

Brain Fuel

Proper nutrition may help to prevent, or slow progression of, cognitive decline.

Nutrition practices that support heart health also support brain health!

The Mediterranean Diet + The DASH Diet = The MIND Diet

MIND stands for Mediterranean-DASH Intervention for Neurodegenerative Delay.

It is a combination of both Mediterranean Diet and DASH Diet eating patterns.

Following the MIND Diet:

FOODS/SERVINGS

Vegetables	2+ a day
Berries	2+ a week
Whole Grains	3+ a day
Nuts	5+ a week
Beans	4+ a week
Seafood	1+ a week
Poultry	2+ a week

Aim to meet these servings



While limiting intake of these



LIMIT

Red meat, saturated fat, sugar, fried food



Reference: <https://www.eatrightpro.org/news-center/nutrition-trends/health-promotion/the-mind-diet>