

# MIND DIET

Mediterranean-DASH Intervention for Neurodegenerative Delay

Let's Fight Alzheimer Risks!

Let's Improve Our Mind!

Let's 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.

### Raw Nuts

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



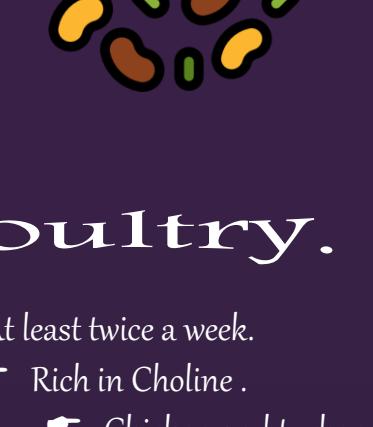
### Whole grains

- ☛ 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



### 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/PNS2000061
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- 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>