

MIND Diet

A brain-healthy diet to protect from age-related problems like Alzheimer's disease



What is the MIND Diet?

The MIND diet stands for Mediterranean-DASH Diet Intervention for Neurodegenerative Delay and was designed to target the health of the aging brain and specifically Dementia and Alzheimer's. It may also benefit heart health, diabetes, and certain cancers because it includes components of the Mediterranean and DASH diets, which have been shown to lower the risk of these diseases. The MIND diet contains foods rich in certain vitamins, carotenoids, and flavonoids that are believed to protect the brain by reducing oxidative stress and inflammation. Researchers found a 53% lower rate of Alzheimer's disease for those with the highest MIND scores and 35% lower rate in those with moderate scores compared with those with the lowest scores, supporting the conclusion that the MIND diet is associated with the preservation of cognitive function.

Personalised nutrition and the MIND Diet

In the MIND diet, the recommended guidelines focus more on plant-based foods that are minimally processed and limits animal-based foods that are high in saturated fats and foods with added sugars. The diet also recommends portion control however this is not for the purpose of weight loss or maintenance. The MIND diet principles include 10 food groups you should eat and five to limit. Whether you have family history of Alzheimer's disease or other cognitive problems, the MIND diet is a generic diet that has shown promising results for overall brain health, however personalised nutrition and dietary recommendations may be more targeted in supporting disease prevention and progression.

MIND diet guidelines include:

- 3+ servings a day of whole grains
- 1+ servings a day of vegetables (other than green leafy)
- 6+ servings a week of green leafy vegetables
- 5+ servings a week of nuts
- 4+ meals a week of beans
- 2+ servings a week of berries
- 2+ meals a week of poultry
- 1+ meals a week of fish
- Mainly olive oil if added fat is used
- Reduction in foods which are higher in saturated and/or trans fat,
- Limitation of alcohol and sugar-containing foods and drinks

1. <https://www.webmd.com/alzheimers/what-to-know-about-mind-diet>

2. <https://www.hsph.harvard.edu/nutritionsource/healthy-weight/diet-reviews/mind-diet/>

