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Mediterranean diet may lower risk of brain damage that causes thinking problems

I wrote about the Mediterranean diet last week and couldn't help but bring you another article about the benefits of this low fat and low red meat diet. In this study published in Science Daily, it is shown that the diet eaten by people in the Mediterranean may reduce the risk of dead tissue areas in the brain that have a negative impact on mental capacity.

If you aren't familiar with it, the Mediterranean diet is high in vegetables, fruits, legumes, and fish and low in saturated fat, red meat and poultry. For this particular study, 712 people were studied in three groups. Those that most closely followed the typical Mediterranean diet had the lowest incident rate of the brain damage being studied.

Below is an excerpt from the article with a link below that to the original article that is published on ScienceDaily.com

The study found that people who ate a Mediterranean-like diet were less likely to have brain infarcts, or small areas of dead tissue linked to thinking problems.

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