

MIND Diet Scoring System

Morris et al, Alzheimer's and Dementia, 2015

| Food Group (servings) | 0 | 0.5 | 1 |
|---|----------------|---------------|-------------|
| Leafy greens 1 cup raw or 1/2 cup cooked | 2 or less/wk | 2 to 6/wk | 6+/wk |
| Vegetables 1 cup raw or 1/2 cup cooked | <5/wk | 5 to 6/wk | 7+/wk |
| Berries 1/2 cup | <1/wk | 1/wk | 2+/wk |
| Nuts 1/4 cup or 2 tablespoons nut butter | <1/mo | 1/mo to <5/wk | 5+/wk |
| Olive Oil | Occasional use | Sometimes use | Primary oil |
| Butter, margarine | 2+TBSP/d | 1 to 2 TBSP/d | <1 TBSP/d |
| Cheese 1-2 ounces/wk | 7+/wk | 1 to 6/wk | <1/wk |
| Whole grains 1/2 cup (cooked) | <1/d | 1 to 2/d | 3+/d |



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|---|----------------|--------------|-----------|
| Fish (not fried) <4 ounces | Rarely | 1 to 3/month | 1+/wk |
| Beans 3 1/2-cup servings/wk | <1/month | 1 to 3/wk | 3+/wk |
| Poultry (not fried) <4 ounces | <1/wk | 1/wk | 2+/wk |
| Red Meat <4 ounces | 7+/wk | 5 to 6/wk | <4/wk |
| Fast & Fried Foods | 4+/wk | 1 to 3/wk | <1/wk |
| Pastries & Sweets | 7+/wk | 5 to 6/wk | <5/wk |
| Red Wine 5 oz | 0 to 1 glass/d | 1/mo to 6/wk | 1 glass/d |

Total score Maximum = 15



If your score is:

13-15 Bravo! Close adherence to the MIND diet guidelines could reduce your Alzheimer's risk by 53%. Participants who followed the guidelines most closely performed better on cognitive tests, too. That's like shaving 7.5 years off the brain's age.



7-12 You could improve in a few areas, but it's good to see many neuroprotective foods represented. Good news: those who followed the guidelines sometimes (but not always) still had 37% reduced Alzheimer's risk after 4.5 years.



0-7 Your dietary pattern leans towards the less healthful American or Western style. Time for a change?

