

The MIND Diet

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M

Mediterranean-DASH

I

Intervention for

N

Neurodegenerative

D

Delay

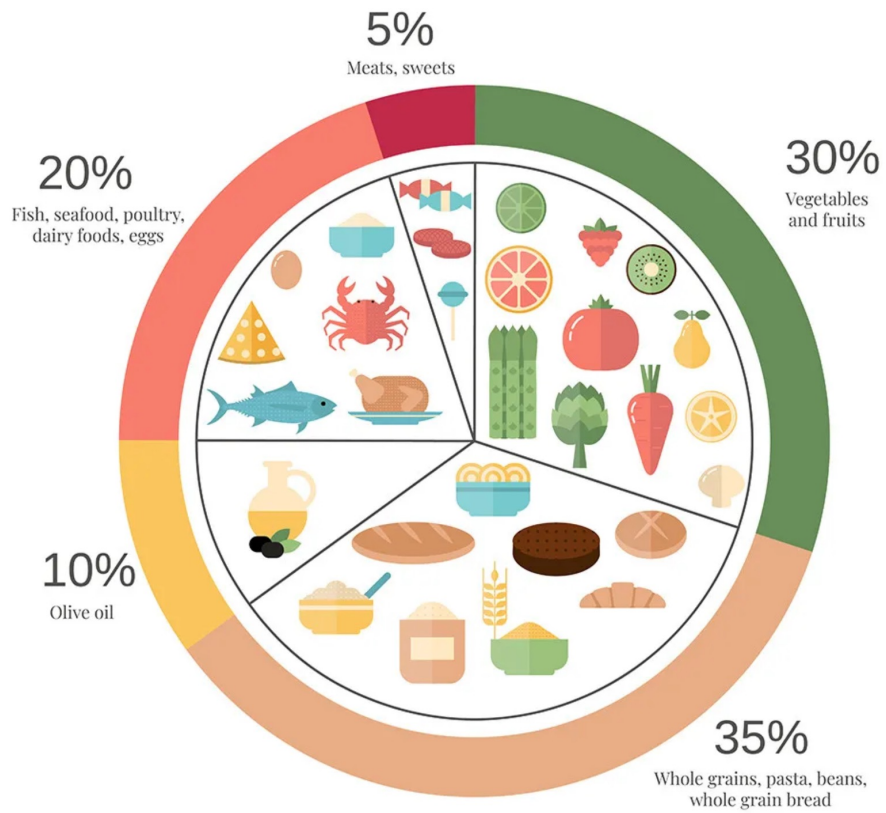
Background

- ▶ Mediterranean and DASH Diets shown to slow cognitive decline
- ▶ Primary goal of MIND Diet is to lower risk of Alzheimer's Disease
- ▶ Research so far shows association, not causation
- ▶ Data analysis controlled for several factors

Background

- ▶ “Rigorous” adherence = 53% lower AD risk
- ▶ “Moderate” adherence = 35% lower AD risk
- ▶ The longer the MIND Diet was followed, the better the result
- ▶ Top third of MIND Diet followers equivalent to being 7.5 years younger
- ▶ Emerging research shows many possible benefits of MIND Diet

Mediterranean Diet



DASH Diet



The MIND Diet in a Week

WHOLE GRAINS: 21



Packed with fiber to fuel a productive brain. Aim for 3 servings a day.

BERRIES: 2



Thanks to their flavonols, they're the only fruit that can slow brain decline.

BEANS: 3



Plenty of fiber, plus low-fat protein for growing brain cells.

LEAFY GREENS: 6



Full of antioxidants and carotenoids to protect gray matter.

POULTRY: 2



Delivering dementia-preventing B vitamins and low-fat protein.

NUTS: 5



Rich in vitamin E, which has been shown to lower risk of Alzheimer's.

OTHER VEG: 7



Packed with plant-based antioxidant power.

FISH: 1



Rich in brain-cell-fortifying omega-3 fatty acids.

WINE: 7



Alcohol reduces dementia risk. Stick to 1 glass a day.

**And use olive oil for cooking and dressings, for its memory-protecting polyphenols.*

KEEP THESE
FOODS TO A
MINIMUM

Red meat: 4 times a week or less

Fast food, fried food, and cheese: less than once a week

Butter or margarine: fewer than 7 tablespoons a week

Pastries or sweets: less than 5 times a week

From www.prevention.com

Eat More of These...



Whole grain bread,
pasta, cereal,
crackers

Brown or wild rice*

Oats

Popcorn*

Quinoa*

Buckwheat*

Bulgur

Barley

Millet*

Farro

*gluten-free



Strawberries

Blueberries

Raspberries

Blackberries



Beans

(black, garbanzo,
kidney, navy, pinto,
white, soy)

Lentils (any color)

Eat More of These...



Romaine lettuce
Spinach
Arugula
Kale
Collard greens
Beet greens
Mustard greens
Turnip greens



Chicken or turkey,
preferably white
meat with no skin
and prepared
without frying

Can possibly include
pork tenderloin



Peanuts
Cashews
Almonds
Walnuts
Pecans
Pistachios
Hazelnuts
Brazil nuts

Eat More of These...



Tomatoes
Cucumber
Broccoli
Cauliflower
Onion
Pepper
Carrots
Green beans
Squash
Zucchini
Eggplant
Potato
Corn
Peas
Beets
Lima beans



Preferably fatty fish
prepared without
frying:

Salmon
Tuna
Sardines
Herring
Anchovies
Trout
Mackerel



Red and white both
have brain benefits

No more than one
5-ounce glass/day

The Meal Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	2 eggs scrambled in 1 tbsp butter + ½ cup berries	1 cup steel-cut oatmeal with ¼ cup milk and 2 tbsp dried fruit	½ cup plain Greek yogurt + ½ cup strawberries	1 slice whole grain bread with 1 tbsp peanut butter and 1 sliced banana	1 slice whole wheat French toast + ½ cup berries	Smoothie made with 1 cup plain Greek yogurt, 1 cup berries and 1 tbsp honey	Frittata (1 egg) with ½ cup diced vegetables + 2 pieces whole grain lavash
SNACK	1 oz cheese + 4 whole grain crackers	½ cup edamame in pods	¼ cup nuts	1 hard-cooked egg + 4 whole grain crackers	1 cup vegetables + ¼ cup hummus	¼ cup dried fruit + ¼ cup nuts	½ cup roasted chickpeas
LUNCH	1 cup cooked whole grain pasta + ½ cup tomato sauce with ½ cup vegetables + ¼ cup toasted almonds	2 cups kale salad with 1 tbsp olive oil and balsamic vinegar + ½ cup beans + ¼ cup toasted pecans	2 slices whole grain bread with 2 tbsp peanut butter and 1 sliced banana + 2 cups dark green salad with 1 tbsp olive oil	2 cups dark green salad with 1 tbsp olive oil and lemon dressing + ½ cup chickpeas	2 cups cooked whole grain pasta with ½ cup tomato sauce + 1½ cups dark green salad	1 large whole wheat pita + ½ cup hummus + 1½ cups grilled vegetables	1 cup 2-bean salad with 1 tbsp olive oil + 1 cup diced vegetables
SNACK	1 small date square	1 apple + 4 whole grain crackers	½ cup plain Greek yogurt + ¼ cup dried fruit	1 cup vegetables + ¼ cup hummus	¼ cup dried fruit + ¼ cup nuts	1 cup microwave popcorn	2 fruit kabobs + ½ cup plain Greek yogurt
DINNER	3 oz chicken breast + 1 cup sugar snap peas sautéed in 1 tbsp olive oil + 1½ cups dark green salad + 5 oz red wine	3 oz beef burger + 3 sweet-potato wedges + 5 oz red wine	3 oz white fish + ½ cup cooked brown rice + 1 cup veggies + 5 oz red wine	3 oz pork tenderloin + 4 large spears grilled asparagus + ½ cup cooked whole wheat couscous + 5 oz red wine	3 oz turkey breast + 1 cup mashed yellow-fleshed potatoes with 1 tbsp olive oil + 5 oz red wine	3 oz grilled tofu + 2 cups stir-fried bok choy + ½ cup cooked soba noodles + 1½ cups dark green salad + 5 oz red wine	3 oz salmon with mango salsa + 1 cup cooked wild rice pilaf with ¼ cup toasted pecans + 1½ cups dark green salad + 5 oz red wine

MIND Diet in Practice

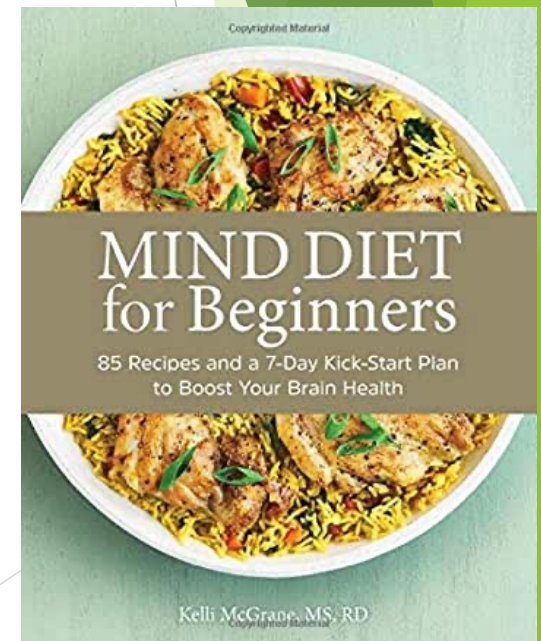
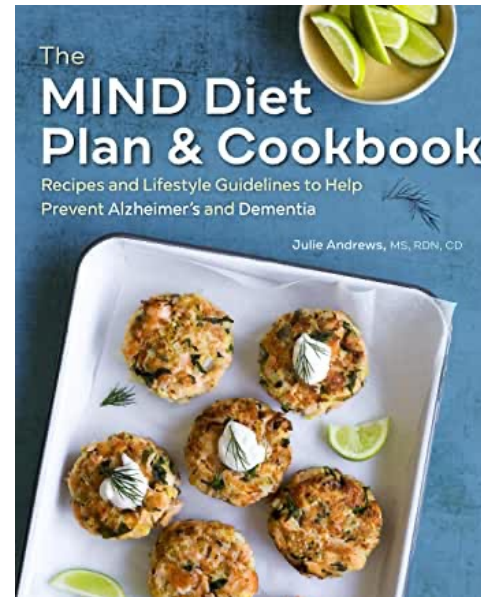
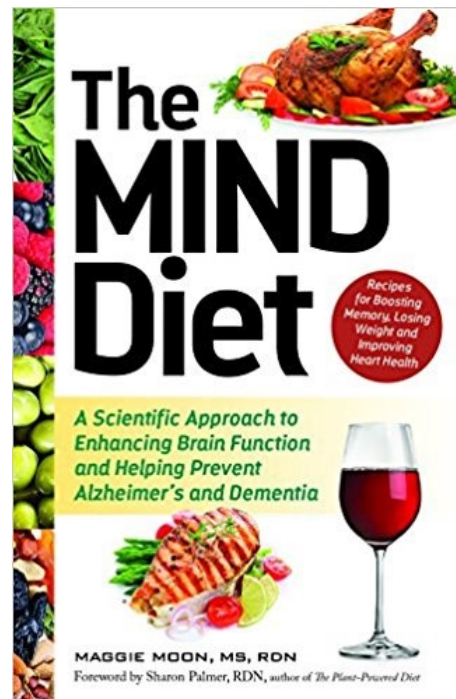
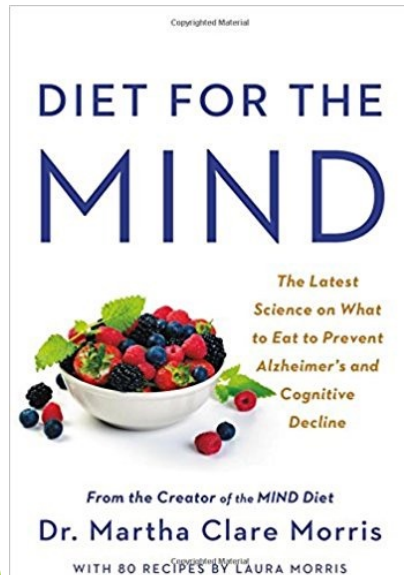
- ▶ Don't have to follow it perfectly to see results
- ▶ Can be adopted as a sustainable lifestyle
- ▶ Emphasizes nutrient-dense, whole foods prepared at home
- ▶ Large emphasis on *what to eat*



Simple Steps Towards the MIND Diet

- ▶ Whole grains instead of refined grains
- ▶ Poultry instead of beef
- ▶ Salads with meals
- ▶ Snack on nuts instead of chips
- ▶ Use berries as a natural sweetener
- ▶ Use sharper cheeses to flavor food with less cheese
- ▶ Use hummus or avocado on sandwiches instead of mayo or cheese
- ▶ Have a meatless dinner once a week

Helpful Resources



Helpful Resources

MIND Diet Meals

RECIPES AND NEWS ABOUT BRAIN-HEALTHY FOODS

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ALL RECIPES,
FISH: 1+ SERVING PER WEEK,
OLIVE OIL: DAILY
SEPTEMBER 5, 2020



ALL RECIPES,
BERRIES: 2+ SERVINGS PER WEEK,
NUTS: 5+ SERVINGS PER WEEK
FEBRUARY 12, 2020



ALL RECIPES,
BERRIES: 2+ SERVINGS PER WEEK,
NUTS: 5+ SERVINGS PER WEEK,
WHOLE GRAINS: DAILY
JANUARY 26, 2020

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Questions?

