

MIND Plan

Mediterranean-DASH Intervention for Neurodegenerative Delay

- An eating approach emphasizing foods found effective in reducing dementia risk and slowing cognitive decline.
- The more you follow the MIND plan, the more you reduce your risk for Alzheimer's Disease

MIND Plan Breakdown

- ▶ Including all MIND foods in one day would provide about **900 calories**.
- ▶ Still room for other foods like dairy, and more fruits and vegetables.
- ▶ Depending on the foods you select, you may need a calcium and/or vitamin D supplement. Ask your doctor or dietitian.

Don't Drink?
Try 100% grape, pomegranate, or cranberry juice instead, made with "no added sugar"



WINE
5 oz./day



PROTEIN

2+ servings poultry/week
1+ servings seafood/week

1 serving = 3 - 5 oz.
Use a deck of cards or the palm of your hand to estimate portions



▶▶ Try having 2 oz at lunch and 3 oz at dinner
Choose fresh, frozen or canned varieties



STARCHES

3 servings WHOLE grains/day
4 servings beans or legumes/week
(Includes black, white, red or lima beans, soy, tofu, lentils, blackeye peas, and chickpeas)

▶▶ Try incorporating 2 starches at breakfast, 2 at lunch, and 2 at dinner



BERRIES

2+ servings/week

Incorporate into meals or snacks



LIMIT

Red Meat
< 4 servings/week



Pastries and Sweets
< 5 servings/week



Fried and Fast Foods
< 1 serving/week



Full-Fat Cheese
< 1 oz/week



Butter
< 1 pat/day



TIP:
Instead of butter, switch to olive, corn, or canola oil



NON-STARCHY VEGETABLES

6+ servings green, leafy vegetables/week
1+ serving of another vegetable/day

▶▶ **Try to Eat the Rainbow!**

▶▶ Try having one at lunch and one at dinner

Choose fresh, frozen or canned varieties

Tip: Look for "Low-Sodium," "Unseasoned," and "No-Salt Added"



NUTS

5 oz /week

Incorporate into meals or snacks

Tip: 1 oz. is about 1/4 c.













DIET FOR THE MIND



For More Information check out:
Diet for the Mind by Dr. Martha Clare Morris

HOW DOES YOUR DIET STACK UP?

Read through the table below and think about how you usually eat. In each blank write down how many servings of that food group **you eat** compared with the MIND Plan.

| | | | |
|-----------------------|---|--|--|
| Foods to ADD | Whole Grains 3 servings / day 1 serving = 1/2 c. cooked cereal or grain, 1 c. ready-to-eat cereal, or 1 slice bread, I eat: _____servings/day |  Green Leafy Veggies 6+ servings / week 1 serving = 1 c. raw, or 1/2 c. cooked I eat: _____servings/week |  "Other" Veggies 1+ servings / day 1 serving = 1 c. raw, or 1/2 c. cooked I eat: _____servings/day |
| | Nuts 5 oz / week 1 oz is about the same as 1/4 c. I eat: _____servings/week |  Berries 2+ servings / week 1 serving = 1/2 c. I eat: _____servings/week |  Beans/Legumes 4 servings / week 1 serving = 1/2 c. cooked I eat: _____servings/week |
| | Fish 1+ servings / week 1 serving = 3-5 oz. I eat: _____servings/week |  Poultry 2+ servings / week 1 serving = 3-5 oz. I eat: _____servings/week |  Wine 5 oz / day I have: _____oz/day |
| | Red Meat < 4 servings / week 1 serving = 3-5 oz. I eat: _____servings/week |  Fried/Fast Food < 1 serving / week I eat: _____servings/week |  Pastries/Sweets < 5 servings / week I eat: _____servings/week |
| | Butter < 1 pat / day 1 pat = 1.5 tsp. I eat: _____servings/day |  Full-Fat Cheese < 1 oz / week I eat: _____oz/week |  Cutting back on cheese can be hard. These tips and tricks may help: |
| | | | |
| Foods to LIMIT | | | |

DECIDE.

What change can you make **TODAY** to start supporting your brain health?

Set a Goal.

Make it **Specific, Measurable, Achievable, Realistic/Relevant** and **Time-bound**:

Example:

I will eat one more serving of green, leafy vegetables each day, for 7 days a week, for the next two weeks.

Write your own SMART goal here:

Note: Foods not limited nor emphasized in this eating approach **CAN** still be enjoyed

- Low-fat yogurt and low-fat milk
- Other fruits
- Starchy vegetables
- Eggs (up to 7 per week)



1 Switch to low-fat

- Look for cheeses with: <3 grams of saturated fat or are labeled "lite," "2% milk," "reduced fat," or "part-skim"
- Purchase cheeses that are naturally lower in saturated fat. Use the table below as a guide:

| Saturated Fat in 1 oz. of Whole Fat Cheese | | | |
|--|-------|------------|-------|
| Colby | 5.7 g | Gouda | 5.0 g |
| Cheddar | 5.3 g | Brie | 4.9 g |
| Blue | 5.3 g | Provolone | 4.8 g |
| Swiss | 5.2 g | Feta | 4.2 g |
| American | 5.1 g | Mozzarella | 3.7 g |

2 Try a vegan cheese. But watch out for high amounts of sodium and saturated fat.

- "GoVeggie" is a reliable brand available at Walmart

3 Make a non-dairy swap:

- Nutritional yeast sprinkle instead of parmesan on pasta, or butter on popcorn
- Firm tofu instead of block cheese
- Silken tofu instead of ricotta, cream, or cottage cheese