



# 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.

#### Include

Whole grains	Three times a day
Leafy Greens	Every day
Nuts	Every day
Vegetables	At least once a day
Beans	Every other day
Berries	At least twice a week
Fish	At least once a week
Poultry	At least twice a week
Olive oil	-

#### Limit

Butter and stick margarine	Under one tbsp a day
Cheese	Under one serving a week
Fried or fast food	Under one serving a week
Red meat	-
Pastries and sweets	-

#### Why be MINDful?

The MIND Diet may help improve brain function since the recommended foods contain nutrients like vitamin E and omega-3 fatty acids, both of which are associated with brain health. Also, including foods with unsaturated fats and limiting foods with saturated fats has been shown to support a healthy heart.

#### MINDful Habits

Not sure where to begin?

- Sprinkle frozen berries on your oatmeal, pancakes, or yogurt for breakfast.
- Rinse canned beans and add them to soups, stews, or salads.
- Not into salads? Chop up leafy greens and sauté them with your favorite veggies.
- When cooking, use olive oil instead of butter.

### Don't MIND If I Do

Authored By: Gabby Harrison

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.

**RUTGERS**  
Student Affairs

Dining Services

 / @rutgersdining  
food.rutgers.edu