

MIND DIET COMPONENTS

Here are some of the healthy food groups



LEAFY GREENS



BERRIES



NUTS

Here are more of the healthy food groups



OLIVE OIL



FISH & SEAFOOD



WHOLE GRAINS

What does this healthy food group do?

LEAFY GREENS

Leafy greens are packed with phytochemicals, high in vitamins A, C, & K, folic acid, chlorophyll, and calcium.



- *Vitamin A* is essential for maintaining healthy vision
- *Vitamin C* protects cells from free radical damage
- *Vitamin K* is essential for blood clotting and building bone
- A cup of spinach has nearly as much calcium as a cup of milk
- Dark greens are good for the eyes
- Their soluble fiber helps lower blood cholesterol and slow the rise of blood sugar after a meal... and

feeds your microbiome!

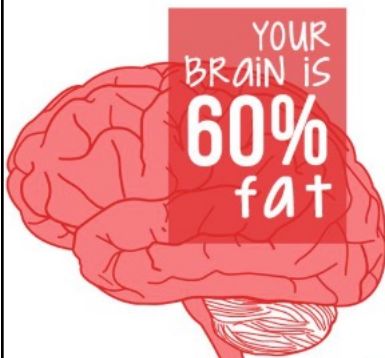
What does this healthy food group do?



BERRIES

- Berries are an *excellent source of fiber*, helping to keep weight off, and promote gut health
- Berries are an *excellent source of potassium, magnesium, & vitamins C & K*. Consuming them every day helps boost immunity
- Blueberries *contain flavonoids* that benefit brain health and studies have shown blueberries can give us a mood boost
- *Frozen berries are just as healthy and nutritious as fresh berries*
- *Berries can be added to anything* you already eat, like smoothies, salads, and yogurt

Fun fact about your brain



Your *brain* is *mostly fat* - about 60% of your brain is made of fat, making it the fattiest organ in your body.

This is why healthy fats (like omega-3s) are so important for brain health.

What does this healthy food group do?

NUTS

Nuts deliver a powerful combination of *healthy fats*, *antioxidants*, *anti-inflammatory compounds* and other brain-boosting nutrients like...



- *Protein* – building blocks for neurotransmitters
- *Fiber* – feeds gut microbiome → gut-brain axis!
- *Folate* – B vitamin for brain health
- *Magnesium* – supports nerve function
- *Phosphorus* – cell membrane health

Add nuts to your favorite dishes or eat them for snacks

The MIND diet recommends
at least 5 servings per week!

Continuing with *nuts*

What are the benefits of each type of *nut*?



- *Walnuts* stand out for brain health due to their *high levels of omega-3 fatty acids, polyphenols, and antioxidants*, which reduce inflammation and oxidative stress linked to cognitive decline.
- *Almonds* are high in *vitamin E, magnesium, fiber, and protein*
- *Pistachios* are high in *lutein, vitamin B6, and potassium*
- *Pecans* are high in *antioxidants, vitamin E, and zinc*
- *Cashews* are high in *iron, zinc, and magnesium*
- *Brazil nuts* are high in *selenium, vitamin E, and essential minerals*

What does this healthy food group do?

OLIVE OIL



- *Olive oil* contains compounds called *polyphenols* as well as *monounsaturated fats*, which are *considered “healthy” fats*
- *Polyphenols* help clean up free radicals, molecules that can damage cells and cause illness and aging
- Nerve cells communicate with each other at their synapses. When there too many free radicals around, they don't communicate as effectively. *Polyphenols help protect against free radicals*, promoting better nerve cell communication

What does this healthy food group do?

FISH & SEAFOOD



- Regular fish & seafood consumption offers *benefits for brain health due to the high concentration of omega-3 fatty acids (specifically DHA and EPA)*, in addition to nutrients like *B vitamins, vitamin D, and selenium*
- *Omega-3s help build and maintain membranes around nerve cells*, improving overall cell structure and communication
- And because all roads lead to the gut, newer research has found a *beneficial connection between a diet rich in fish and seafood and the gut microbiome*

Continue with *fish & seafood*

FISH & SEAFOOD

What are the categories of Seafood



- *Fatty fish (oily fish)* – rich in omega-3s, which include salmon, mackerel, sardines, herring, trout, and tuna
- *Lean white fish* – lower in fat and high in protein, include cod, haddock, flounder, pollock, and tilapia
- **Shellfish** –
 - Crustaceans include crab, lobster, shrimp, crawfish
 - Mollusks include oysters, mussels, clams, scallops, squid

Where do whole grains fit into the mind diet?

WHOLE GRAINS



- *Whole grains* boost brain health by providing a steady, slow-release supply of glucose for consistent energy.
- Whole grains reduce inflammation and oxidative stress, which protects against cognitive decline.
- Whole grains are rich in fiber, B vitamins, and antioxidants
- Whole grains improve blood flow and support the gut-brain connection
- What are the best whole grain choices for brain health?
Whole oats, Quinoa, Brown rice, Whole wheat bread/pasta, Rye, Barley