

MIND DIET

Mediterranean-DASH Intervention for Neurodegenerative Delay

Lets Fight Alzheimer Risks!

Lets Improve Our Mind!

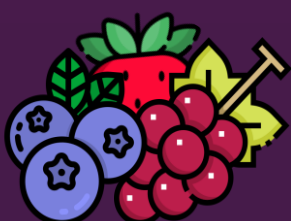
Lets Eat Smart



Eat more of these...

Green and leafy vegetables

- ☛ One serving per day.
- ☛ Full of vitamins and phytonutrients.
- ☛ Rich in antioxidants.



All kind of berries

- ☛ At least twice a week.
- ☛ Rich in Flavonoids.
- ☛ Rich in antioxidants.

Row Nuts

- ☛ Almost everyday snack.
- ☛ Eat any kind you like
 - ☛ Rich in antioxidants.
 - ☛ Rich inn Omega - 3.
 - ☛ Rich in vitamin E.



Olive oil

- ☛ Make it your main cooking oil.
- ☛ Rich in compound oleocanthal .

Whole grains

- ☛ Three servings daily.
 - ☛ Reduce risk of heart disease.
 - ☛ Rich in Magnesium.
 - ☛ Oatmeal, quinoa, brown rice, whole-wheat pasta.



Fatty Fish

- ☛ Salmon, sardines, trout and tuna.
- ☛ Rich in Omega - 3.
 - ☛ At least once a week.

All Beans.

- ☛ Four meals every week.
- ☛ Good source of Magnesium
 - ☛ Rich in Fibers.
 - ☛ Rich in protein.



Poultry.

- ☛ At least twice a week.
- ☛ Rich in Choline .
 - ☛ Chicken and turkey

Eat less of these...

- Butter
- Cheese.
- Red meat
- Fried food
- Pastries and sweets



Limit These Food Groups,
Do Not Eliminate

References:

- Dutta, R. (2019). Role of Mind Diet in Preventing Dementia and Alzheimers Disease. ARC Journal of Neuroscience, 4(3), 1–8. <https://doi.org/10.20431/2456-057x.0403001>
- Rogers, P. (2001). A healthy body, a healthy mind: Long-term impact of diet on mood and cognitive function. Proceedings of the Nutrition Society, 60(1), 135-143. doi:10.1079/PNS200061
- Dutta, R. (2019). Role of Mind Diet in Preventing Dementia and Alzheimers Disease. ARC Journal of Neuroscience, 4(3), 1–8. <https://doi.org/10.20431/2456-057x.0403001>
- Improve brain health with the MIND diet. (2019, June 31). Retrieved November 29, 2020, from Mayo Clinic website: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/improve-brain-health-with-the-mind-diet/art-20454746>