
















Week of: _____										MIND Diet Score:	
FOODS TO CHOOSE	M	T	W	Th	F	Sa	Su	Total MIND Servings This Week	MIND Food Points		MINDPoints (1, 0.5, or 0)
Green Leafy Vegetables Goal: 1 serving per day Serving size: 1 cup raw or 1/2 cup cooked 									2 or fewer servings per week	0	
									3 to 6 servings per week	0.5	
									7 or more servings per week	1	
Other Vegetables Goal: 1 serving per day Serving size: 1/2 cup cooked or cut up 									4 or fewer servings per week	0	
									5 to 6 servings per week	0.5	
									7 or more servings per week	1	
Berries Goal: 5 servings per week Serving size: 1/2 cup 									Fewer than 1 serving per week	0	
									1 to 4 servings per week	0.5	
									5 or more servings per week	1	
EVOO Goal: 2 servings per day Serving size: 1 Tablespoon 									6 or fewer servings per week	0	
									7 to 13 servings per week	0.5	
									14 or more servings per week	1	
Nuts Goal: 5 servings per week Serving size: 1 oz or 2 tablespoons of nut butter 									Fewer than 1 serving per week	0	
									1 to 4 servings per week	0.5	
									5 or more servings per week	1	
Fish & Seafood Goal: 1 serving per week Serving size: 3-5 oz 									Fewer than 1 serving per week	0	
									1 or more servings per week	1	
Poultry Goal: 2 servings per week Serving size: 3-5 oz without skin/bone 									Fewer than 1 serving per week	0	
									1 serving per week	0.5	
									2 or more servings per week	1	
Whole Grains Goal: 3 servings per day Serving size: 1/2 cup cooked or 1 slice bread 									4 or fewer servings per week	0	
									5 to 20 servings per week	0.5	
									21 or more servings per week	1	
Beans/ Legumes Goal: 3 servings per week Serving size: 1/2 cup 									Fewer than 1 serving per week	0	
									1 to 2 servings per week	0.5	
									3 or more servings per week	1	
Wine Goal: 1 serving per day Serving size: 5 fluid ounces 									None	0	
									1 to 6 servings per week	0.5	
									7 servings per week	1	
									More than 7 servings per week	0	

FOODS TO LIMIT	M	T	W	Th	F	Sa	Su	Total MIND Servings This Week	MIND Food Points		MIND Points (1, 0.5, or 0)
Red & Processed Meats Goal: 0 or no more than 3 servings per week Serving size: 3-5 oz 									3 or fewer servings per week	1	
									4 to 6 servings per week	0.5	
									7 or more servings per week	0	
Butter & Stick Margarine Goal: 0 or no more than 1 servings per day Serving size: 1 pat (teaspoon) 									7 or fewer servings per week	1	
									8 to 13 servings per week	0.5	
									14 or more servings per week	0	
Regular Cheese Goal: 0 or no more than 2 servings per week Serving size: 1 oz 									2 or fewer servings per week	1	
									3 to 6 servings per week	0.5	
									7 or more servings per week	0	
Fried Foods Goal: 0 or no more than 1 meal per week Serving size: 1 meal 									1 or fewer meals per week	1	
									2 to 3 meals per week	0.5	
									4 or more meals per week	0	
Pastries, Sweets, & Sweet Drinks Goal: 0 or no more than 1 treat per day Serving size: 1 treat or 8 fluid oz drink 									4 or fewer treats/drinks per week	1	
									5 to 6 treats/drinks per week	0.5	
									7 or more treats/drinks per week	0	

RESEARCH SHOWS: People who had a MIND score in the following categories had a reduced risk for developing AD equivalent to:	2.5 - 6.5	7.0 - 8.0	8.5 - 12.5	13-15 <i>may be</i>
	No Reduced Risk	35% Reduced Risk	53% Reduced Risk	Greatest Reduced Risk

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