

# Diets, Diets, Everywhere

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Future You Nutrition

# What are we talking about?



- Mediterranean – based on the regional eating of the area (Spain, Italy, Greece,, Turkey, Lebanon, Egypt, Morocco, etc.)
- MIND – Mediterranean – DASH Intervention for Neuro-degenerative Delay.
- PRO-21 - Patient Reported Outcomes

# What does the Mediterranean Diet focus on?



- Eating lots of **plant-based** foods such as vegetables, fruits, legumes, whole grains, and nuts.
- Using olive oil – a good source of heart-healthy monounsaturated fats – instead of butter or margarine.
- Reducing intake of red meat; eating fish and poultry at least twice a week.
- Drinking alcohol in moderation, if at all (no more than 1 drink per day for women and 2 per day for men), and drinking water instead of sugary drinks like soda or juice.
- It also means being physically active and sitting down at the table with your family and friends to enjoy your meal.

# Eat More....



- **Vegetables:** tomatoes, broccoli, kale, spinach, onions, cauliflower, carrots, brussels sprouts, cucumbers, potatoes, sweet potatoes, turnips
- **Fruits:** apples, bananas, oranges, pears, strawberries, grapes, dates, figs, melons, peaches
- **Nuts, seeds, and nut butters:** almonds, walnuts, macadamia nuts, hazelnuts, cashews, sunflower seeds, pumpkin seeds, almond butter, peanut butter
- **Legumes:** beans, peas, peanuts, pulses (chickpeas, lentils, dry beans), peanuts, soybeans
- **Whole grains:** oats, brown rice, rye, barley, corn, buckwheat, whole wheat bread and pasta
- **Fish and seafood:** salmon, sardines, trout, tuna, mackerel, shrimp, oysters, clams, crab, mussels
- **Poultry:** chicken, duck, turkey
- **Eggs**
- **Dairy:** cheese, yogurt, milk
- **Herbs and spices:** garlic, basil, mint, rosemary, sage, nutmeg, cinnamon, pepper
- **Healthy fats:** extra virgin olive oil, olives, avocados, and avocado oil

# Top Med Fruits

- Avocados
- Figs
- Mandarins
- Olives
- Pomegranates



# Top Med Vegetables

- Artichokes
- Eggplant
- Onions
- Sweet Potatoes
- Zucchini



# The benefits of Olive Oil

- Reduces Cholesterol
- Protects against oxidative Stress
- Reduces risk of cancer
- Lowers blood pressure
- Improves cognitive function
- Improved blood glucose control
- Fights osteoporosis
- Reduces inflammation
- Acts as an antibacterial
- Enhances digestion and absorption of nutrients



# Nuts & Seeds

- Almonds
- Hazelnuts
- Pine nuts
- Pistachios
- Walnuts
- Sesame Seeds
- Pumpkin Seeds



# The Benefits of Nuts & Seeds & Legumes



- Unsaturated Fats – helps lower LDL cholesterol and improve heart health
- Omega 3 Fatty Acids – in plants appear as alpha linolenic acid (ALA) – critical role in heart health and reducing inflammation.
- Plant Sterols and Stanols – helps prevent cholesterol from being absorbed into the bloodstream.
- Fiber – helps keep your cholesterol in check and helps regulate blood glucose.
- L-arginine – used to make nitric oxide (vasodilator) and promotes heart health
- Protein – helps keep you satiated and provides energy
- Anti-oxidants, vitamins and minerals

# The Benefits of Whole Grains

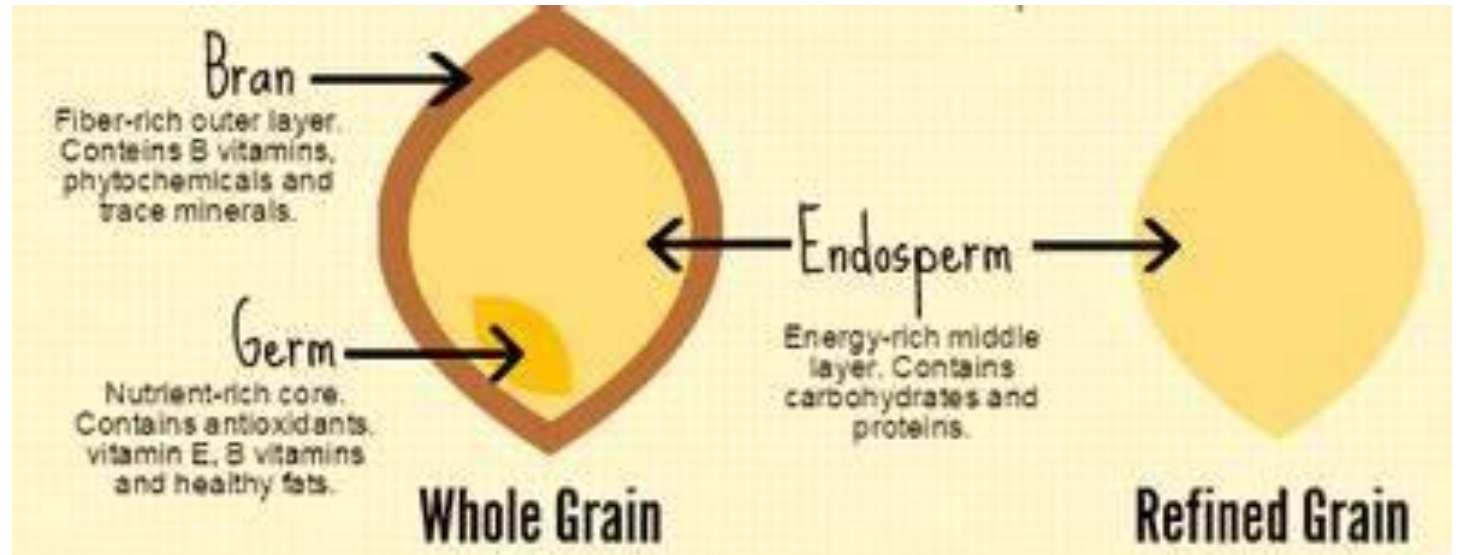
- Reduce heart disease
- Reduce stroke risk
- Normalized blood pressure levels
- Reduced risk of type 2 diabetes
- Improved weight loss and maintenance
- Improved cognitive function and brain health



# Whole Grains



- Barley\*
- Bulgur\*
- Farro\*
- Freekah
- Oats or oatmeal
- Quinoa\*
- Polenta\*
- Brown or wild rice
- Popcorn
- Wheat berries
- Whole grain flour



\* All Stars



# The Benefits of Seafood

- Reduces Inflammation in the body, blood vessels, and joints
- Lowers the risk of depression
- Improves visual and neurological development of infants
- Possibly lowers triglycerides and reduces the risk of heart disease
- Possibly reduces your risk of Alzheimer's disease and Dementia

# Seafood All-Stars

- Salmon
- Sardines
- Tuna
- Mussels
- Oysters













# What does MIND focus on ?



- **Include:**
  - **Vegetables:** Leafy Greens, Other Vegetables and Berries
  - **Unsaturated Fats:** EVOO and Nuts & Seeds
  - **Proteins:** Fish & Seafood and Poultry
  - **Grains:** Whole Grains and Beans & Legumes
  - **Wine**
- **Limit:**
  - Red Meat,
  - Butter
  - Cheese,
  - Fried Foods
  - Sweets






# Scorecard – Food to Choose



Week of: _____									MIND Diet Score:		
FOODS TO CHOOSE	M	T	W	Th	F	Sa	Su	Total MIND Servings This Week	MIND Food Points		MINDPoints (1, 0.5, or 0)
<b>Green Leafy Vegetables</b> Goal: 1 serving per day Serving size: 1 cup raw or 1/2 cup cooked 									2 or fewer servings per week	0	
									3 to 6 servings per week	0.5	
									7 or more servings per week	1	
<b>Other Vegetables</b> Goal: 1 serving per day Serving size: 1/2 cup cooked or cut up 									4 or fewer servings per week	0	
									5 to 6 servings per week	0.5	
									7 or more servings per week	1	
<b>Berries</b> Goal: 5 servings per week Serving size: 1/2 cup 									Fewer than 1 serving per week	0	
									1 to 4 servings per week	0.5	
									5 or more servings per week	1	
<b>EVOO</b> Goal: 2 servings per day Serving size: 1 Tablespoon 									6 or fewer servings per week	0	
									7 to 13 servings per week	0.5	
									14 or more servings per week	1	
<b>Nuts</b> Goal: 5 servings per week Serving size: 1 oz or 2 tablespoons of nut butter 									Fewer than 1 serving per week	0	
									1 to 4 servings per week	0.5	
									5 or more servings per week	1	
<b>Fish &amp; Seafood</b> Goal: 1 serving per week Serving size: 3-5 oz 									Fewer than 1 serving per week	0	
									1 or more servings per week	1	
<b>Poultry</b> Goal: 2 servings per week Serving size: 3-5 oz without skin/bone 									Fewer than 1 serving per week	0	
									1 serving per week	0.5	
									2 or more servings per week	1	
<b>Whole Grains</b> Goal: 3 servings per day Serving size: 1/2 cup cooked or 1 slice bread 									4 or fewer servings per week	0	
									5 to 20 servings per week	0.5	
									21 or more servings per week	1	
<b>Beans/ Legumes</b> Goal: 3 servings per week Serving size: 1/2 cup 									Fewer than 1 serving per week	0	
									1 to 2 servings per week	0.5	
									3 or more servings per week	1	
<b>Wine</b> Goal: 1 serving per day Serving size: 5 fluid ounces 									None	0	
									1 to 6 servings per week	0.5	
									7 servings per week	1	
									More than 7 servings per week	0	

# Scorecard – Foods to Limit



FOODS TO LIMIT	M	T	W	Th	F	Sa	Su	Total MIND Servings This Week	MIND Food Points		MIND Points (1, 0.5, or 0)
<b>Red &amp; Processed Meats</b> Goal: 0 or no more than 3 servings per week Serving size: 3-5 oz 									3 or fewer servings per week	1	
									4 to 6 servings per week	0.5	
									7 or more servings per week	0	
<b>Butter &amp; Stick Margarine</b> Goal: 0 or no more than 1 servings per day Serving size: 1 pat (teaspoon) 									7 or fewer servings per week	1	
									8 to 13 servings per week	0.5	
									14 or more servings per week	0	
<b>Regular Cheese</b> Goal: 0 or no more than 2 servings per week Serving size: 1 oz 									2 or fewer servings per week	1	
									3 to 6 servings per week	0.5	
									7 or more servings per week	0	
<b>Fried Foods</b> Goal: 0 or no more than 1 meal per week Serving size: 1 meal 									1 or fewer meals per week	1	
									2 to 3 meals per week	0.5	
									4 or more meals per week	0	
<b>Pastries, Sweets, &amp; Sweet Drinks</b> Goal: 0 or no more than 1 treat per day Serving size: 1 treat or 8 fluid oz drink 									4 or fewer treats/drinks per week	1	
									5 to 6 treats/drinks per week	0.5	
									7 or more treats/drinks per week	0	

<b>RESEARCH SHOWS:</b> People who had a MIND score in the following categories had a reduced risk for developing AD equivalent to:	<b>2.5 - 6.5</b> No Reduced Risk	<b>7.0 - 8.0</b> 35% Reduced Risk	<b>8.5 - 12.5</b> 53% Reduced Risk	<b>13-15 may be</b> Greatest Reduced Risk

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# What does Pro-21 focus on ?



PRO-21 Diet		
Encourage	<b>On average, over the past month:</b>	
	I buy organically grown food when possible.	0
	I cook most of my own food.	0
	I use spices liberally.	0
	<b>1 point for each food consumed in sufficient amounts:</b>	
	<b>Nuts &amp; Seeds</b> (1/2 cup nuts or 4 Tbsp spread, daily)	0
	<b>Olive oil</b> (2 Tablespoons, daily)	0
	<b>Fresh Fruit</b> (1 cup or 2 medium fruits, daily)	0
	<b>Fresh Vegetables</b> (1/2 cup, 5+ times per week)	0
	<b>Seafood:</b> Fish, Shellfish (4 oz, 2+ times per week)	0
	<b>Wine</b> (8 oz, 2+ times per week)	0
	<b>Coffee</b> (8 oz, 2+ times per day)	0
Avoid	<b>1 point if you've had none in the past month: (less than 1x/month)</b>	
	<b>Dairy</b> (ice cream, butter, milk, cream, cheese, yogurt from animals)	0
	<b>Artificial sweeteners</b> (aspartame, acesulfame K, saccharin, e.g. gum, diet drinks)	0
	<b>Pork</b>	0
	<b>Beef</b>	0
	<b>Chicken</b>	0
	<b>Fried food</b> (corn chips, potato chips, French fries, donuts, etc.)	0
	<b>Juice</b> (8 oz, 1 glass)	0
	<b>Sugar</b> - If this statement is true: "I avoid sugar."	0
	<b>Soda</b> (diet and/ or regular)	0
	<b>Refined grains</b> (pasta, bread, pastries, crusts, crackers, etc.)	0
<b>Canned food</b> (tomato sauce, beans, citrus, vegetables, soups, etc.)	0	
<b>Total Points</b>		

## 21 Food-Related Behaviors that Predicted Rate of Progression

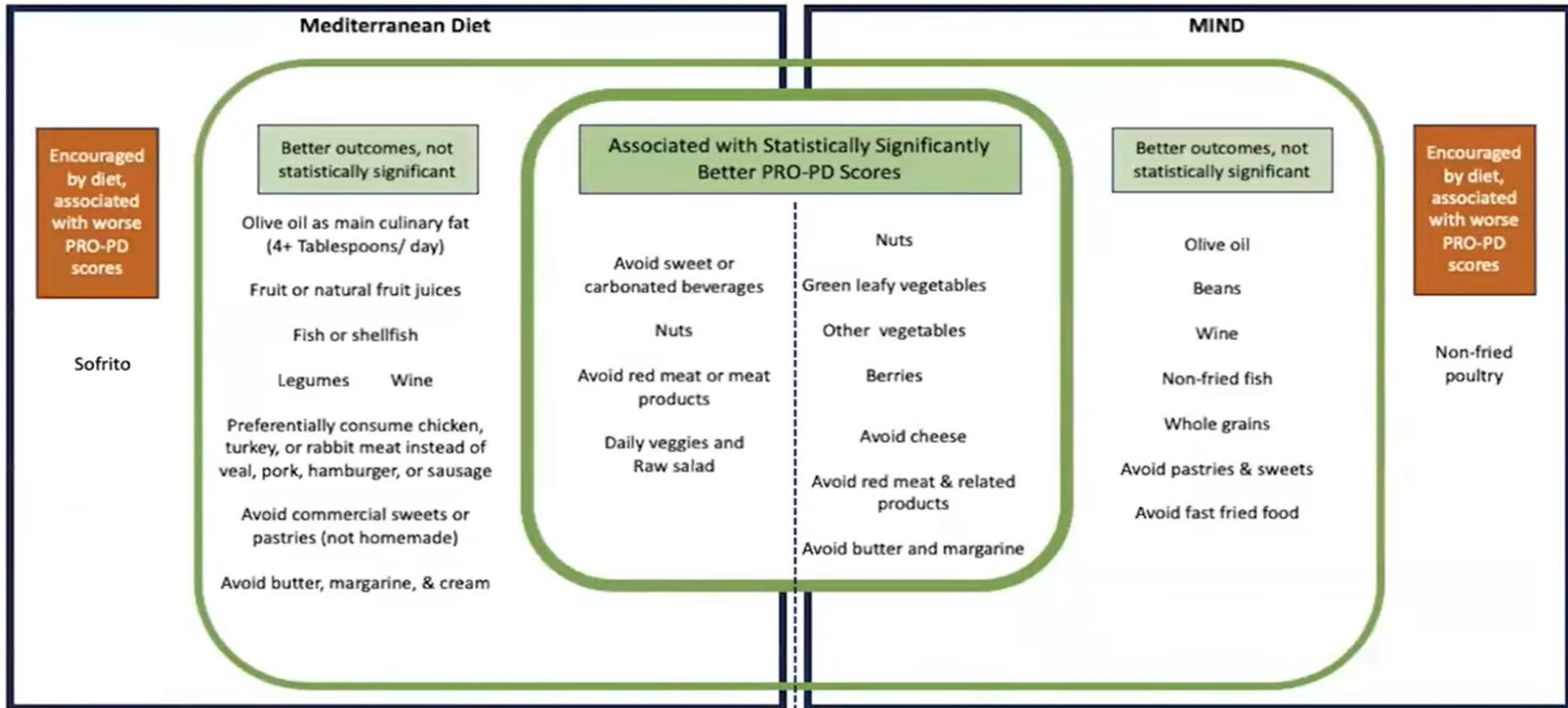
Based on the [www.MVP-Study.com](http://www.MVP-Study.com), and as a result, researched on which food related behaviors are associated with the fewest Parkinson symptoms over time.

The people who are doing best are getting at least 15 points on the PRO-21 diet.



# What the Data Shows...

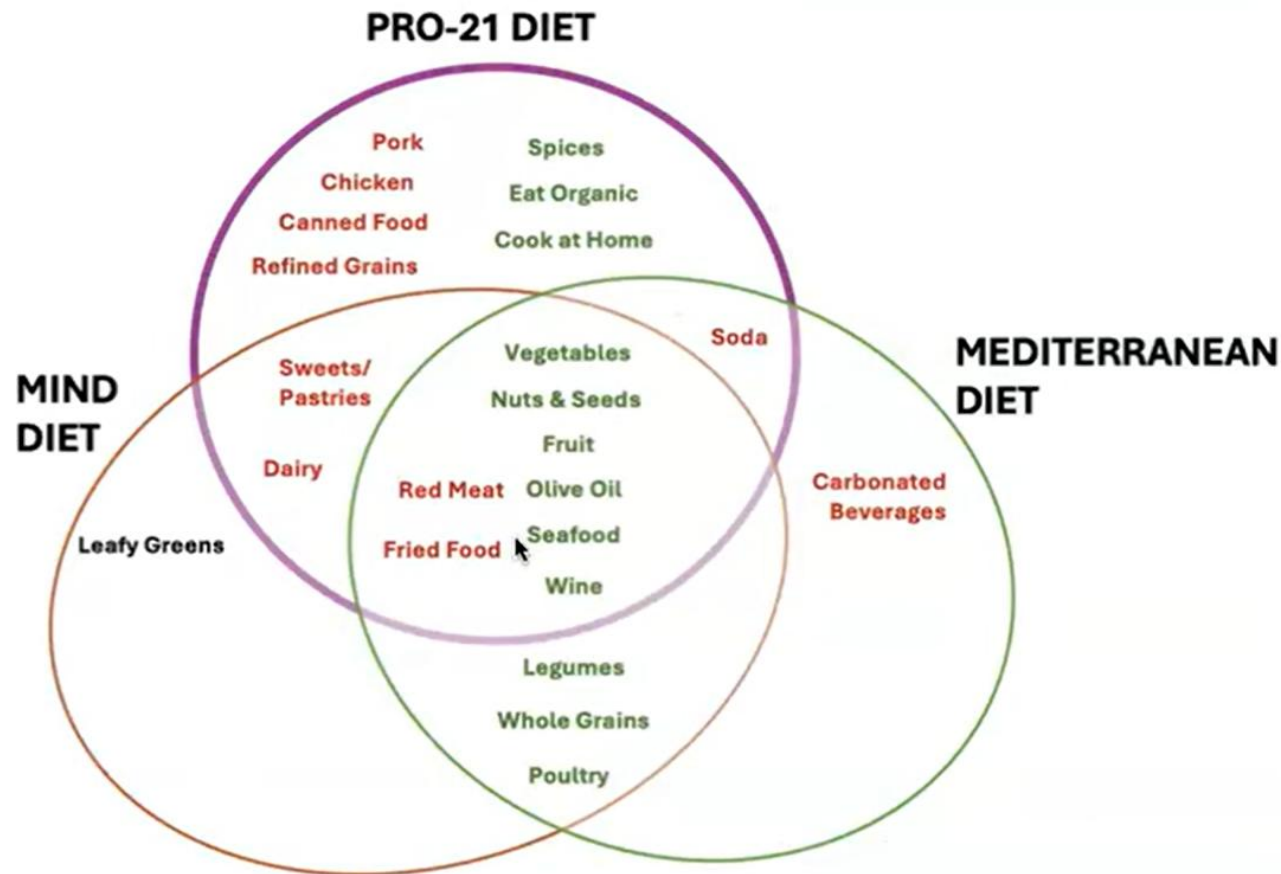
## Components of MIND & Mediterranean Diets Associated with Parkinson Outcomes



# The Same but Different

## How Parkinson's Diets Differ

LK Mischley 2025



# The Importance of Meal Planning



- It's a road map for the week
- Ensures you're efficient with your time and you have everything you need on hand.
- It makes cooking easier because you already know what you're making.
- Saves money by decreasing food waste.

# Sample Day - Mediterranean Diet

- Greek yogurt bowl
- Big Mediterranean salad w whole grain PITA
- Lentil Stew\*
- Stuffed Dates with Pistachios\*



# Sample Day - MIND Diet

- 1 Slice Veggie Frittata
- Royal MIND Bowl\*
- Spaghetti Squash Bolognese\*
- Chopped Salad
- Balsamic Berries\*



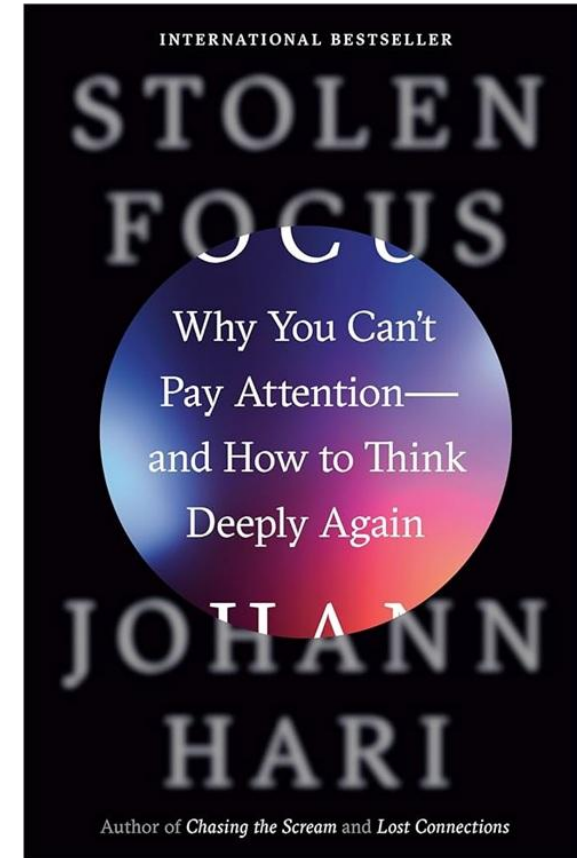
# Sample Day - Pro 21 diet





- Warm steel-cut oats with kiwis\*
- 1 kiwi or pear w warm herbal tea (ginger or peppermint)
- Big constipation-friendly salad w quinoa or barley\*
- green tea w Carrots or steamed zucchini and 2 Tbsp almond/seed butter
- Lentil & vegetable bowl with Olive oil drizzle\*
- Berries with crushed walnuts
- Optional 8 oz red wine (if appropriate)

# Book Club

- March 16<sup>th</sup> – in person or on Zoom
- [www.FutureYouNutrition.com/Conduct](http://www.FutureYouNutrition.com/Conduct)
- Social Engagement is good for our brains



# Contact me

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# Sources

- The Official MIND Diet Book by Martha Claire Morris
- <https://www.soulfoodsalon.com>
- The Blue Kitchen by Cider Mill Press
- <https://www.youtube.com/watch?v=VTp5GJSEAFI&list=PL2HoMK6NmADgVg6EFnbZ2XLm1MMKSH3YX&index=2>
- Pro Diet Coach GPT
- Mediterranean Diet for Dummies by Rachel Berman, RD
- <https://www.mymovesmatter.com/>