

The MIND Diet for Healthy Brain Aging



Wisconsin Alzheimer's
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The Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) diet is a hybrid of the Mediterranean and DASH (Dietary Approaches to Stop Hypertension) diets, emphasizing antioxidant-rich foods. The 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.

A recent study found that people who had reported sticking to a Mediterranean or MIND diet showed less evidence of Alzheimer's pathologies, including tau tangles and amyloid plaques, upon autopsy of their brains.

The MIND diet recommends 10 items to incorporate into your diet and 5 to limit. Find the recommendations here.

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



Scan the QR code with your smartphone for more resources

Sources: "MIND Diet Associated with Reduced Incidence of Alzheimer's Disease" ncbi.nlm.nih.gov/pmc/articles/PMC4532650/ and "Association of Mediterranean-DASH Intervention for Neurodegenerative Delay and Mediterranean Diets With Alzheimer Disease Pathology" pubmed.ncbi.nlm.nih.gov/36889921/