

SUMMER SELF-CARE

Week 7 • July 21, 2020

Nourish your brain

This week's takeaways

1. The strongest evidence-based nutritional recommendation for delaying cognitive decline is to adhere to a diet that mirrors the Mediterranean or MIND diets.
2. Genetic and epigenetic influences are important for understanding cognitive aging, but their impact account for a much lower percent than modifiable lifestyle factors like diet, exercise, and microbiome health.

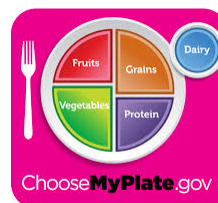
Resources



[health.gov](https://www.health.gov)



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