Eating for Brain Health

ALABAMA Brain Health PROGRAM

ALABAMA PUBLIC HEALTH

The MIND (Mediterranean-Dash Diet Intervention for Neurodegenerative Delay) diet can support brain health and may lower your risk of developing dementia.

MIND Diet Basics

Daily Recommendations:

- **3 Whole Grains**
  (½ cup or 1 slice = 1 serving)
- **Vegetables - Salad and/or Other Vegetable**
  (1 cup raw or ½ cup cooked)
- **Extra Virgin Olive Oil**
  (2 Tbsp)
- **Less than 1 tsp Butter or Margarine**

Weekly Recommendations:

- **Poultry 2x**
  (4 oz = 1 serving)
- **Fish 1x**
- **Berries 2-5x**
  (½ cup = 1 serving)
- **Beans 3-4x**
  (1/2 cup = 1 serving)
- **Nuts and Seeds 5+**
  (1 oz = 1 serving)
- **2 oz of Cheese or less**
- **4 Pastries/Sweets or less**
- **1 Fried or Fast Food Meal or less**

Tips to be MINDful of:

Brain food on a budget is possible. Look for these low cost items that will help boost brain health:

Dried or canned beans and peas (rinse off canned items with water to lower sodium)

Frozen berries

Frozen vegetables

Canned fish like tuna or salmon (packed in water)

Store-brand olive oil



9 Brain Health Food Groups

1. **Leafy Green Vegetables:** Spinach, kale, collards, Swiss chard, mustard, turnip greens, dandelion greens, arugula, Romaine lettuce
2. **Berries:** Blueberries, strawberries, blackberries, raspberries
3. **Nonleafy Vegetables:** Asparagus, broccoli, Brussels sprouts, carrots, eggplants, green beans, mushrooms, bell peppers, sweet potatoes, onions, okra, cauliflower, cabbage
4. **Whole Grains:** Dark or whole grain bread, brown rice, whole grain pasta, wild rice, quinoa, barley, bulgur, farro, oats, whole grain cereal
5. **Fish** (not fried)**:** Salmon, tuna, tilapia, halibut, mackerel, catfish, sardines
6. **Extra Virgin Olive Oil**
7. **Nuts/Seeds:** Almonds, cashews, peanut and other nut butters and seeds like sesame, pumpkin, and chia seeds
8. **Beans:** Black, pinto, cannellini, garbanzo, kidney, lima, navy, lentils, tofu, edamame, hummus, soy yogurt
9. **Poultry** (skinless, white meat)**:** Chicken or turkey breast

Foods to Limit

Red Meat: Beef, lamb, pork, ham, burgers, hotdogs, sausages, bacon, roast beef, salami

Butter or Stick Margarine: Plant based butter with coconut or palm oil, stick butter, or margarine

Cheese: Full-fat American cheese, cream cheese, Swiss cheese, cheddar cheese

Pastries and Sweets: Biscuits/rolls, Pop-tarts, cakes, snack cakes, donuts, cookies, brownies, candy, pie, ice cream

Fried and Fast Food: Fried potato chips, french fries, fried chicken, onion rings, cheese sticks

For more information on Brain Health, visit alabamapublichealth.gov/brain.
For more nutrition resources, visit alabamapublichealth.gov/npa.