

## Mayo Clinic Minute

### The diet that science shows could help you live longer

Video	Audio
	What if I told you there was a diet that could not only help you manage your weight, but also could help you live longer?
00:00:20 STEPHEN KOPECKY, M.D. CARDIOVASCULAR DISEASES Mayo Clinic	“It really helps us reduce many diseases – not just heart disease, also Alzheimer’s disease. It reduces almost all cancers. It reduces arthritis. It’s an anti-inflammatory diet and, so, you have less joint pain.”
	While it may seem too good to be true, it’s not.
	Dr. Stephen Kopecky, a Mayo Clinic cardiologist, says it stands up to scrutiny.
00:00:52 DR. STEPHEN KOPECKY 02:	“It’s one of the most-studied diets we have and in tens of thousands of patients and has been shown to be very helpful for us.”
	It’s less restrictive than many fad diets out there.
00:00:12 DR. STEPHEN KOPECKY 02:	“It’s very easy to do, and it can be very inexpensive. More fruits and vegetables.”
	Also, more fish and lean meats.
00:00:46 DR. STEPHEN KOPECKY 02:	“It’s really one of the highest fat diets after the keto diet because it’s more monounsaturated fat from olive oil, avocado oil, nuts, things like that.”
00:00:12 DR. STEPHEN KOPECKY 02:	“It more goes back to the way we used to eat, you know, as many years as we’ve been on this planet.”
	Dr. Kopecky says the Mediterranean Diet could really improve your health.
	For the Mayo Clinic News Network, I’m Ian Roth.