Welcome to Reinhart

MIND Your Menu
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- Healthcare/School Specialist and Dietitian for Reinhart Foodservice
- Member of the Academy of Nutrition and Dietetics
  - Dietitians in Integrative and Functional Medicine: Dietetic Practice Group
- Certified ServSafe® Instructor and Registered ServSafe® Proctor
Objectives

- Explain the MIND diet and its significance for the elderly and their quality of life.

- Identify key foods and food groups of the diet and their functions.

- Identify strategies to incorporate these key foods in recipes and on your menu.
What is the MIND diet?

MIND

Mediterranean-DASH Intervention for Neurodegenerative Delay
What is the MIND diet?

- Developed by Rush University professor Martha Clare Morris, ScD
- Combination of **DASH diet** + **Mediterranean diet**
  - DASH = Dietary Approaches to Stop Hypertension
  - Mediterranean = plant-based foods like F/V, olive oil, whole grains, nuts, legumes
- Proves dietary intake can reduce cognitive decline and the risk of developing Alzheimer’s disease
What is Alzheimer’s Disease (AD)?

- Type of dementia that causes problems with memory, thinking, behavior

Symptoms
- Disorientation
- Mood and behavior changes
- Difficulty speaking, swallowing, walking
- Difficulty remembering newly learned information
What is Alzheimer’s Disease (AD)?

- How does it affect daily life?
- Relationships with others
  - Social interaction is key in elderly
  - AD can make it hard to follow a conversation, stay focused
    - Negative impact on social and emotional well-being
Improving Quality of Life

- Younger brain
  - Help keep social connections
  - Ward off depression, anxiety, isolation, withdrawal

- **MIND diet most effective for reducing AD**
  - Top 1/3 of diet followers had significant reduction in AD (53%)
  - Middle 1/3 of diet followers had significant reduction in AD (35%)

- How effective?
  - Slower rate of cognitive decline equivalent to 7.5 years of younger age
DASH Diet

**ENCOURAGES**
- Whole grains
- Fruits
- Veggies
- Low fat/non fat dairy
- Lean meats, fish, poultry
- Nuts, seeds, legumes

**LIMITS**
- Animal saturated fats
- Sodium
- Sweets

Aim: Lower blood pressure
Mediterranean Diet

**ENCOURAGES**

- Plant-based foods
  - Whole grains
  - Fruits/Veggies
  - Nuts/Legumes

- Olive/Canola oil

- Spices/Herbs over salt

- Fish >6/wk

- Poultry 3/wk

- Red wine in moderation

**LIMITS**

- Meats

- Sweets

**Aim: Improve heart health**
MIND Diet

**ENCOURAGES**
- Green leafy veggies
- Other veggies
- Nuts
- Berries
- Beans
- Whole grains
- Fish/Poultry
- Olive oil
- Wine

**LIMITS**
- Red meats
- Butter/Margarine
- Cheese
- Pastries/Sweets
- Fast/Fried food

**Aim:** Reduce cognitive decline
# Diet Comparison

<table>
<thead>
<tr>
<th>DASH(^a)</th>
<th>MedDiet(^b)</th>
<th>MIND</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Grains ≥7/d</td>
<td>Nonrefined Grains &gt;4/d</td>
<td>Whole Grains ≥3/d</td>
</tr>
<tr>
<td>Fruits ≥4/d</td>
<td>Fruits &gt;3/d</td>
<td>Other Vegetables ≥1/d</td>
</tr>
<tr>
<td>Dairy ≥2/d</td>
<td>Full-fat Dairy ≤10/wk</td>
<td>Berries ≥2/wk</td>
</tr>
<tr>
<td>Meat, poultry &amp; fish ≤ 2/d</td>
<td>Red meat ≤ 1/wk</td>
<td>Red Meats and products &lt;4/wk</td>
</tr>
<tr>
<td>Fish ≥6/wk</td>
<td></td>
<td>Fish ≥1/wk</td>
</tr>
<tr>
<td>Poultry ≤3/wk</td>
<td></td>
<td>Fish μ2/wk</td>
</tr>
<tr>
<td>Nuts, seeds &amp; legumes ≥4/wk</td>
<td>Legumes, nuts &amp; beans &gt;6/wk</td>
<td>Beans ≥3/wk</td>
</tr>
</tbody>
</table>

\(^a\) Dash Diet

\(^b\) Mediterranean Diet
# Diet Comparison

<table>
<thead>
<tr>
<th>DASH&lt;sup&gt;a&lt;/sup&gt;</th>
<th>MedDiet&lt;sup&gt;b&lt;/sup&gt;</th>
<th>MIND</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat $\leq 27%$ of kcal</td>
<td>1</td>
<td>Fast/fried food $&lt;1$/wk</td>
</tr>
<tr>
<td>Saturated Fat $\leq 6%$ of kcal</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Olive oil $\geq 1$/d</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Olive Oil primary oil</td>
</tr>
<tr>
<td>Sweets $\leq 5$/wk</td>
<td>1</td>
<td>Butter, margarine $&lt;1$/T/d</td>
</tr>
<tr>
<td>Sodium $\leq 2400$mg/d</td>
<td>1</td>
<td>Cheese $&lt;1$/wk</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Pastries, sweets $&lt;5$/wk</td>
</tr>
<tr>
<td>Alcohol $&lt;300$ml/d but $&gt;0$</td>
<td>5</td>
<td>Alcohol/wine $1$/d</td>
</tr>
<tr>
<td>TOTAL DASH Score</td>
<td>10</td>
<td>TOTAL MedDiet Score</td>
</tr>
<tr>
<td>TOTAL MIND Score</td>
<td>15</td>
<td>Total MIND Score</td>
</tr>
</tbody>
</table>
Diet Comparison

- **MIND diet most effective for reducing AD**
  - Top 1/3 of diet followers had significant reduction in AD (53%)
  - Middle 1/3 of diet followers had significant reduction in AD (35%)

- **Even modest adjustments to diet may help reduce risk of developing AD**
  - 2 veggie servings/day
  - 2 berry (blueberry, strawberry) servings/week
  - 1 fish serving/week
MIND Diet Food Functions

MIND FOODS
- Nuts
- Plant oils
- Seeds
- Leafy greens

FUNCTIONS
- Rich in Vitamin E
- Antioxidant associated with brain health
MIND Diet Food Functions

MIND FOODS

- Fish

FUNCTIONS

- Rich in **omega-3 fatty acid DHA**
  - DHA important lipid structures in brain
  - Important for synaptic proteins in brain
  - Associated with less oxidative stress
MIND Diet Food Functions

**MIND FOODS**

- Berries
  (strawberries, blueberries)

**FUNCTIONS**

- Shown to **decrease neuron loss and improve memory performance** (Nurses Health Study and in animal studies)
MIND Diet Food Functions

**MIND FOODS**

- Leafy greens (6x per week)
  - Spinach
  - Kale
  - Collard greens
  - Romaine
  - Cabbage
  - Broccoli

**FUNCTIONS**

- Particularly protective of cognitive decline
- Bioactive compounds: vitamins A, C, E, and K, carotenoids, flavonoids
MIND Diet Food Functions

MIND FOODS

- Diet in general

FUNCTIONS

- B Vitamins like folate
- Vitamin C
- Vitamin D
- All help neurons cope with aging
MIND Diet Food Functions

**MIND FOODS**

- Healthy fats
  - Polyunsaturated
  - Monounsaturated
- Balance of fats is important
  - Low intake of saturated or trans fats

**FUNCTIONS**

- Decrease the risk of dementia
Incorporate Key Foods in Recipes

- **Green Leafy Veggies**
  - Smoothies
  - Casseroles
  - Breakfast: quiche, frittata, omelet
  - Pasta – pesto (part leafy green, part basil)
  - Salads
  - Sides (broccoli, collard greens, slaw)
  - Puree with other veggies to make sauce
Incorporate Key Foods in Recipes

- **Nuts**
  - Desserts
  - Nut butters in Robot Coupe
  - Snacks
  - Pasta salads
  - Salad toppers
  - Stir fry
Incorporate Key Foods in Recipes

- **Berries**
  - Smoothies
  - Desserts
  - Breakfast – French toast sandwich, waffles, pancakes
  - Sides – by themselves
    - Buy frozen, mixed, sliced, easy to eat
Incorporate Key Foods in Recipes

- **Beans**
  - Breakfast – burritos, savory spread, juevos locos
  - Stews, soups, chili
  - Casseroles
  - Puree into paste/sauce for meats/poultry
    - Shredded chicken or pork sandwich with bean paste
  - Hummus snack
  - Black bean brownies – great texture!
Incorporate Key Foods in Recipes

- **Whole Grains**
  - Breakfast – oatmeal, WG cereals, WG toast, muffins, etc.
  - Brown or wild rice
  - WG pastas
  - Soups, stews – barley, rice, millet, quinoa, faro, WG pasta
Incorporate Key Foods in Recipes

- **Fish/ Poultry**
  - Seasoned loins/fillets
  - Panko or parmesan crusted
  - Salmon loaf/Sea burgers
    - Canned salmon
  - Crab salad
  - Herb baked
Incorporate Key Foods in Recipes

- Olive Oil
  - Frying
  - Baking (substitutes)
  - Drizzles
    - Salads
    - Meats
    - Pasta dishes
  - Brushed on garlic bread
MIND Foods on the Menu

- **How often should these foods be incorporated?**
  - Green leafy veggies ≥6/wk
  - Other veggies ≥1/d
  - Nuts ≥5/wk
  - Berries ≥2/wk
  - Beans >3/wk
  - Whole grains ≥3/d
  - Fish ≥1/wk
  - Poultry ≥2/wk
  - Olive oil as primary oil
  - Wine/Alcohol 1/d
  - Red meats <4/wk
  - Butter/Margarine <1 T/d
  - Cheese <1/wk
  - Pastries/Sweets <5/wk
  - Fast/Fried food <1/wk
# Sample Menu

## Reinhart Foodservice MIND Menu

<table>
<thead>
<tr>
<th>Day</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Oatmeal/WG Cereal</td>
<td>Oatmeal/WG Cereal</td>
<td>Oatmeal/WG Cereal</td>
<td>Oatmeal/WG Cereal</td>
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<td>Oatmeal/WG Cereal</td>
<td>Oatmeal/WG Cereal</td>
</tr>
<tr>
<td></td>
<td>WG Cinnamon French Toast</td>
<td>WG Bagel</td>
<td>Waffle</td>
<td>WG Muffin</td>
<td>WG English Muffin</td>
<td>Fruit/Yogurt Parfait</td>
<td>Blueberry Pancakes</td>
</tr>
<tr>
<td></td>
<td>Syrup</td>
<td>Peanut Butter</td>
<td>Syrup</td>
<td>Peanut Butter</td>
<td>Jam</td>
<td>Granola/Almonds</td>
<td>Syrup</td>
</tr>
<tr>
<td></td>
<td>Fresh Fruit</td>
<td>Fresh Fruit</td>
<td>Fresh Fruit</td>
<td>Fresh Fruit</td>
<td>Fresh Fruit</td>
<td>Fresh Fruit</td>
<td>Fresh Fruit</td>
</tr>
<tr>
<td></td>
<td>BBQ Pulled Pork Sandwich</td>
<td>Lemon Pepper Cod</td>
<td>Roast Beef</td>
<td>Stir Fry Chicken &amp; Veggies</td>
<td>Roast Turkey &amp; Gravy</td>
<td>Bean Enchiladas</td>
<td>Herb Baked Chicken</td>
</tr>
<tr>
<td></td>
<td>on WG Bun</td>
<td>on WG Brown Rice</td>
<td>Brown Rice</td>
<td>Stir Fry Chicken &amp; Veggies</td>
<td>Stuffing</td>
<td>on WG Tortillas</td>
<td>on WG Tortillas</td>
</tr>
<tr>
<td></td>
<td>Kale Slaw</td>
<td>Asparagus</td>
<td>Green Beans</td>
<td>Mandarin Oranges</td>
<td>Carrots</td>
<td>Fajita Blend Veggies</td>
<td>Zucchini Coins</td>
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<tr>
<td></td>
<td>Pecan Spice Cake</td>
<td>Mixed Fruit</td>
<td>Apple Walnut Salad</td>
<td>Strawberry Short Cake</td>
<td>Strawberry Short Cake</td>
<td>Cherry Pie</td>
<td>Spinach Berry Smoothie</td>
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<tr>
<td></td>
<td>Chicken Alfredo</td>
<td>Turkey WG Panini</td>
<td>Southwest Chili</td>
<td>Tuna Casserole</td>
<td>Italian Wedding Soup</td>
<td>Tuscan Cod</td>
<td>Tomato Basil Soup</td>
</tr>
<tr>
<td></td>
<td>on WG pasta</td>
<td>on Cucumbers &amp; Tomatoes</td>
<td>(Beans &amp; Corn)</td>
<td>Mixed Greens Salad</td>
<td>(Meatballs &amp; Spinach)</td>
<td>Buttered Basil Pasta</td>
<td>Grilled Cheese on WG</td>
</tr>
<tr>
<td></td>
<td>Broccoli</td>
<td>Cashew Romaine Salad</td>
<td>WG Crackers</td>
<td>Raspberry Vinaigrette</td>
<td>WG Breadstick</td>
<td>Tossed Romaine Salad</td>
<td>Fresh Red Grapes</td>
</tr>
<tr>
<td></td>
<td>Peaches</td>
<td>Cantaloupe</td>
<td>Blueberries w/ Whip</td>
<td>Watermelon</td>
<td>Fruit Salad</td>
<td>Pears</td>
<td>Black Bean Brownie</td>
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Brainstorm

- Incorporate MIND foods on your menu
Memory Game!

Divide into groups of 4 or 5

Arrange game
8 columns x 4 rows

Green = encourage
Red/Orange = limit
Questions?
RDNs/DTRs

- To contact the Commission on Dietetic Registration regarding concerns with this presentation:
  - Program feedback may be made directly to CDR at:
    120 South Riverside Plaza, Suite 2000
    Chicago, IL 60606
  - Web input may be made at: www.cdrnet.org
References


- http://dashdiet.org/what_is_the_dash_diet.asp

- Alzheimer’s Association http://www.alz.org/alzheimers_disease_what_is_alzheimers.asp

Thank You!