



THE MIND DIET FOR HEALTHY BRAIN AGING

- The Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) diet is a hybrid of the Mediterranean and DASH (Dietary Approaches to Stop Hypertension) diets.
- MIND diet was developed as a result of a four-and-a-half-year study through the National Institute of Aging led by Dr. Martha Clare Morris, a Rush University nutritional epidemiologist.
- This study found that people who ate more of the MIND diet foods had less risk for Alzheimer's disease. People who followed the diet moderately reduced their risk for Alzheimer's disease by 35%, and those who followed it closely reduced their risk by 53%.
- MIND diet recommends 10 items to incorporate into your diet and 5 to limit.

10 THINGS TO INCORPORATE INTO YOUR DIET

- **Green leafy vegetables**
(at least 6 servings a week)
- **Other vegetables**
(at least 1 a day)
- **Nuts**
(5 servings a week)
- **Berries**
(2 or more servings a week)
- **Beans**
(at least 3 servings a week)
- **Whole grains**
(3 or more servings a day)
- **Fish**
(at least 1 serving a week)
- **Poultry**
(2 servings a week)
- **Olive oil**
(use as in cooking and dressings)
- **Wine, especially red**
(1 glass a day)

5 THINGS TO LIMIT IN YOUR DIET

- **Red meat**
(less than 4 servings a week)
- **Butter and margarine**
(less than 1 teaspoon daily)
- **Cheese**
(less than 1 serving a week)
- **Pastries and sweets**
(less than 5 servings a week)
- **Fried or fast food**
(less than 1 serving a week)



**Wisconsin Alzheimer's
Disease Research Center**
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

Source: "MIND Diet Associated with Reduced Incidence of Alzheimer's Disease"
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4532650/>