

Module 3, Lesson 4 Tool:

The MIND Diet: 10 Foods to Help Prevent & Manage Alzheimer's

The MIND diet is a combination of two diets you may know well - the Mediterranean diet and the DASH diet. In fact, it stands for The Mediterranean-DASH Intervention for Neurodegenerative Delay. The MIND diet encompasses the heart healthy, anti-inflammatory and brain boosting research behind these two diets with a simple list of 10 foods to focus on and 5 foods to avoid. You'll notice they are foods you're probably already recommending your clients eat - even more frequently - than The MIND diet suggests. Here's a look at it, just so you're familiar with the exact foods and plan and what it is all about.

Foods to Eat

- **Green leafy vegetables**, 6 servings per week
 - Kale, spinach, cooked greens
- **Vegetables**, at least 1 serving per day (in addition to green leafy vegetables)
 - Non starchy (broccoli, asparagus, mushrooms, onions, peppers, tomatoes)
- **Berries**, 2 servings per week
 - Strawberries, blueberries, blackberries, raspberries
- **Nuts**, at least 5 servings per week
- **Olive oil**, use this as your main cooking oil
- **Whole grains**, at least 3 servings per day
 - 100% whole wheat bread, oatmeal, quinoa, brown rice, whole wheat pasta
- **Fish**, at least 1 serving per week
 - Salmon, sardines, trout, tuna, mackerel
- **Beans**, at least 4 servings per week
 - Chickpeas, black beans, lentils, soybeans
- **Poultry**, at least 2 servings per week
 - Chicken or turkey (not fried)
- **Red Wine**, no more than 1 glass per day

Food to Avoid

- **Butter and margarine**, less than 1 tablespoon per day
- **Cheese**, less than 1 serving per week

- **Red meat**, no more than 3 servings per week
 - Beef, pork, lamb and products made from these meats
- **Fried foods**
- **Pastries and sweets**, less than 4 servings per week
 - Cakes, cookies, brownies, ice cream, donuts, candy