

THE MIND DIET

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The Science Behind “MIND”

As we age, many adults experience some level of cognitive decline. Whether this be related to dementia, Alzheimer’s disease, Parkinson’s disease, or other medical reasons, nutrition plays a large role in the prevention of memory loss.

The MIND diet (short for Mediterranean-DASH Intervention for Neurodegenerative Delay) has been shown to have significant potential for great improvements in mental fortitude and memory.

Recent studies have shown following this diet can reduce risk of Alzheimer’s disease up to 53%, and decrease cognitive age by as much as 7 ½ years!!



Main Recommendations

This meal plan emphasizes natural, plant-based foods, increased intake of berries and green leafy vegetables, and limiting intake of animal proteins and high saturated fat foods..

**This Month’s Featured
 Vegetable is:
TOMATOES**



Key Features

- 2 or more servings of veggies per day with at least one serving of leafy green veggies daily
- 2-5 servings of berries per week, minimum; not including dried berries
- 3 or more servings of whole grains per day (emphasis on minimally processed grains)
- 5 or more servings per week of nuts and seeds
- 3-4 servings of beans per week
- 1 or more servings of seafood per week; focus on fatty fish such as salmon or sardines
- 2 or more servings of poultry per week (focus on light meat without skin)
- 2 tablespoons per day of extra-virgin olive oil (avoid other types of vegetable oils)
- Limit the following to small amounts per week:
 - Red meats (less than 4 servings/week)
 - Butter/margarine (less than 1 tbsp/day)
 - Cheese (less than 1 serving/week)
 - Pastries and sweets (less than 5 times/week)
 - Fried or fast food (less than 1 serving/week)