



Felician Village

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The MIND Diet

What is the MIND Diet?

Approximately 5.4 million people in the U.S. have Alzheimer's disease, and 5.2 million are 65 years old or older. There is currently no cure for Alzheimer's disease, but there are things people can do to reduce the risk of developing Alzheimer's. Two of those things are exercise and diet. The MIND diet is an eating pattern that includes foods that have been found to benefit brain health, and limit foods that have been found to have a negative effect on the brain. The MIND diet is rich in fruits, vegetables, whole grains, and healthy fats.

10 Food Groups to Include on the MIND Diet

1. Beans
2. Berries
3. Fish
4. Green, leafy vegetables
5. Nuts
6. Olive Oil
7. Other Vegetables
8. Poultry
9. Whole Grains
10. Wine

5 Food Groups to Limit on the MIND Diet

1. Butter and stick margarine
2. Cheese
3. Fried or fast food
4. Pastries and sweets
5. Red Meat



A Few Tips

The MIND diet is more about a consistent eating pattern rather than eating specific foods and quantities each day. Here are a few tips on how to incorporate the MIND diet into your day:

- At least three servings of whole grains a day
- A salad and 2-3 additional vegetable servings a day
- A glass of wine a day
- A serving of nuts a day (usually as a snack)
- Beans every other day
- Poultry and berries at least twice a week
- Fish at least once a week

