

## MIND Diet Scoring System

Morris et al, Alzheimer's and Dementia, 2015

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



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Food Group (servings)	0	0.5	1
<b>Fish (not fried)</b> <4 ounces	Rarely	1 to 3/month	1+/wk
<b>Beans</b> 3 1/2-cup servings/wk	<1/month	1 to 3/wk	3+/wk
<b>Poultry (not fried)</b> <4 ounces	<1/wk	1/wk	2+/wk
<b>Red Meat</b> <4 ounces	7+/wk	5 to 6/wk	<4/wk
<b>Fast &amp; Fried Foods</b>	4+/wk	1 to 3/wk	<1/wk
<b>Pastries &amp; Sweets</b>	7+/wk	5 to 6/wk	<5/wk
<b>Red Wine</b> 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?

