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EATING 101 RU DINING HEALTHY?



A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

Great MINDs Think Alike

Ever heard of the MIND Diet? If not, this newsletter is for you. The MIND Diet, or the Mediterranean-DASH Intervention for Neurodegenerative Delay Diet, is based on scientific research on the relationship between nutrition and risk of developing Alzheimer's Disease. Old age and dementia may seem decades away for some readers, but there are several health benefits of the MIND Diet that are important to consider. Read below to find out how to keep your brain in tip top shape this semester and beyond.

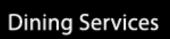
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Whole grains	Three times a day		Why be MINDful?
Leafy Greens	Every day	(EV-X	The MIND Diet may help improve brain
Nuts	Every day		function since the recommended foods
Vegetables	At least once a day		contain nutrients like vitamin E and omega-3 fatty acids, both of which are associated
Beans	Every other day		with brain health. Also, including foods with
Berries	At least twice a week		unsaturated fats and limiting foods with saturated fats has been shown to support a
Fish	At least once a week		healthy heart.
Poultry	At least twice a week		
Olive oil	-		MINDful Habits
Lir	nit		Not sure where to begin?
Butter and stick margarine	Under one tbsp a day		 Sprinkle frozen berries on your oatmeal, pancakes, or yogurt for breakfast.
Cheese	Under one serving a week		 Rinse canned beans and add them to soups, stews, or salads.
Fried or fast food	Under one serving a week		 Not into salads? Chop up leafy greens and sauté them with your favorite
Red meat	-	1 Herner	veggies.When cooking, use olive oil instead
Pastries and sweets	-		of butter.

Don't MIND If I Do

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Reviewed By: Marina Vineis, MS, RDN, RYT - Rutgers Dining Services References: Food for Thought: The MIND Diet - Fighting Dementia With Food. Available at: https://www.todaysdietitian.com/newarchives/090115p28.shtml. Accessed on: 1/20/21. The MIND Diet. Available at: https://www.eatrightpro.org/news-center/nutrition-trends/health-promotion/the-mind-diet. Accessed on: 1/20/21.





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