

## In A Nutshell



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MIND Diet

MIND diet – short for Mediterranean-Dietary Approach to Stop Hypertension Intervention (DASH) for Neurodegenerative Delay – may protect brain tissue from further damage in people with [multiple sclerosis](#), new research suggests. Consuming more high-fat dairy products was associated with a lower volume of brain lesions in patients, while omega 3 from fish was found to preserve the integrity of white matter — the region of the brain that is mostly affected by MS. The MIND diet is a combination of the traditional Mediterranean diet and the DASH diet.

In combination, these diets promote the consumption of foods thought to benefit neurodegenerative disorders. This originated the MIND diet, whose adherence is based on the consumption of “brain healthy” and “unhealthy” foods. The former include green leafy vegetables, other vegetables, nuts, berries, beans, whole grains, seafood, poultry, olive oil, and wine. In contrast, “unhealthy foods” include red meat, butter or margarine, cheese, pastries or sweets, and fried or fast foods. The MIND diet has been linked to lower incidence of Alzheimer’s and better cognitive outcomes in older adults.

[MIND Diet May Protect Brain Tissue in MS Patients \(multiplesclerosisnewstoday.com\)](https://www.multiplesclerosisnewstoday.com)

### Just For Fun

#### Sample Mediterranean Meal Plan

##### Monday

Breakfast: Greek yogurt with strawberries and oats

Lunch: Whole grain sandwich with vegetables

Dinner: A tuna salad dressed in olive oil. A piece of fruit for dessert.

##### Tuesday

Breakfast: Oatmeal with raisins

Lunch: Leftover tuna salad from night before

Dinner: Salad with tomatoes, olives and feta cheese.

Go to: [Mediterranean Diet 101: A Meal Plan and Beginner's Guide \(healthline.com\)](https://www.healthline.com)

For remaining daily meal plans