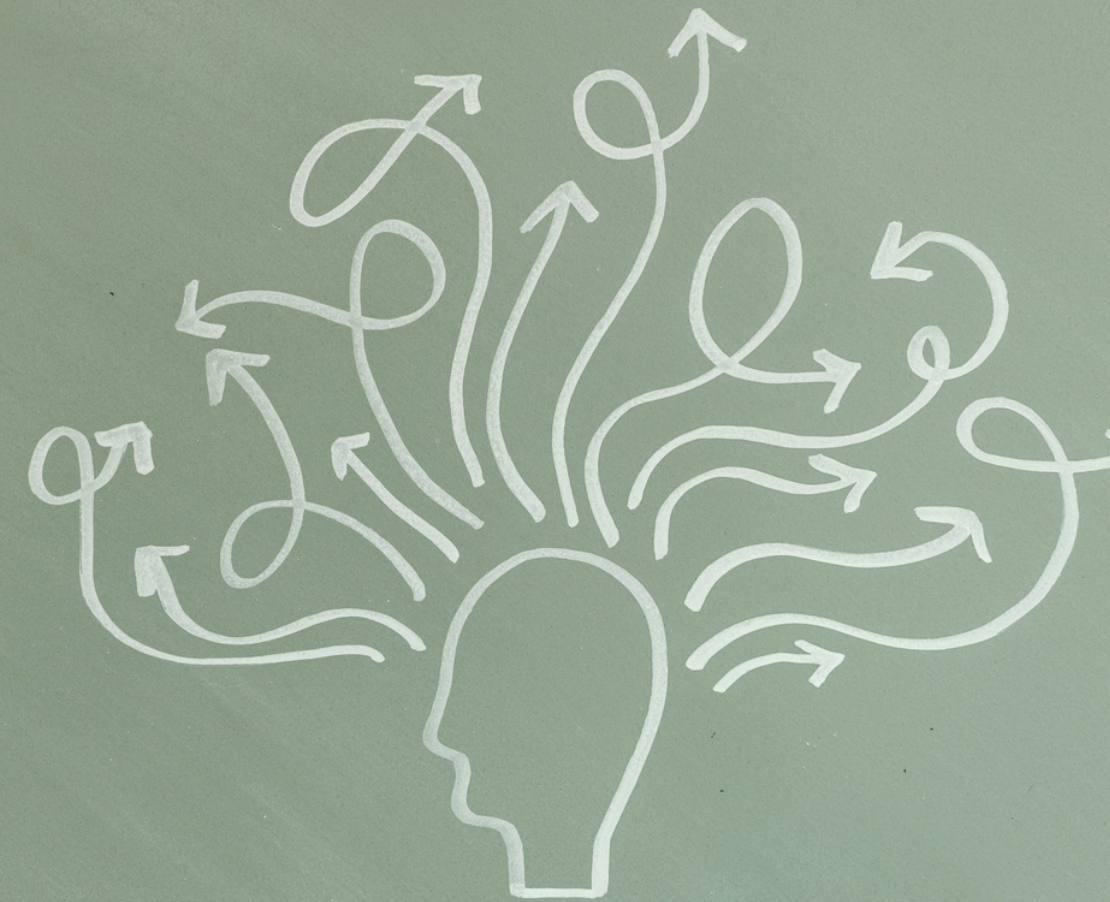


THE MIND DIET



PRESENTED BY KAREN BRYLA MCNEES, ED.D., RDN. @ UK WORK-LIFE & WELL-BEING

M Mediterranean-DASH






I Intervention for









N Neurodegenerative

D Delay

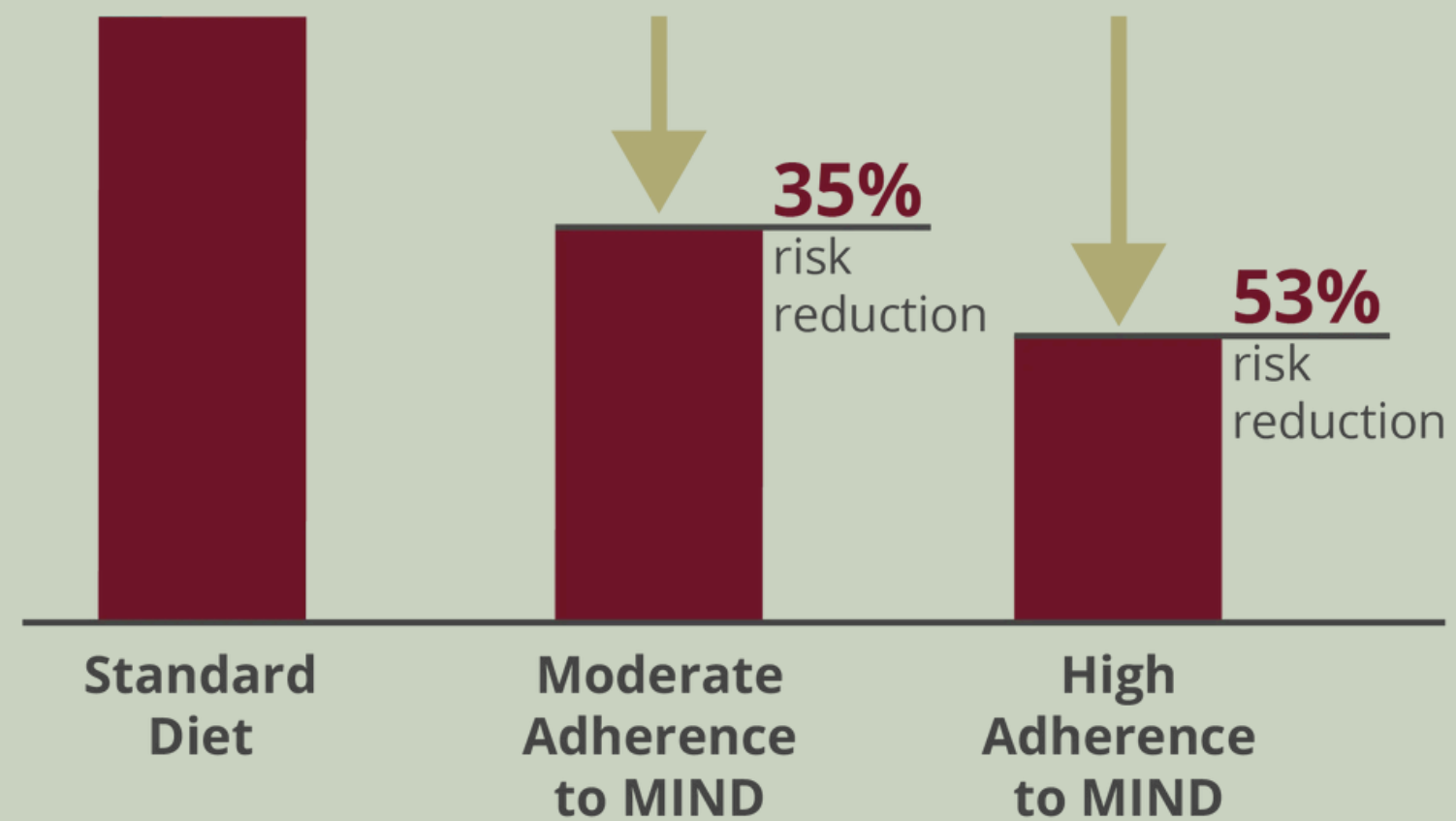
THE BIRTH OF THE MIND DIET

- As we age, the physical structure of the brain deteriorates and affects cognition.
- The Mediterranean and DASH Diets are known to lower risk for conditions that increase cognitive decline.
- Can these be combined into a new diet to lower risk for cognitive decline and Alzheimer's disease?

MEDITERRANEAN DIET daily servings	
	Whole Grains, Vegetables, Fruits, Seeds, Olive Oil, Beans, Nuts, Legumes base for every meal
	Fish, Seafood eat at least twice a week
	Poultry, Eggs, Yogurt, Cheese eat moderate portions
	Meats And Sweets eat less often than other foods
	Wine drink in moderation

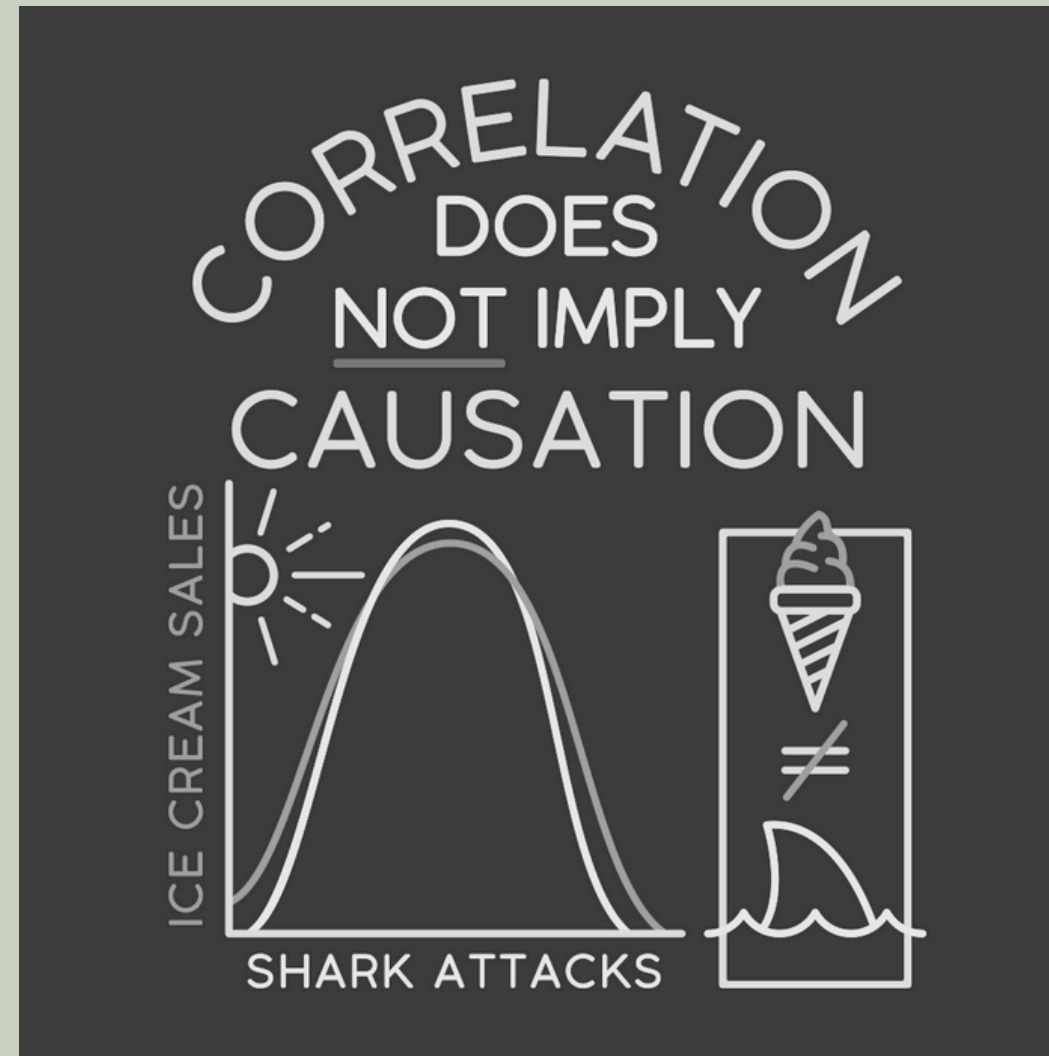
DASH DIET daily servings	
	Vegetables 4 to 5
	Fruits 4 to 5
	Nuts, Seeds, Dry Beans 4 to 5 per week
	Fats & Oils 2 to 3
	Whole Grains 7 to 8
	Lean Meats, Poultry, Fish 2 or fewer
	Dairy, Low-Fat or Nonfat 2 to 3
	Sweets 5 per week

THE MIND DIET RESEARCH



Results held, even when controlling for factors such as genetic predisposition, age, gender, education, calorie intake, physical activity, and participation in cognitive stimulating activities.

THE MIND DIET RESEARCH



As with most nutrition research, the results to date indicate correlation, not causation.

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

THE MIND DIET FOODS

WHOLE GRAINS



Whole grain bread,
pasta, cereal, crackers
Brown or wild rice*
Oats
Popcorn*
Quinoa*
Buckwheat*
Bulgur
Barley
Millet*
Farro
*gluten-free

BERRIES



Strawberries
Blueberries
Raspberries
Blackberries

BEANS



Beans (black, navy,
white, kidney, pinto,
soy, garbanzo)
Lentils (any color)

LEAFY GREENS



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

THE MIND DIET FOODS

POULTRY



Chicken or turkey,
preferably white meat
with no skin and
prepared without
frying
Can possibly include
pork tenderloin

NUTS



Peanuts
Cashews
Almonds
Walnuts
Pecans
Pistachios
Hazelnuts
Brazil nuts

VEGETABLES



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

FISH



Preferably fatty fish
prepared without
frying:
Salmon
Tuna
Sardines
Herring
Anchovies
Trout
Mackerel

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	⅓ cup roasted chickpeas
LUNCH	1 cup cooked whole grain pasta + ⅓ 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 + ⅓ cup chickpeas	2 cups cooked whole grain pasta with ½ cup tomato sauce + 1½ cups dark green salad	1 large whole wheat pita + ⅓ 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

WHY I LIKE THE MIND DIET

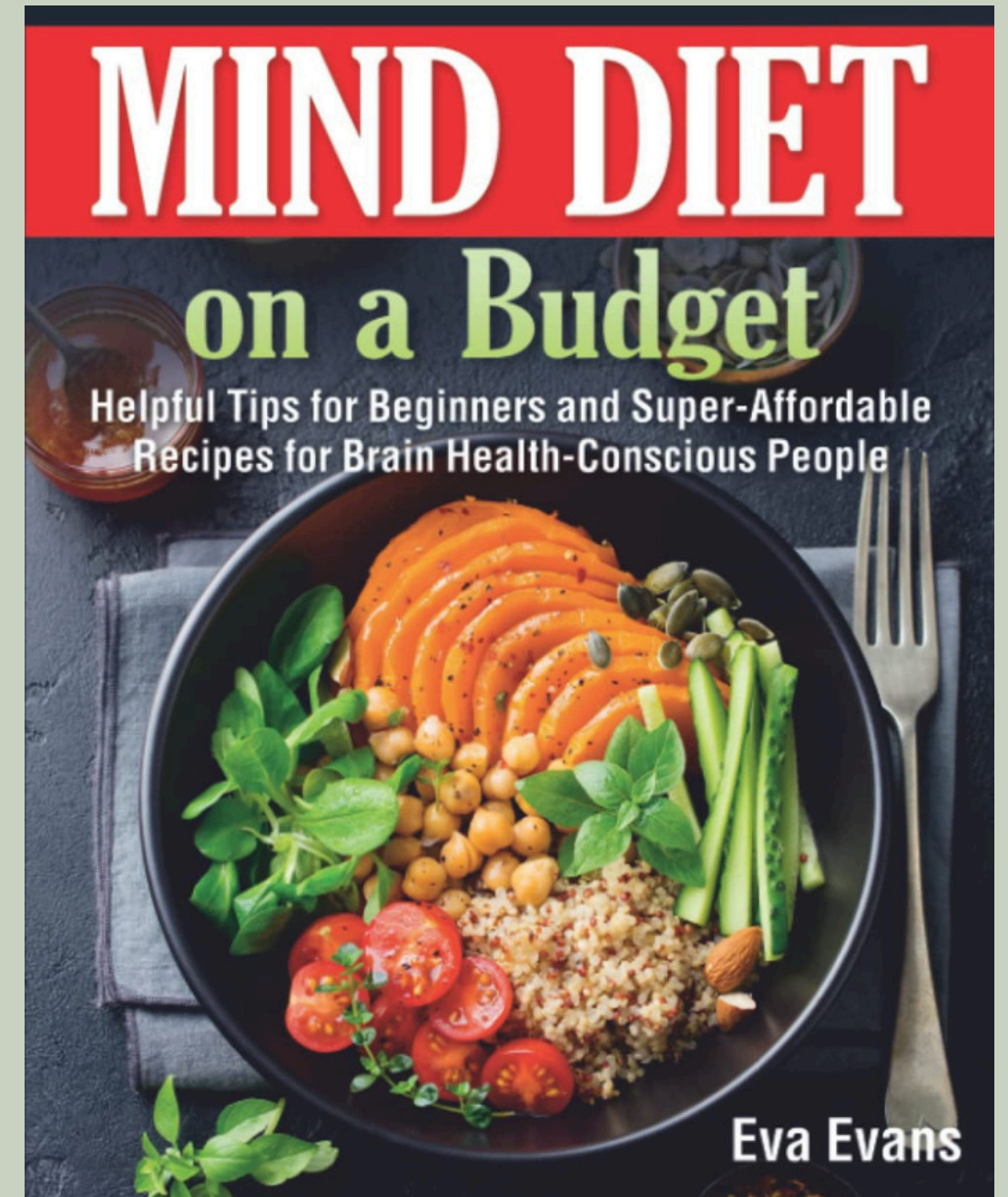
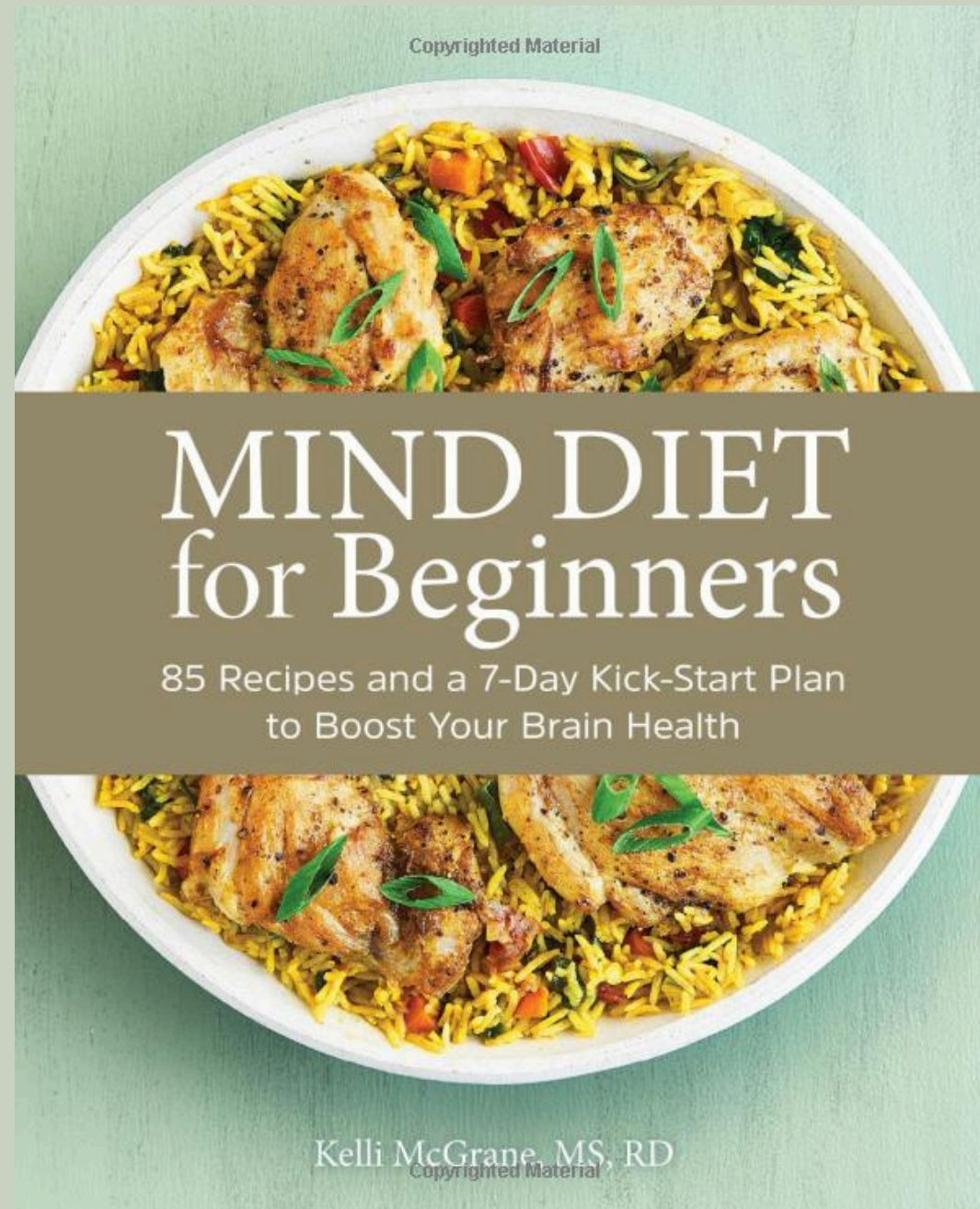
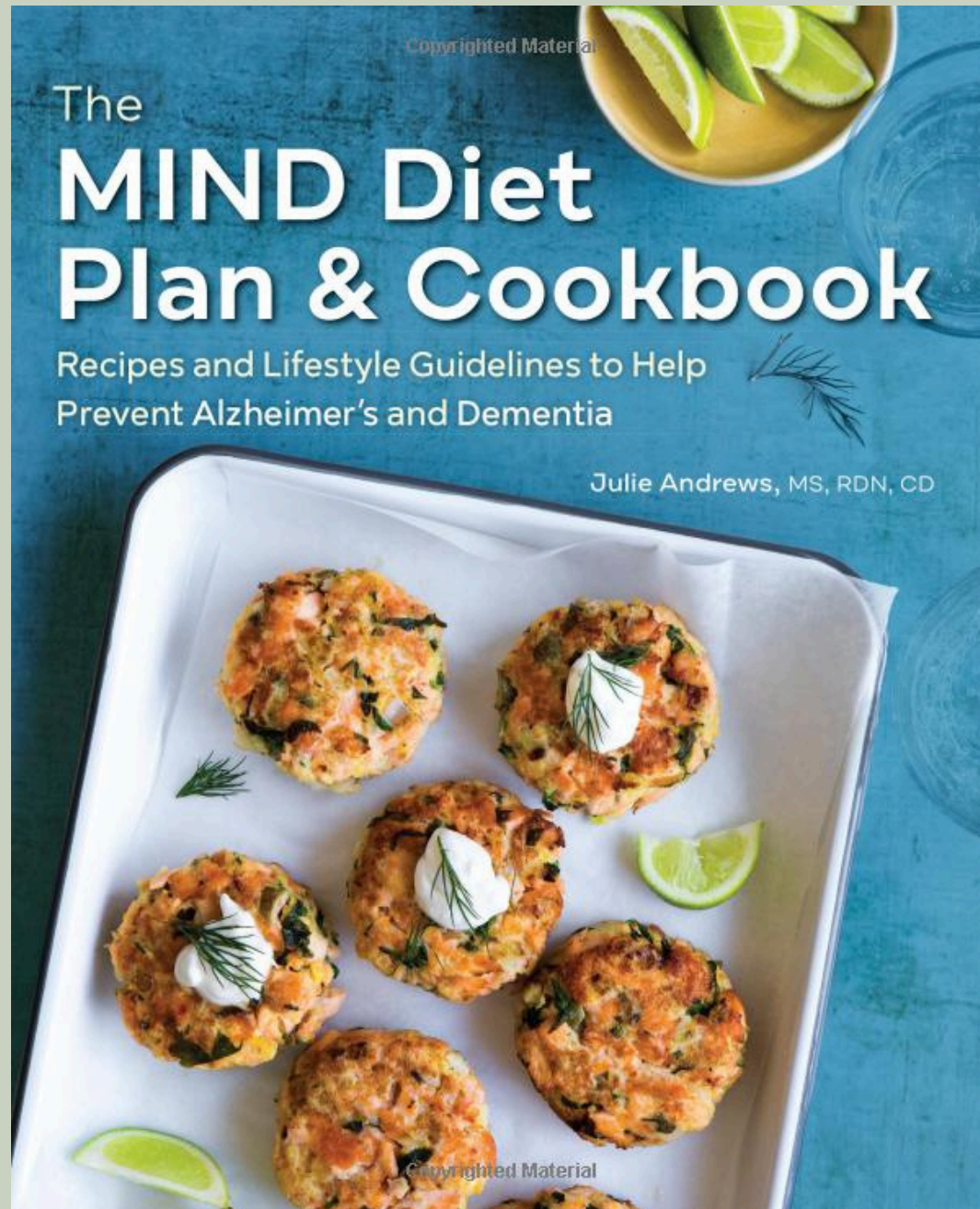
- You don't have to follow it perfectly to get the benefits.
- It can be adopted as a sustainable lifestyle.
- It emphasizes foods that many people already eat and enjoy.
- MIND Diet foods are easily found at grocery stores.
- Focuses on what to eat.

SIMPLE WAYS TO DO 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 hummus or avocado on sandwiches instead of mayo or cheese
- Have a meatless dinner once a week
- Use sharper cheeses to flavor food

OTHER LIFESTYLE FACTORS

- Don't forget about other lifestyle factors that may increase risk for cognitive decline:
 - Smoking
 - Heavy alcohol use
 - Poor sleep quality
 - Lack of physical activity





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