



EAT WELL with the MIND Diet

Several diets have been shown to improve health. The MIND Diet takes two proven healthy diets—DASH and Mediterranean—and focuses on the foods in each that specifically reduce risk of cognitive decline and dementia. These two diets are already known to reduce the risk of hypertension, heart disease, and certain cancers.

Eat from these 10 food groups

- **Green leafy vegetables (like spinach and kale):** At least six servings a week
- **Other vegetables:** At least one a day
- **Nuts:** Five servings a week
- **Berries:** Two or more servings a week
- **Beans:** At least three servings a week
- **Whole grains:** Three or more servings a day
- **Fish:** Once a week
- **Poultry (like chicken or turkey):** Two times a week
- **Olive oil:** Use it as your main cooking oil
- **Wine:** One glass a day (but if you don't drink, don't start)

Also see: www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-blog/brain-healthy-foods/bgp-20191732

Avoid eating from these 5 food groups

- **Red meat:** Less than four servings a week
- **Butter and margarine:** Less than a tablespoon daily
- **Cheese:** Less than one serving a week
- **Pastries and sweets:** Less than five servings a week
- **Fried or fast food:** Less than one serving a week

The **MIND diet**, which stands for “**Mediterranean-DASH Intervention for Neurodegenerative Delay**,” was developed at Rush University Medical Center. They followed the food intake of 923 Chicago-area seniors, and over 4.5 years; 144 participants developed Alzheimer’s disease. The longer people had followed the MIND diet patterns, the less risk of developing Alzheimer’s disease they appeared to have. The MIND diet lowered Alzheimer’s risk by about 35 percent for people who followed it moderately well and up to 53 percent for those who adhered to it rigorously. This diet may slow cognitive decline and dementia, as well as Alzheimer’s disease. See www.rush.edu/news/diet-may-help-prevent-alzheimers for more information.