

## MIND Diet: **Foods to Limit**

- **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. Choose reduced and low fat cheese.
- **Fried or fast food** — less than 1 serving per week
- **Butter and margarine** — less than 1 tablespoon per day

***Small changes make a difference!***

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Pam VanKampen, RDN, CD. April 2019

## MIND Diet: History

- Based on research done at Rush University Medical Center in Chicago.
- Followed ~1000 people for almost 5 years and found those followed the diet had less cognitive decline
- The foods we eat affect our brain health for better or worse.



*Image by Jill Wellington from Pixabay*

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## MIND Diet: Foods to Include

- **Whole grains:** 3 or more svgs per day
- **Green leafy vegetables:** 6 svgs per week
- **Other vegetables:** 1 serving per day
- **Nuts:** 5 servings per week
- **Berries:** 2 or more servings per week
- **Beans or legumes:** 3 + svgs 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

***The more you add, the greater the benefits***

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## MIND Diet

The MIND Diet combines the best of the Mediterranean and DASH eating plans. Researchers believe it can reduce cognitive decline and help decrease risk of Alzheimer's.



Image from Pixabay.com

## MIND Diet

### Go Nuts!

This eating plan recommends 5 servings of nuts per week. The serving size is about 1 handful. The healthy fats in nuts not only help your brain but they help you feel full and satisfied.



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## MIND Diet: Sample Menu

**Breakfast:** Bran cereal with flax seeds, blueberries, non-fat milk, coffee

**Lunch:** Wild rice salad with grilled salmon, wilted spinach with garlic & olive oil, raspberry iced tea

**Dinner:** Large green leafy salad with strawberries, avocado, sesame seeds, grilled chicken, whole wheat roll with olive oil

**Snacks:** Nuts, berries, iced green tea.

*Source: Food & Fitness after 50 by Rosenbloom and Murray.*