

# GET TO KNOW THE MIND DIET

## WHAT IS THE MIND DIET?

MIND stands for Mediterranean-DASH Intervention for Neurodegenerative Delay. This diet combines principles from the Mediterranean Diet and the DASH Diet. It is largely plant-based and low in high saturated fat foods. The diet is designed to specifically target brain health by reducing dementia and the decline in brain health that is associated with age.

## BENEFITS OF THE MIND DIET

- Encourages the reduction of foods high in saturated fat. Evidence suggests that foods high in saturated fat and added sugars can contribute to lesion development most notably associated with Alzheimer's Disease.
- Encourages consumption of heart-healthy foods that prevent and treat heart disease and high blood pressure.
- Emphasizes consumption of foods high in antioxidants to reduce oxidative stress that causes cell damage, particularly to the brain. Foods such as berries, olive oil, and whole grains are rich in antioxidants.

## GUIDELINES FOR THE MIND DIET

The MIND diet focuses on whole, plant-based foods that are low in sugar and saturated fats. It contains rich sources of antioxidants and phytonutrients. The MIND Diet emphasizes berries over other fruits, recommends seafood at least once a week, and promotes leafy greens over other vegetables.

## 10 FOODS TO EAT ON THE MIND DIET

1. **Green leafy vegetables:** Aim for at least one serving of green leafy vegetables a day. These vegetables contain high levels of fiber and are a rich source of nutrients such as iron, magnesium, potassium, and calcium.
2. **All other vegetables:** Vegetables are high in potassium, dietary fiber, folate, vitamin A and vitamin C. It is best to aim for at least one serving a day.
3. **Nuts:** Nuts like almonds, pistachios, walnuts, peanuts, and hazelnuts are a source of high-quality plant protein, fat, and fiber. Aim to consume five 1-ounce portions a week.
4. **Berries:** Berries are a source of potassium, magnesium, vitamin C, vitamin K, fiber and antioxidants. Berries should be consumed twice a week.
5. **Beans & legumes:** Both are high in fiber, plant-based protein, folate, potassium, and iron. Include these foods in at least four of your meals a week.
6. **Whole grains:** Whole grains are high in vitamin B, iron, folate, and selenium. It is best to consume three servings daily.
7. **Fish:** Eat fish at least once a week. It is best to choose fatty fish like salmon or tuna for their high omega-3 content.
8. **Poultry:** Aim to consume twice a week. Poultry is a great source dietary protein and contains nutrients such as copper, iodine, iron, and manganese.
9. **Olive oil:** Olive oil is a source of monounsaturated fats. It is best to aim for two tablespoons a day and use as your primary cooking oil.
10. **Red wine:** Red wine contains polyphenols, in particular, resveratrol, which is associated with heart-protecting effects. It is best to consume no more than one glass (5-ounces) a day.

## 5 FOODS TO LIMIT OR AVOID ON THE MIND DIET

1. **Butter/margarine:** Strive for less than 1 tablespoon of butter a day, and it is advised to never consume margarine. These foods tend to be high in saturated fat.
2. **Cheese:** Limit consumption to less than 1 serving a week. Cheese is high in calories and saturated fat.
3. **Red meat:** Consuming high amounts is linked to high cholesterol and may increase your risk of developing certain chronic diseases. Limit to less than 4 servings a week.
4. **Fried food:** Should not be consumed more than once a week, as fried foods are high in saturated fat and sodium.
5. **Sweets:** Limit sweets and pastries to no more than five servings a week. Overconsumption of sweets can lead to weight gain, blood sugar problems, and increased risk of developing certain chronic diseases.

## OTHER WAYS TO BOOST BRAIN HEALTH

- **Exercise:** Regular exercise has been shown to aid in brain function by increasing the amount of oxygen-rich blood that is sent to the region of the brain responsible for thought.
- **Plenty of sleep:** It is important to get adequate sleep so your brain can rest and recover. Not getting enough sleep can cause problems with memory and thinking.
- **Stay mentally active:** Stimulating your brain with things such as math or word problems can help protect against future cell loss.

## BRAIN BOOSTING RESOURCES

### Apps to Support Brain Health:

- Lumosity
- Happify
- Personal Zen
- Games such as crosswords, word searches, or sudoku

### Books:

- *The MIND Diet: A Scientific Approach to Enhancing Brain Function and Helping Prevent Alzheimer's and Dementia* by Maggie Moon
- *Diet for the MIND: The Latest Science on What to Eat to Prevent Alzheimer's and Cognitive Decline* by Dr. Martha Clare Morris
- *The MIND Diet Plan and Cookbook: Recipes and Lifestyle Guidelines to Help Prevent Alzheimer's and Dementia* by Julie Andrews
- *The Brain Health Cookbook: MIND Diet Recipes to Prevent Disease and Enhance Cognitive Power* by Julie Andrews