



# DASH, MEDITERRANEAN AND MIND DIETS

Evidence is very strong that consuming a primarily whole food, plant-based diet is vital in preventing and treating a wide array of health problems. Here are three eating plans, all based on research, which may improve your health and move you away from standard American eating patterns. Whether or not you choose to follow one of these specific plans, be sure to fill your meals and snacks with an abundance of vegetables, fruits, whole grains, nuts, seeds and legumes like lentils or black beans.

## DASH Diet

DASH stands for Dietary Approaches to Stop Hypertension and was developed by the US National Institutes of Health to lower blood pressure without medication. Research has shown this diet can effectively lower blood pressure as well as cholesterol and the risk of certain cancers, stroke, heart disease and diabetes. Chock full of fruits, vegetables, nuts, beans, seeds and dairy, the diet provides a wonderful foundation for healthful eating and can be an effective way to lose weight. Sample menus can be found at [dashdiet.org](http://dashdiet.org). People with hypertension, diabetes or kidney disease and those at risk for these conditions are advised to limit sodium intake to 1500 mg or less per day.



Type of food	Servings on a 2000 Calorie diet
Grains and grain products (include at least 3 whole grain foods each day)	7 – 8
Fruits	4 – 5
Vegetables	4 – 5
Low fat or nonfat dairy foods	2 – 3
Lean meats, fish, poultry	2 or less
Nuts, seeds, legumes	4 – 5 per week
Fats and sweets	limited

Source: <http://dashdiet.org/default.asp>

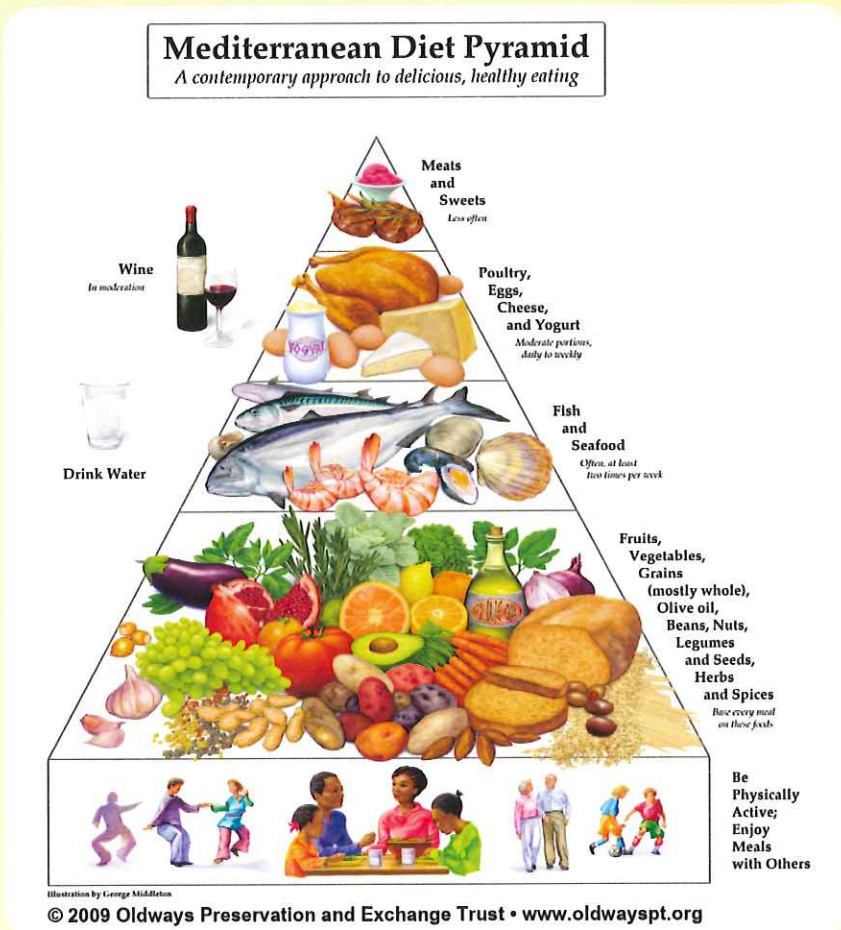


## Mediterranean Diet

The Mediterranean diet emphasizes eating primarily plant-based foods such as fruits and vegetables, whole grains, legumes and nuts. It encourages healthy fats such as olive oil and discourages unhealthy saturated fats and hydrogenated oils, both of which contribute to heart disease. Herbs and spices flavor the food as less salt is used. Fish is typically eaten twice a week. Eggs, occasionally poultry, yogurt and traditional cheese such as feta are included in the diet. Sweets and red meat are rarely eaten. Research shows that following a Mediterranean diet was associated with a reduced risk of death from heart disease and cancer, as well as reduced incidence of Parkinson's and Alzheimer's disease.

Source: <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/mediterranean-diet/art-20047801>

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## MIND Diet

MIND stands for Mediterranean-DASH Intervention for Neurodegenerative Delay. It is similar to The Mediterranean diet and the DASH diet, but puts more emphasis on foods and nutrients that medical literature and data show affect brain health. It encourages eating from 10 brain healthy food groups while avoiding 5 unhealthy groups.

### Healthy:

- Green leafy vegetables (like spinach and salad greens): At least six servings a week
- Other vegetables: At least one a day
- Nuts: Five servings a week
- Berries: Two or more servings a week
- Beans: At least three servings a week
- Whole grains: Three or more servings a day
- Fish: Once a week
- Poultry (like chicken or turkey): Two times a week
- Olive oil: Use it as your main cooking oil.
- Red wine: One glass a day



### Unhealthy:

- Red meat: Less than four servings a week
- Butter and margarine: Less than a tablespoon daily
- Cheese: Less than one serving a week
- Pastries and sweets: Less than five servings a week
- Fried or fast food: Less than one serving a week

Source: <https://www.rush.edu/news/diet-may-help-prevent-alzheimers>