



MIND Diet: Foods to prevent Alzheimers disease



by: [Art Barron](#)

Posted: Mar 25, 2019 / 01:42 PM MDT / Updated: Mar 25, 2019 / 01:42 PM MDT

The MIND Diet is a combination of the Mediterranean and DASH Diets. Designed to prevent Alzheimer's and cognitive decline.

Family and Consumer Science Agent Dianne Christensen of the Bernalillo County Cooperative Extension Service appeared on New Mexico Living emphasizing plant-based food choices, limited intake of animal proteins and limited saturated fats.

She also said to consume leafy green veggies, 1/4 cup nuts a day, berries two times a week, beans every other day, fish once a week, poultry twice a week and 5 ounces of red wine/daily. Christensen says to avoid red meats, butter, cheese, sweets and fried foods.

MIND Diet Spring Salad

- 2 cups spinach
- 1 TBL olive oil
- 8 asparagus spears
- 12 strawberries, halved or 1 cup blueberries
- 6 fresh mozzarella balls, quartered 1/2 cup nuts, chopped such as macadamia, almonds, pecans.

Recipe

Toss spinach with olive oil in a large bowl. Snap asparagus in half and place spears in a bowl with 1 cup water. Microwave for 1 minute. Plunge spears into ice water in another bowl to stop cooking and keep bright green color. Top spinach with asparagus, berries, cheese, and nuts. Drizzle with balsamic glaze.

Go to [NMSU/Bernalillo County Cooperative Extension Service](#) for more information.

Copyright 2020 Nexstar Broadcasting, Inc. All rights reserved. This material may not be published, broadcast, rewritten, or redistributed.

SHARE THIS STORY

