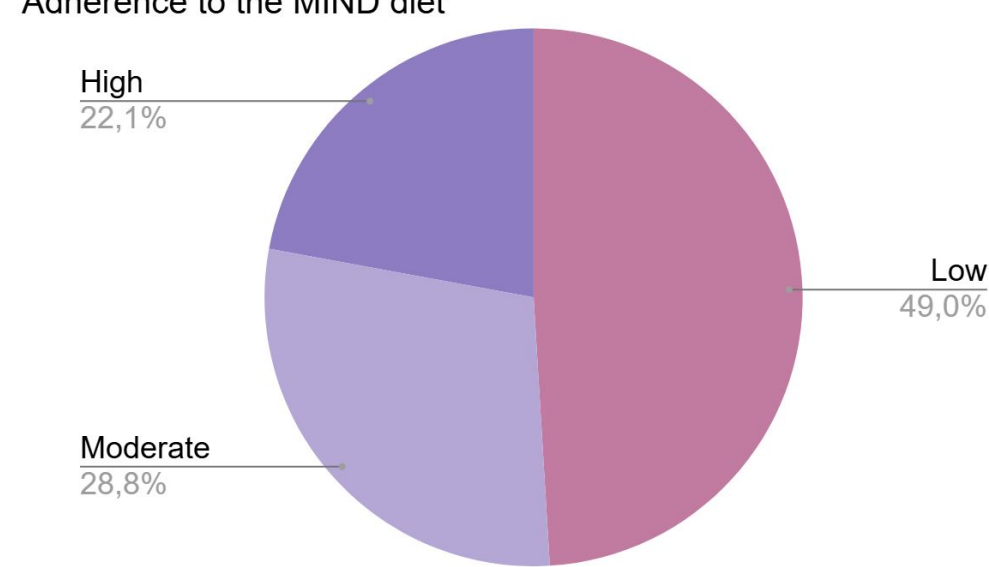


Adherence To The Mind Diet And Sarcopenia In Brazilian Older Adults With Cognitive Impairment: A Cross-Sectional Study

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MIND diet; Sarcopenia; Cognitive impairment												
INTRODUCTION	METHODS	RESULTS	CONCLUSIONS	REFERENCES								
The MIND dietary pattern has been associated with the prevention of cognitive impairment in older. It has also been linked to muscle health. However, evidence regarding its effects in Brazilian older with cognitive impairment remains scarce. This study aimed to evaluate adherence to the MIND diet and its association with sarcopenia parameters in older people with cognitive impairment	Cross-sectional study involving older adults from the COG-AGING cohort with mild cognitive impairment (MCI), Alzheimer's disease dementia (ADD). A Food Frequency Questionnaire was used to calculate the MIND diet scores and tests were performed to assess sarcopenia and physical performance. Chi-square and ANOVA tests were conducted.	104 participants (77.6 ± 7.1 years); 69.2% women; MCI: 60.6% and ADD: 39.4%. Beans, fruits, and vegetables were the most consumed neuroprotective foods; MIND diet adherence was predominantly low (49.0%). Adherence to the MIND diet <table><tr><th>Adherence Level</th><th>Percentage</th></tr><tr><td>High</td><td>22.1%</td></tr><tr><td>Moderate</td><td>28.8%</td></tr><tr><td>Low</td><td>49.0%</td></tr></table> Muscle mass, strength, and physical performance were generally preserved, with no association with MIND diet adherence	Adherence Level	Percentage	High	22.1%	Moderate	28.8%	Low	49.0%	Adherence to the MIND diet was low to moderate, particularly for berries, whole grains, and fish, reflecting Brazilian dietary habits. Although consumption of beans, fruits, and other vegetables was high. This suggests that the lack of association with sarcopenia and cognitive profiles reflects population characteristics rather than degree of decline	Morris MC, Tangney CC, Wang Y, Sacks FM, Barnes LL, Bennett DA, et al. MIND diet slows cognitive decline with aging. <i>Alzheimers Dement</i>. 2015;11(9):1015-1022. doi: https://doi.org/10.1016/j.jalz.2015.04.011. Vassilopoulou E, Koumbi L, Karastogiannidou C, Sotiriadis PM, Felicia PC, Tsolaki M. Adjustment of the MIND diet tool for discriminating Greek patients with dementia: a confirmatory factor analysis. <i>Front Neurol</i>. 2022;13:811314. doi:10.3389/fneur.2022.811314 Dai Z, Wu Y, Chen Y, et al. Associations of Chinese-modified MIND diet with low muscle mass and physical performance among old adults in China: findings from the CLHLS 2018 national survey. <i>Aging Clin Exp Res</i>. 2026;38:75. doi:10.1007/s40520-026-03325-3 Talegawkar SA, Jin Y, Simonsick EM, Tucker KL, Ferrucci L, Tanaka T. The Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) diet is associated with physical function and grip strength in older men and women. <i>Am J Clin Nutr</i>. 2022;115(3):625-632. doi:10.1093/ajcn/nqab310
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				CONTACT								
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