

# The MIND Diet

**Keystone Senior Communities is proud to offer, encourage, and educate all of our residents to follow the guidelines of the MIND diet.**

The MIND diet was created to help prevent dementia and slow the loss of brain function that can happen with age.

It encourages its followers to consume vegetables, berries, nuts, whole grains, olive oil, fish, beans, poultry, and wine.

These foods contain many nutrients that promote good brain health, possibly by reducing oxidative stress, inflammation, and the formation of beta-amyloid plaques.

Early research shows that closely following the MIND diet is associated with a lower risk of Alzheimer's disease and slower loss of brain function over time. In a study of 923 older adults, those who moderately followed the diet cut their risk of Alzheimer's disease

by 35% on average. Those who followed the MIND Diet the closest had a 53% lower risk of Alzheimer's disease.<sup>(1)</sup>

If you are looking for a way of eating that focuses on maintaining brain health as you age, the MIND diet is a great approach that's simple to follow. Keystone wants to support this diet by not only providing the types of food recommended, but making it very simple to follow. Look for the 🧠 icon on your menus for dishes that have the foods recommended on the MIND diet and the 🚫 icon for foods that you should avoid when following this diet.

See reverse side for an outline of what types of foods are recommended and what foods to try and avoid according to the MIND diet.



## Here are the 10 foods the MIND diet encourages:



### WINE

Aim for no more than one glass daily, but both red and white wine may benefit the brain. However, much research has focused on the red wine compound resveratrol, which may help protect against Alzheimer's disease.<sup>(4,5)</sup> Keystone encourages you to bring your own bottle and we can uncork it and serve it with your dinner!



### GREEN LEAFY VEGETABLES

Aim for six or more servings per week. This includes kale, spinach, cooked greens and salads.



### ALL OTHER VEGETABLES

Try to eat another vegetable in addition to the green leafy vegetables at least once a day. It is best to choose non-starchy vegetables because they have a lot of nutrients with a low number of calories.



### BERRIES

Eat berries at least twice a week. Although the published research only includes strawberries, you should also consume other berries like blueberries, raspberries and blackberries for their antioxidant benefits.<sup>(2,3)</sup>



### POULTRY

Try to eat chicken or turkey at least twice a week. Note that fried chicken is not encouraged on the MIND diet.



### BEANS

Include beans in at least four meals every week. This includes all beans, lentils and soybeans.



### FISH

Eat fish at least once a week. It is best to choose fatty fish like salmon, sardines, trout, tuna and mackerel for their high amounts of omega-3 fatty acids.



### WHOLE GRAINS

Aim for at least three servings daily. Choose whole grains like oatmeal, quinoa, brown rice, whole-wheat pasta and 100% whole-wheat bread.



### OLIVE OIL

Use olive oil as your main cooking oil.



### NUTS

Try to get five servings of nuts or more each week. The creators of the MIND diet don't specify what kind of nuts to consume, but it is probably best to vary the type of nuts you eat to obtain a variety of nutrients.

## The MIND diet recommends limiting the following five foods:



### BUTTER AND MARGARINE

Try to eat less than 1 tablespoon (about 14 grams) daily. Instead, try using olive oil as your primary cooking fat, and dipping your bread in olive oil with herbs.



### CHEESE

The MIND diet recommends limiting your cheese consumption to less than once per week.



### RED MEAT

Aim for no more than three servings each week. This includes all beef, pork, lamb and products made from these meats.



### FRIED FOOD

The MIND diet highly discourages fried food, especially the kind from fast-food restaurants. Limit your consumption to less than once per week.



### PASTRIES AND SWEETS

This includes most of the processed junk food and desserts you can think of. Ice cream, cookies, brownies, snack cakes, donuts, candy and more. Try to limit these to no more than four times a week.

1 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4532650/>  
2 <https://www.ncbi.nlm.nih.gov/pubmed/22535616>  
3 <https://www.ncbi.nlm.nih.gov/pubmed/19057194>  
4 <https://www.ncbi.nlm.nih.gov/pubmed/19090994>  
5 <https://www.ncbi.nlm.nih.gov/pubmed/26845555>

