

MIND Diet Scoring System

Morris et al, Alzheimer's and Dementia, 2015

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



MIND Diet Scoring System

Morris et al, Alzheimer's and Dementia, 2015

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



Brain Health Kitchen