
What's on your MIND diet?

The MIND Diet for Brain Health

Everyone wants to keep their brain healthy and happy as they age and the MIND Diet is here to do just that! The Mind Diet was created to help slow the process of brain aging also known as dementia or cognitive decline. This diet may sound familiar as it is a blending of two different well known diet patterns, the Mediterranean Diet and the DASH Diet, both of which are whole foods and plant based.

The MIND Diet is also whole foods and plant based and as such is rich in compounds called phytochemicals and antioxidants that help defend our brains from damage as we age. This diet has shown potential in helping with conditions such as Parkinson's, Alzheimer's, depression, migraines, and generally helps slow cognitive decline. Besides being great for our brains, the MIND diet is an overall healthy eating pattern to follow!

The MIND Diet consists of specific recommendations listed below:

- Vegetables: 2 or more servings per day
 - At least 1 serving of leafy green vegetables per day
- Berries: 2 or more servings per week
 - Emphasis on blueberries
- Whole grains: 3 or more servings per day
 - Emphasis on minimal processing
- Nuts: 5 or more servings per week
- Beans: 4 or more servings per week
- Seafood: 1 or more servings per week
 - Emphasis on fatty fish: salmon, mackerel, herring, and sardines
- Poultry: 2 or more servings per week

For more information, or to schedule an appointment with a dietitian please call 612-467-2004.

Brain Health Salad

Red Wine Vinaigrette:

1/2 cup extra-virgin olive oil
1/4 cup red wine vinegar
1/4 cup unsweetened red grape juice
1 tablespoon lemon juice
1 to 3 teaspoons honey, to taste
1/2 teaspoon salt
Freshly ground black pepper, to taste

Salad:

Large handful dark leafy salad greens, such as baby spinach or baby kale
1/4 cup blueberries
2 tablespoons walnut pieces

Instructions:

1. Measure oil, red wine vinegar, grape juice, lemon juice, honey, salt, and pepper into a mason jar.
2. Tightly screw on lid and shake vigorously until everything is thoroughly combined.
3. Fill a bowl or salad plate with a big pile of leafy greens.
4. Sprinkle blueberries and walnuts over the top.
5. Drizzle with dressing and toss to combine.

Nutrient Analysis: Calories: 256kcal | Carbohydrates: 10g | Protein: 4g | Fat: 23g | Sodium: 194mg | Fiber: 3g |

Adapted by Allie King, taken originally from Samantha Skaggs at “Five Heart Home”:
<https://www.fivehearthome.com/brain-healthy-salad-recipe/>