

BRAIN BOOSTING FOOD

HOW TO SUPPORT YOUR MIND
AND BODY WITH NUTRITION



MIND DIET

STANDS FOR THE MEDITERRANEAN-DASH INTERVENTION FOR NEURODEGENERATIVE DELAY

- AIMS TO REDUCE DEMENTIA AND THE DECLINE IN BRAIN HEALTH THAT OFTEN OCCURS AS PEOPLE AGE
- COMBINES ASPECTS OF TWO POPULAR DIETS
 - MEDITERRANEAN DIET
 - DIETARY APPROACHES TO STOP HYPERTENSION (DASH) DIET



WHY FOLLOW THE MIND DIET?

01

This plan is rich in nutrient dense plants and low in foods that are either highly processed or contain significant amounts of saturated fat.

02

Foods recommended in the MIND Diet have anti-inflammatory properties intended to reduce oxidative damage and inflammation.

03

In a 2018 study, MIND diet scores were associated with a slower rate of progression in Parkinson's disease.

04

Pairing this meal pattern with physical activity, restorative sleep and stress reduction may provide even greater protection.

LEAFY GREENS

- *Vitamin K, folate, beta carotene and lutein*
 - *1 cup raw or ½ cup cooked*
 - *6 days per week*
-
- Choose an entrée salad with lunch or dinner
 - Have ready to eat greens on hand
 - Hearty greens last longer
 - Serve entrées on a bed of spinach
 - Add a handful of hearty greens to your bowl before adding a soup
 - Throw a handful into a scramble or sauté
 - Experiment with new greens, recipes and products
 - Make lettuce wraps



LETTUCE WRAPS/CUPS/BOATS

FUN WAY TO BOOST YOUR LEAFY GREEN INTAKE



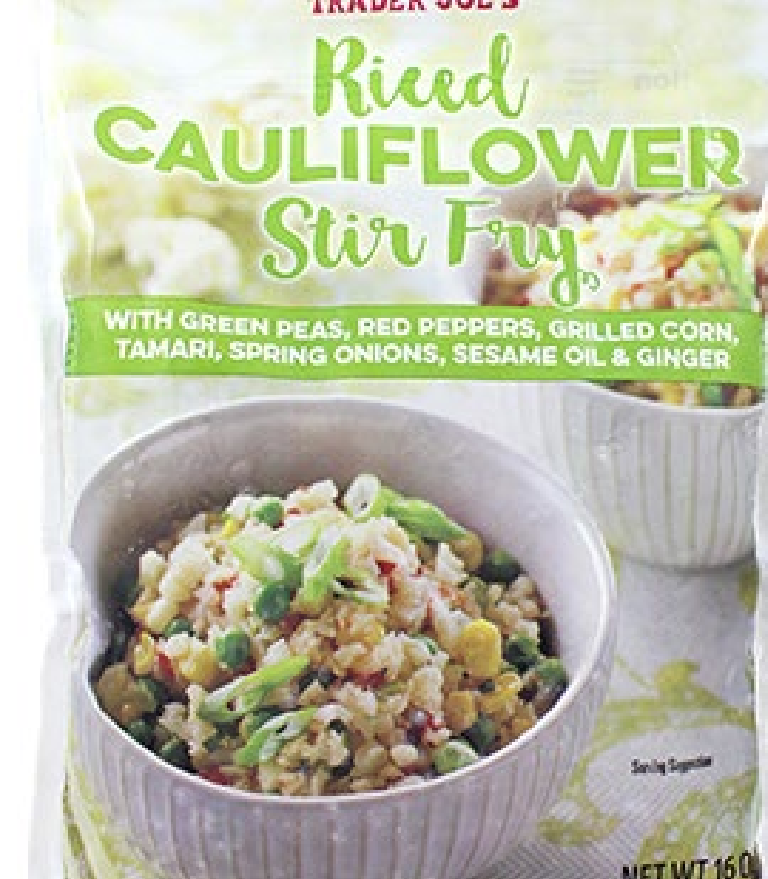


**READY TO EAT
LEAFY
GREENS**

MORE VEGGIES

- *Wide variety of phytochemicals*
- *1 cup raw or ½ cup cooked*
- *At least 1 serving per day*
- Roast a sheet pan of veggies to have for the week
- Make a vegetable heavy stir fry or soup
- Try cauliflower in place of rice, pizza dough, or traditional gnocchi
- Swap out some of your spaghetti with vegetable spirals
- Substitute some of the meat for vegetables in a patty, casserole or sauce
- Cook a vegetable frittata





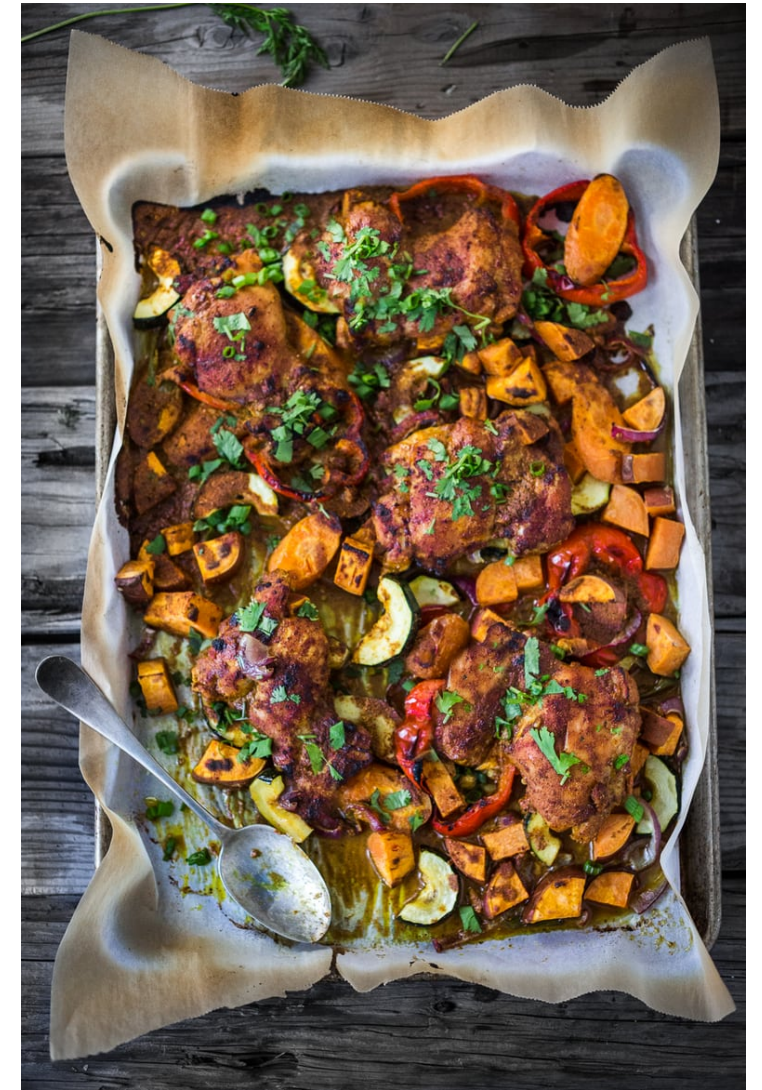
HEAT AND EAT VEGETABLES

WHAT TO LOOK FOR ON THE LABEL



ROAST YOUR LEFTOVER VEGGIES

Sheet pan dinners are a breeze



BERRIES

- *Polyphenols and phytochemicals*
- *½ cup serving*
- *At least 2 days per week*
- [Berry baked oatmeal](#)
- [Berry chia pudding](#)
- [Whole grain blueberry pancakes topped with nut butter](#)
- [Green salads with berries](#)
- [Fish topped with berry salsa](#)



WHOLE FRUIT IS A HEALTHFUL CHOICE.

JUICE AND DRIED FRUIT ARE HIGH IN CARBS AND BEST AVOIDED OR CONSUMED IN SMALL, INFREQUENT AMOUNTS



Nutrition Facts

Serving Size 8 FL OZ (240 mL)

Amount Per Serving

Calories 160

% Daily Value*

Total Fat 0g 0%

Sodium 45mg 2%

Total Carbohydrate 39g 14%

Total Sugars 33g

Incl 0g of Added Sugars 0%

Protein 0g %

Calcium 36mg 2%

Potassium 449mg 10%

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D and iron.

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

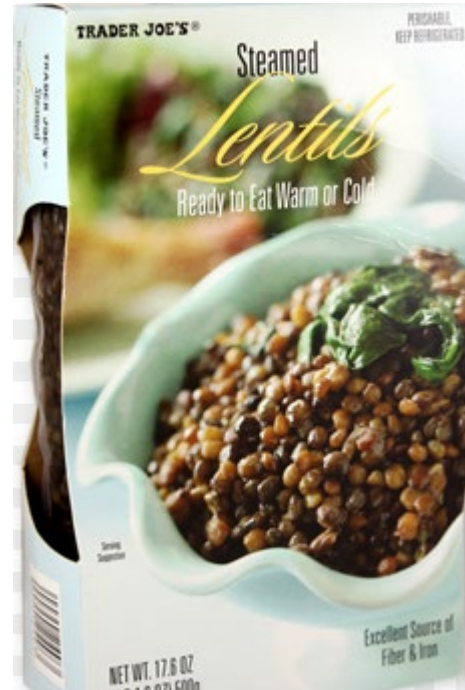
NUTS

- Contain Vitamin E. Walnuts provide polyphenols and omega-3's
- $\frac{1}{4}$ cup or 1 ounce
- At least 5 days per week



LEGUMES

- Magnesium, protein and fiber
- ½ cup cooked
- At least 4 servings per week



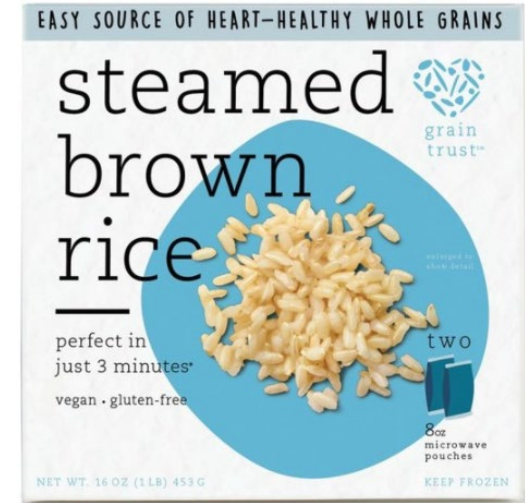
LEGUMES ARE A HIGH FIBER PROTEIN SOURCE

PERFECT FOR LUNCH OR DINNER



WHOLE GRAINS

- Fiber, folate, vitamin E, magnesium, potassium, and phytosterols
- ½ cup cooked, 1 slice bread
- 3 servings per day



SEAFOOD

- DHA and protein
- 3-4 ounces
- At least 2 servings per week
- Best choices are anchovies, herring, salmon, sardines, sablefish, trout, fish roe, oysters, mussels and crab



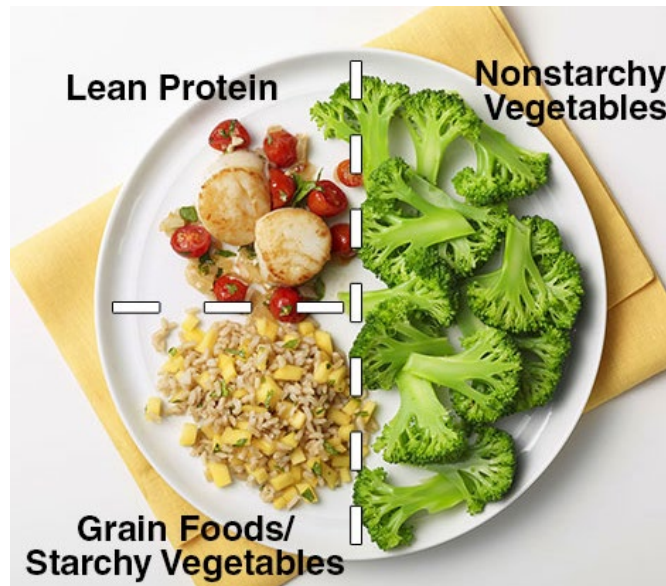
POULTRY, OLIVE OIL AND RED WINE

- 3-4 ounces poultry for protein, at least 2 servings per week
- Olives and Olive oil are rich in mono-unsaturated fats
- Red wine has polyphenolic compounds, 4-ounce glass daily, unless it worsens symptoms (talk to your doctor)



MAKE THIS HAPPEN WITH THE PLATE METHOD AT LUNCH & DINNER

Easy portioning!



FOODS TO LIMIT

SATURATED FATS AND REFINED CARBOHYDRATES ARE CONSIDERED INFLAMMATORY AND SHOULD BE LIMITED

Butter and margarine: less than 1
tablespoon per day

Fried food: less than 1 time per week

Red meat: less than 4 times per week

Full-fat cheese and dairy products: less
than 1 time per week

Pastries and sweets: less than 5 times
per week

BEST DAIRY PRODUCT – LOW FAT GREEK YOGURT.

HIGH IN PROTEIN AND
PROBIOTICS.



MEAL DELIVERY

- Mediterranean meal kit with [Sun Basket](#)
- Plant based breakfast and lunch options with [Daily Harvest](#)
- Mediterranean prepared meals with [Territory](#)

