

## Handout: MIND Diet Quick Guide for Patients

**Title:** Boost Your Brain Health with the MIND Diet

### What is the MIND Diet?

The MIND diet combines the best of the Mediterranean and DASH diets to help protect your brain and improve your overall health.

### What to Eat

- **Leafy Greens:** Spinach, kale, collards – aim for 6+ servings/week.
- **Berries:** Blueberries, strawberries – 2+ servings/week.
- **Nuts:** A handful 5+ times/week.
- **Whole Grains:** Oats, quinoa, brown rice – 3+ servings/day.
- **Fish:** Salmon, mackerel, sardines – 1+ serving/week.
- **Poultry:** Chicken, turkey – 2+ servings/week.
- **Beans:** Lentils, chickpeas, black beans – 3+ servings/week.
- **Olive Oil:** Use as your main cooking oil.
- **Wine:** 1 glass/day (optional).

### What to Limit

- Red meat, butter/margarine, cheese, pastries, fried/fast food.

### Why It Works

- Supports brain health and may reduce the risk of Alzheimer's disease.
- Promotes heart health and helps with weight management.

### Sample Day on the MIND Diet

- **Breakfast:** Oatmeal with blueberries and walnuts.
- **Lunch:** Spinach salad with grilled chicken, olive oil, and balsamic vinegar.
- **Snack:** A handful of almonds and an apple.
- **Dinner:** Baked salmon, quinoa, and steamed broccoli.
- **Dessert:** A small square of dark chocolate (optional).

### Get Started Today!

- Pick one MIND diet food to add to your meals this week.
- Swap butter for olive oil when cooking.
- Try a new recipe featuring leafy greens or berries.