The Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) Diet

The MIND Diet (Mediterranean-DASH Intervention for Neurodegenerative Delay) is an example of a diet that has recently been associated with brain health. MIND is a combination of the Mediterranean and DASH (Dietary Approaches to Stop Hypertension) Diets.

The MIND approach <u>includes</u>:

- 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)

The MIND approach <u>avoids</u>:

- Red meat (less than 4 servings a week)
- Butter and margarine (less than 1 tablespoon 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)

References:
Morris MC, Tangney CC, Wang Y, Sacks FM, Bennett DA, Aggarwal NT, MIND diet associated with reduced incidence of Alzheimer's disease. Alzheimer's and Dementia. 2015; 9: 1007-1014.
Rush University Medical Center, www.rush.edu/news/diet-may-help-prevent-alzheimers

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November 2017