

What is the MIND Diet?

The MIND Diet is a combination of the Mediterranean Diet and the DASH Diet, a diet created to help reduce memory loss risk. Both the Mediterranean and DASH diets had already been associated with preservation of cognitive function, presumably through their protective effects against cardiovascular disease, which in turn preserved brain health.

How It Works

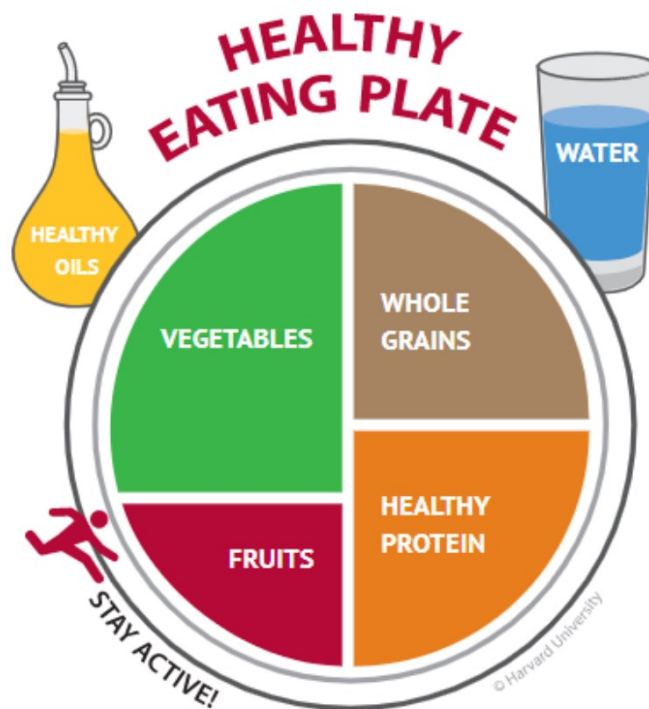
All three diets (Mediterranean, DASH, and MIND) highlight plant-based foods and limit the intake of animal and high saturated fat foods. The MIND diet recommends specific “brain healthy” foods to include, and unhealthy food items to limit.

The healthy items the MIND diet guidelines suggest 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

The unhealthy items, which are **higher in saturated and trans fat**, include:

- Less than 5 servings a week of **sweets**
- Less than 4 servings a week of **red meat** (including beef, pork, lamb, and products made from these meats)
- Less than 1 serving a week of **cheese**
- Less than 1 serving a week of **fried foods**
- Less than 1 tbsp a day of **butter or margarine**
- Limit **processed foods**
- Limit **milk and dairy products**
- Avoid **sugary beverages**



Building a Healthy and Balanced Diet

- Make most of your meal **vegetables and fruits** – ½ of your plate.
- Go for **whole grains** – ¼ of your plate.
- **Protein power** – ¼ of your plate.
- **Healthy plant oils** – in moderation.
- Drink **water, coffee, or tea**.

Educational Materials from Harvard T.H. Chan School of Public Health

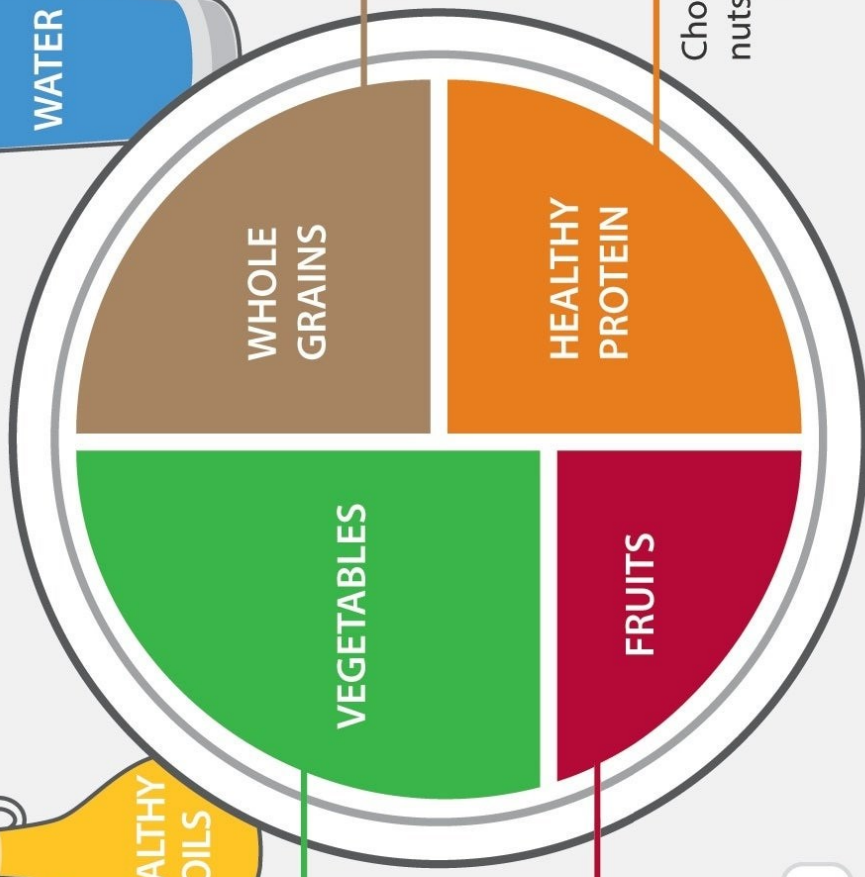
HEALTHY EATING PLATE



Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



Drink water, tea, or coffee (with little or no sugar).
Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day).
Avoid sugary drinks.



The more veggies – and the greater the variety – the better.
Potatoes and French fries don't count.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Eat plenty of fruits of all colors.

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



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