

MIND Diet Quiz

Adapted by Devon Peart

Give yourself 1 point if you meet the serving requirements each week, and 0 if you don't.

Maximize Brain Healthy Foods	Do I Eat This Much Each Week?	Maximum Score	My Score
Green Leafy Vegetables	6 cups uncooked or 3 cups cooked	1	
Other Vegetables	7 cups uncooked or 3.5 cups cooked	1	
Berries	2 cups	1	
Fish	3/4 cup (or 3.5 ounces)	1	
Poultry	1 cup (or 5 ounces)	1	
Legumes (such as kidney beans, chickpeas and lentils)	3 cups	1	
Nuts	10 tablespoons of nut butter, or 1 & 1/4 cups	1	
100% Whole Grains	21 slices of bread or 3.5 cups cooked pasta	1	
Olive Oil	Used as my primary oil	1	
Wine	5 ounces (no more)	1	
Minimize Unhealthy Foods	Do I Eat Less than This Much Each Week?		
Deep fried or fast food	1/2 cup (or 2.5 ounces)	1	
Pastries or sweets	3.5 cups	1	
Butter	7 tablespoons	1	
Red meat (beef, lamb, pork, ham, etc.)	2 cups (or 10 ounces)	1	
Cheese	1 cup	1	
TOTAL SCORE		15	

	Score	Health Outcomes
Top Performer	9-13	Reduced risk of developing Alzheimer's disease by 53% Slower rate of cognitive decline equal to 7.5 years of younger age
Middle Performer	7-8	Reduced risk of developing Alzheimer's disease by 35%
Many Options to Improve	2-6	