

THE MEDITERRANEAN-DASH DIET INTERVENTION FOR NEURODEGENERATIVE DELAY

The MIND Diet was developed from a combination of the Mediterranean and DASH diets. It has been shown to preserve cognitive health as you age. These diets are also linked with the prevention of diabetes and heart disease. The MIND diet encourages eating fruits, vegetables, and whole grains while limiting red meat and saturated fat.



While no diet can guarantee the prevention of neurodegenerative diseases like dementia and Alzheimer's, studies have shown that individuals who follow the MIND diet are less likely to experience these disorders as they age.

Morris MC, Tangney CC, Wang Y, Sacks FM, Barnes LL, Bennett DA, Aggarwal NT. MIND diet slows cognitive decline with aging. *Alzheimer's & dementia*. 2015 Sep 1;11(9):1015-22



The Mediterranean-DASH Diet Intervention for Neurodegenerative Delay

FOODS TO INCLUDE

3+ WHOLE GRAINS

At least three servings **PER DAY** of foods like brown rice, oats, and 100% whole wheat bread

6+ LEAFY GREENS

At least six servings **PER WEEK** of foods like spinach, kale, and turnip greens

5+ NUTS

At least five servings **PER WEEK** of foods like walnuts, cashews, almonds, and pistachios

2+ BERRIES

At least two servings **PER WEEK** of foods like blueberries and raspberries

1+ FISH

At least one serving **PER WEEK** of foods like salmon, tuna, and mackerel

4+ BEANS & LEGUMES

At least four servings **PER WEEK** of foods like black beans, lentils, and chickpeas

2+ POULTRY

At least two servings **PER WEEK** of foods like turkey, and chicken (not fried)

1+ VEGETABLES

At least one servings **PER DAY** of foods like carrots, broccoli, green beans, and bell peppers

**OLIVE OIL**

Make olive oil the primary oil you use for food preparation and cooking

FOODS TO LIMIT

- Pastries and Sweets: limit to 4 servings per week
- Red Meat: limit to 3 servings per week
- Butter and Margarine: limit to 1 tbsp per day
- Cheese & Fried Foods: limit to 1 serving per week

