shown the potential to enhance mood, which may also help reduce risk of depression.<sup>5</sup>



### HELP YOU STAY ALERT

Unsaturated fat in peanuts gives you energy, which can ward off fatigue and help you stay sharp.



WHAT DO **HARVARD RESEARCHERS** OF THE MIND DIET SAY ABOUT

# PEANUTS AND PEANUT BUTTER?

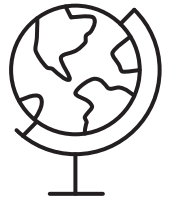
“People who eat peanuts regularly have a lower risk of heart disease; and there is growing evidence that the risk of developing Alzheimer’s disease is associated with risk of cardiovascular disease. So we surmise that peanuts could be an important component of a diet that prevents cognitive decline with aging. That is one reason why we included peanuts in the MIND study.”

- **Dr. Frank Sacks, Harvard T.H. Chan School of Public Health**

“The health benefits of peanuts are consistent across racial and income differences, which often have a strong influence on health. Consuming peanuts as part of the MIND diet could become a cost-effective, feasible approach for the prevention of Alzheimer’s disease or other types of dementia.”

- **Dr. Xiaoran Liu, Harvard T.H. Chan School of Public Health**

## THE MIND DIET CAN WORK ANYWHERE



In 2019, preliminary results of a study showed promise for the MIND diet’s success abroad. Researchers examined the effect of the MIND diet on cognitive function in an Australian population, leading them to conclude that it might be protective for individuals in various geographic locations.<sup>6</sup>



## MIND MAY PREVENT PARKINSON’S AND DELAY ITS PROGRESSION

In 2018, researchers came together to examine how following the MIND diet could impact rates of Parkinson’s disease and its progression. In that study, they found that closely following the MIND diet was associated with a decreased risk of Parkinson’s Disease, as well as a slower rate of progression.<sup>7</sup>

## IS YOUR MIND MADE UP?

Whether you’re worried about supporting your cognition, preventing disease, or just finding an enjoyable, healthy snack, combining this diet with the powers of peanuts and peanut butter will help put your mind at ease!

LEARN MORE ABOUT THE SUPER POWERS OF PEANUTS BY FOLLOWING THE PEANUT INSTITUTE ON [FACEBOOK](#), [INSTAGRAM](#) AND [TWITTER](#).

<sup>1</sup>Morris MC, Tangney CC, Wang Y, Sacks FM, Barnes LL, Bennett DA, Aggarwal NT. MIND diet slows cognitive decline with aging. *Alzheimers Dement*. 2015 Sep;11(9):1015-22. doi: 10.1016/j.jalz.2015.04.011. Epub 2015 Jun 15. PubMed PMID: 26086182; PubMed Central PMCID: PMC4581900.

<sup>2</sup>Morris MC, Tangney CC, Wang Y, Sacks FM, Bennett DA, Aggarwal NT. MIND diet associated with reduced incidence of Alzheimer’s disease. *Alzheimers Dement*. 2015 Sep;11(9):1007-14. doi: 10.1016/j.jalz.2014.11.009. Epub 2015 Feb 11. PubMed PMID: 25681666; PubMed Central PMCID: PMC4532650.

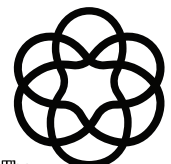
<sup>3</sup>Arya SS, Salve AR, Chauhan S. Peanuts as functional food: a review. *J Food Sci Technol*. 2016 Jan;53(1):31-41. doi: 10.1007/s13197-015-2007-9. Epub 2015 Sep 19. Review. PubMed PMID: 26787930; PubMed Central PMCID: PMC4711439.

<sup>4</sup>L. Berk, et al. Nuts and Brain Health: Nuts Increase EEG Power Spectral Density [ $\mu V^2$ ] for Delta Frequency (1–3Hz) and Gamma Frequency (31–40 Hz) Associated with Deep Meditation, Empathy, Healing, as well as Neural Synchronization, Enhanced Cognitive Processing, Recall, and Memory All Beneficial For Brain Health. *The FASEB Journal* 2017 31:1, 636.24–636.24

<sup>5</sup>Farzaei MH, Rahimi R, Nikfar S, Abdollahi M. Effect of resveratrol on cognitive and memory performance and mood: A meta-analysis of 225 patients. *Pharmacol Res*. 2018 Feb;128:338-344. doi: 10.1016/j.phrs.2017.08.009. Epub 2017 Aug 26. PubMed PMID: 28844841.

<sup>6</sup>Agarwal P, Wang Y, Buchman AS, Holland TM, Bennett DA, Morris MC. MIND Diet Associated with Reduced Incidence and Delayed Progression of Parkinsonism in Old Age. *J Nutr Health Aging*. 2018;22(10):1211-1215. doi: 10.1007/s12603-018-1094-5. PubMed PMID: 30498828.

<sup>7</sup>Hosking, Diane E. et al. MIND not Mediterranean diet related to 12-year incidence of cognitive impairment in an Australian longitudinal cohort study. *Alzheimer’s & Dementia: The Journal of the Alzheimer’s Association*. 2019. doi: 10.1016/j.jalz.2018.12.011.



The Peanut Institute

SOURCE: [THE PEANUT INSTITUTE \(PEANUT-INSTITUTE.COM\)](#)