



LIST OF RESOURCES

# NUTRITION FOR THE AGING BRAIN

**MIND diet, developed by scientists to  
slow cognitive decline.**

**QK**  
CONSULTING

Easy to follow tips to enrich your diet.



# MIND diet, developed by scientists to slow cognitive decline.

A diet that combines aspects of the Mediterranean and DASH (Dietary Approach to Systolic Hypertension) diets. Based on multiple scientific studies that demonstrate positive links between certain food groups and neurocognition, it emphasizes consumption of 10 brain healthy food groups and limited consumption of 5 brain unhealthy food groups. The table below lists the food groups, examples of food groups when needed, and how often each food group is consumed. Higher points indicate greater adherence to the MIND diet, with a maximum score of 15.

Food Group	Examples	Point category		
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Green leafy vegetables	Kale, collards, greens, spinach, lettuce, tossed salad	≤2 servings/week	>2 to < 6 servings/week	≥ 6 servings/week
Other vegetables	Green/red peppers, squash, carrots, broccoli, celery, potatoes, peas, lima beans, tomatoes, tomato sauce, string beans, beets, corn, zucchini, summer squash, eggplant,	<5 servings/week	5 to 6 servings/week	≥1 serving/day
Berries	Strawberries, blueberries	<1 serving/week	1 serving/ week	≥2 servings/week
Nuts	Walnuts, almonds, peanuts, pistachios	<1 serving/ month	1 serving /month to 4 servings / week	≥5 servings/week
Olive oil		Not the primary oil used		Primary oil used
Butter, margarine		>2 Tbsp/day	1 – 2 Tbsp /day	< 1 Tbsp /day
Cheese		7+ servings/ week	1 – 6 servings/ week	< 1 serving/week
Whole grains	Oats, barley, quinoa, brown rice, whole grain bread, whole grain cereals	<1 serving/ day	1- 2 servings/ day	≥3 servings/ day
Fish (not fried)	Tuna sandwich, fresh fish as main dish	rarely	1 – 3meals/ month	≥1 meal/week
Beans	Lentils, soybeans	<1 meal/ week	1 – 3 meals/ week	3 meals/ week
Poultry (not fried)	Chicken or turkey sandwich, chicken, or turkey as main dish	< 1 meal/ week	1 meal / week	≥2 meals/ week
Red meat and products	Hamburger, beef taco/ burrito, hot dog, sausage, delimeats, lamb, pork, or ham as main dish, meatloaf, meatballs	7+ meals/ week	4 - 6 meals/week	< 4 meals/ week
Fast fried foods	French fries, chicken nuggets	4+meals/ week	1 – 3 meals/ week	< 4 meals/ week
Pastries and sweets	Biscuits, rolls, cake, snack cakes, Danish, donuts, cookies, brownies, pie, candy bars, other candy, ice cream,pudding, milk shakes	7+ servings/ week	5-6 servings / week	< 5 servings/week
Wine		>1 glass/ day or never	1 glass/ month to 6 glasses/ week	1 glass/day

Consult with your physician before beginning this diet as some food groups that are important for aging bodies are not listed, such as healthy forms of dairy and fruit.