

NUTRITION TO GO

The MIND diet can help with brain function in older adults. It is a combination of the Mediterranean and DASH (Dietary Approaches to Stop Hypertension) diets. Research has shown that choosing certain foods more often, and others less often, can slow brain aging. It has also been linked to a decreased chance of developing Alzheimer's disease and memory loss.

The MIND Diet Guidelines:

Choose More Often



Berries



Green Leafy Vegetables



Olive Oil



Beans & Legumes



Fatty Fish (salmon, sardines, trout, tuna)



Whole Wheat & Whole Grains (such as whole wheat bread and brown rice)



Low-fat Dairy Products



Nuts & Seeds



Poultry (lean chicken or turkey)

Choose Less Often



Saturated Fats (butter or margarine)



Refined Grains with Added Sugar



Red Meat



Full-Fat Cheeses



Fried Food

The MIND diet includes foods high in antioxidants.

Antioxidants protect your body against certain illnesses, such as heart disease and cancer. The antioxidants found in **berries, olive oil, green leafy vegetables,** and **nuts** also help with brain function.



The MIND diet also includes **anti-inflammatory** foods. These foods reduce swelling in the body. This includes **fatty fish, olive oil, and nuts/seeds,** which also help lower the risk of dementia and slow the brain function loss that occurs with aging.



Berry Smoothie

Servings per recipe: 4

Prep time: 3 minutes

Serving size: 1 cup

Cook time: 0 minutes

Cost: \$3.24 per recipe, \$0.81 per serving



Nutrition Facts

4 servings per container	
Serving size	1 cup
Amount per serving	
Calories	110
<small>% Daily Value*</small>	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 65mg	3%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 16g	
Includes 4g Added Sugars	8%
Protein 5g	
Vitamin D 1mcg	6%
Calcium 182mg	15%
Iron 0mg	0%
Potassium 292mg	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Ingredients

- 1 cup frozen blueberries
- 1 cup frozen strawberries
- 1 cup low-fat vanilla yogurt
- 1 cup low-fat milk or alternative milk

Directions

- 1) Put all the ingredients into the blender.
 - 2) Blend until smooth and pour into cups.
- Enjoy!

The berries in this smoothie are full of antioxidants. Try adding spinach to the smoothie for an extra MIND boost!

For recipes & information about preparing healthy foods, visit web.uri.edu/SnapEd