The MIND diet, a cross between interventions from the Mediterranean and DASH (Dietary Approaches to Stop Hypertension) diets, has been shown to reduce risk of developing dementia and loss of brain function as you age.

Brain Diet Food Facts:

1. Rich in phytochemicals, which are plant substances that have an overall helpful effect on our health.

2. Loaded with antioxidants, which inhibit oxidation and free radical damage in our body. The brain is especially vulnerable to this type of damage.

3. Contain anti-inflammatory substances and omega-3 fatty acids to help reduce LDL (bad) cholesterol and raise HDL (good) cholesterol.

Brain Building Foods:
These foods can actually help fuel your brain and keep your memory sharp.

- Blueberries, berries and cherries; fresh, frozen and dried
- Cold pressed extra-virgin olive oil
- Dark chocolate, cocoa or cacao nibs can increase levels of serotonin, your “feel good” hormone in the brain, which can help improve mood.
- Dark leafy greens; spinach, kale and collards
- Garlic
- Ginger
- Rosemary
- Tea
- Turmeric (spice found in curry)
- Tuna (look for low mercury), bluefin, herring, mackerel and salmon
- Walnuts and other nuts, seeds
- Whole wheat, whole grains (quinoa, barley, farro, wheat berries), oats and brown rice
- Beans/legumes (e.g., lentils, black beans, refried beans, chickpeas, navy beans, kidney beans)

This information is not intended as a substitute for professional medical care. Always follow your health care provider’s instructions.
### MIND Daily Checklist (at a minimum)

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| **Whole Grains:**           | 1 slice of whole grain bread  
1/2 cup of cooked oatmeal  
1/2 cup of cooked pasta      | □ Brown rice or whole wheat couscous with red peppers and crushed garlic. Top with diced avocados.  
□ Oatmeal with ground flaxseed and blueberries. |
| **Non-Starchy Vegetables:** | 1 cup of leafy greens  
1 cup of raw vegetables  
1/2 cup cooked vegetables   | □ Romaine lettuce with cucumber and tomatoes.  
□ Arugula and spinach salad with an olive oil vinaigrette. |
| **Red Wine:**               | 5 oz. of red wine                                                            | □ Have a glass with a meal.                                          |
| **Nuts/Seeds**              | 1-1/2 ounces nuts  
2 Tbsp. nut butter  
2 Tbsp. seeds                                                             | □ Trail mix with dried blueberries and mixed nuts.                   |
| **Legumes**                 | 1/4 cup of cooked beans  
1/4 cup of cooked peas (chickpeas, lentils, split peas)  
1/4 cup of tofu               | □ Avocado, spinach and hummus rolled in a whole grain wrap.  
□ Bean or lentil soup.        |
| **Olive Oil**               | 1 Tbsp.                                                                     | □ Use oil-based dressings and cook with olive oil instead of butter. |

### MIND Weekly Checklist

| Poultry: 2x/week            | 3 oz. of chicken or turkey                                                   | □ Bake, broil or cook chicken ahead in a slow cooker for shredded chicken to easily add to salads and other dishes. |
| Fish: At least 1x/week      | 3-4 ounces wild salmon, mackerel, albacore tuna, sardines, farmed trout     | □ Alaskan salmon, steamed or sautéed broccoli/cauliflower with silvered almonds and quinoa |
| Berries: At least 2x/week   | 1/2 cup whole, halved or sliced, fresh or frozen                           | □ Strawberries, blueberries, raspberries or blackberries            |
| Cheese, Red Meat, Fried Food, Fast Food | Less than 1 serving each per week                                      | □ Keep fried foods, cheese, red meat and fast foods to a minimum. |

### MIND-Ful Spices

- **Curcumin (Turmeric):** use in curry dishes, marinades and salad dressings and in hot tea and smoothies
- **Garlic:** use in Mediterranean dishes, marinades, dressings and soups
- **Ginger:** use in Asian dishes, dressings, marinades, desserts and infused water
- **Rosemary:** use in meat and potato dishes; good on squash or mushrooms

References: Today’s Dietitian, Rush University