

# EAT WELL, AGE WELL. HEALTHY EATING PLANS

## Keep Healthy Eating *in MIND!*

This eating pattern was developed by researchers at Rush University Medical Center in Chicago. They followed ~1000 people over 5 years and found those who followed the plan had less cognitive decline. Why? Because nutrients found in the foods recommended positively affect brain health & function! ***Eat Well, Think Well...*** why not give this eating pattern a try? It's based on eating whole foods & you don't have to buy expensive supplements. Keep in ***MIND*** making **some** changes is beneficial plus the food tastes great and is affordable.

## MIND Diet (Mediterranean-DASH Intervention for Neurodegenerative Delay) Is This Eating Plan Right for Me?

The MIND Diet is an overall healthy eating plan that includes foods that we all should be eating.

Food	Frequency	Specifics
Vegetables	2 or more servings per day	At least one serving of leafy green vegetable per day.
Berries	2 or more servings per week	Any type of berry, although blueberries may be potentially more beneficial.
Whole grains	3 or more servings per day	Emphasis on grains that are minimally processed.
Nuts	5 or more servings per week	
Beans	4 or more servings per week	
Seafood	1 or more serving per week	Focus on fatty fish such as salmon, mackerel, herring and sardines.
Poultry	2 or more servings per week	

**Foods to Limit:** Saturated fat (butter and margarine -use olive oil instead), red meat, fast foods, full-fat cheeses, sodium, sweets & pastries. Read labels and cut back on added sugars.

<https://www.eatrightpro.org/news-center/nutrition-trends/health-promotion/the-mind-diet>

*“Health is like money, we never have a true idea of its value until we lose it.” – Josh Billings*

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## MIND Diet is BERRY Nice!

Interestingly, the preliminary studies specifically recommend eating berries two or more times a week; they are the only fruit specifically recommended in the MIND diet. "Blueberries are one of the more potent foods in terms of protecting the brain," stated Martha Clare Morris, PhD, the lead author of the MIND diet study. Frozen berries are an affordable option when fresh are out of season.

She also stressed that diet is just one of the factors, genetics, smoking, exercise and education also play a role. But in the study, the MIND diet helped slow the rate of cognitive decline and protected against Alzheimer's regardless of other risk factors.

## Easy MIND Healthy Salad



Image by Pam VanKampen

### Ingredients:

- Dark leafy greens (baby spinach, baby kale, romaine, green salad mixes)
- Blueberries, or other berries, fresh or frozen
- Walnuts, or other nuts
- Red Wine Vinaigrette Dressing

This healthy meal takes less than 5 minutes to prepare and is loaded with brain boosting nutrients.

### Instructions

1. Fill a bowl or plate with a big pile of greens. Top with blueberries and walnuts (you can also add tuna, leftover chicken, reduced fat feta or goat cheese and other veggies as you like).
2. Drizzle with salad dressing and enjoy!

Recipe adapted from <https://www.fivehearhome.com/brain-healthy-salad-recipe/>

*“What you eat literally becomes you, you have a choice in what you are made of.” Anonymous*

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## Ingredients:

- 1/2 tablespoon extra-virgin olive oil
- 2 turkey cutlets or Chicken Breasts
- 3/4 cup high-pulp orange juice
- 1 ½ teaspoon Dijon mustard
- ½ teaspoon cinnamon
- ¼ cup dried cranberries
- Salt and pepper or salt-free seasoning of your choice

## Orange-Cranberry Poultry

### Directions:

1. Heat olive oil over medium high heat. Lightly season the poultry.
2. Put poultry in skillet and cook until golden brown on both sides, be sure it is cooked all the way through. Remove and keep warm while you make the sauce.
3. **Sauce:** Add orange juice, mustard, cinnamon and dried cranberries to the pan, stirring often.
4. Bring to a boil and cook until the sauce has thickened.
5. Place poultry on serving plates and top with the orange-cranberry sauce.
6. Serve with whole grain bread or rice, non-fat milk and a veggie or salad for a brain boosting meal!

Recipe inspired by <https://superfoodsrx.com/recipes/cranberry-orange-turkey-recipe/>

*“To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.” –William Londen*

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## Want to boost your brain health? What Change Are You willing to Make to you Diet?

### 10 Groups of Foods to Include in the MIND Diet

- **Whole grains:** 3 or more servings per day
- **Green leafy vegetables:** 6 servings per week
- **Other vegetables:** 1 serving per day
- **Nuts:** 5 servings per week
- **Berries:** 2 or more servings per week
- **Beans or legumes:** 3 or more servings per week
- **Fish:** 1 or more serving per week
- **Poultry:** 2 or more servings per week
- **Wine:** 1 serving per day
- **Olive oil:** use as your main cooking oil or instead of butter or margarine

**Activity:** Review the foods that you should eat more and less of and make an action plan for this week. Be sure it's measurable and realistic. For example, this week I will include berries for breakfast on Tuesday and Thursday. Or I will add a handful of nuts one time a day Monday thru Friday this week.

**Write your goal here: (You got this 😊)**

### 5 Groups of Foods to Minimize in the MIND Diet

- **Pastries and sweets** — less than 5 servings per week
- **Red meat** — less than 4 servings per week
- **Full Fat Cheeses** — less than 1 serving per week
- **Fried or fast food** — less than 1 serving per week
- **Butter and margarine** — less than 1 tablespoon per day

*“Love yourself enough to live a healthy lifestyle.” – Jules Robson*