



Key Nutrients and Foods for Brain Health with Maggie Moon MS, RD (ep – 56)

[00:00:00] **Maggie Moon:** Brain matter is 60 percent fat. And it's mostly DHA. So structurally, and because that's so important to the brain is a great reason to eat that seafood at least once a week, if not more, I try to get two servings a week of seafood.

[00:00:17] **Ginger Hultin:** Hi, I'm Ginger Hultin, your host of The Good Clean Nutrition Podcast. I'm an integrative registered dietitian nutritionist.

And today I'm really excited to be talking about the MIND Diet with my friend and colleague, Dr. Maggie Moon. Maggie Moon is a highly acclaimed nutritionist specializing in brain health. She is a Columbia University educated culinary school trained accredited registered dietitian with clinical training from New York Presbyterian Hospital of Columbia and Cornell Universities.

She's a best-selling author, educator, and science communications professional. In our last episode, we did a deep dive into the MIND diet. In this episode, we'll explore MIND diet specifics, like key nutrients for brain function, what foods to eat, as well as what to avoid, and how to incorporate the MIND diet in various ways.

So, Maggie, in the last episode, we got to talk all about the aging challenges that we have globally and exactly what the MIND diet is, what foods to focus on, what foods to more avoid. So I wanted to revisit that and then dive into brain specific nutrients, the nitty gritty details of the MIND diet, and then also some cultural adaptations, which I know you're so passionate about.

So can you again explain exactly what the MIND diet is?

[00:01:36] **Maggie Moon:** So the MIND diet is a combination of the Mediterranean and the DASH diet that's been optimized for brain health. And it's helpful to know that it is actually an acronym, so when you see it in all capital letters there's a reason for it. So the M stands for Mediterranean DASH.

DASH is also an acronym for Dietary Approaches to Stop Hypertension. The I is for Intervention. The N is for Neurodegenerative. And the D is for Delay. And so the overall pattern is the Mediterranean Dietary Approaches to Stop Hypertension. Intervention for Neurodegenerative. Delay, how do we eat to prevent cognitive decline and optimize cognitive function.

[00:02:19] **Ginger Hultin:** So I know that you're very passionate about personalizing the MIND diet and making sure that it's specific to somebody's individual cultural traditions, values, but just overall, in like a general American diet, what's a breakfast lunch dinner that somebody might do on the MIND diet?

[00:02:36] **Maggie Moon:** Breakfast could be a piece of whole grain toast covered with avocado and a sunny side up egg drizzled with olive oil with leafy greens on the side.

Snacks might be a handful of walnuts or some other nuts and seeds throughout the day and maybe some dried fruit that's high in polyphenols like dried blueberries or dried prunes. And then lunch could be maybe like a buckwheat noodle salad. Blend in some baby leafy greens, add fish or lean chicken right on top for some extra protein, and then you can mix in any kind of vegetables you want, whether it's tomatoes or carrots or cucumbers, and then your dressing can be whatever you want.

You can make it with olive oil, you can make it with sesame seed oil. Also a really cool chance to add in some fun spices that are so high in polyphenols, whether it's like a chili powder or a turmeric based dressing. If you want another snack in between, maybe it's a piece of dark chocolate with some nuts and then dinner could be beautiful piece of skin on fish that you have seared in a chef y way where you mostly cook it on the skin side and then pop it over for the last minute.

Super delicious and flaky and have that with a side of whole grains and there's so many fun whole grains. Maybe it's a medley of purple rice and quinoa and barley all together and then maybe some yummy citrus spiced Moroccan inspired carrots on the side and a glass of red wine.

[00:04:05] **Ginger Hultin:** That's really interesting to see it come to life and you focus so much on polyphenols and antioxidants.

Tell me more about why that's important on the MIND diet. And just for reference, polyphenols are a word for antioxidants generally.

[00:04:20] **Maggie Moon:** The brain is so greedy. It is very metabolically active. It takes 20 percent of our oxygen, 20 percent of our calories, and because of that, we know, as dieticians, anytime you're consuming calories and oxygen, that you're creating oxidative species, which require antioxidants and the antioxidant system to quench that.

So we know we have an endogenous system, an internal system for that. But the needs of the brain are so high, it really outstrips what we can supply internally and that's really why we need these external dietary antioxidants to help with that oxidative stress that could happen with an imbalance, which can lead to that inflammation.

So that's really the number one reason why we need those nutrients so much is because there's just a metabolically. It's like we're fueling the elite athlete of our body.

[00:05:12] **Ginger Hultin:** The brain is very, very needy. Yeah, you mentioned the reactive oxygen species, which is sometimes called ROS. And in order to quench those, we need antioxidants.

And I wanted to talk about what other nutrients the brain needs. There's a lot of things that come to my mind from B vitamins to the healthy fat omega 3s. What else do you think of for brain nutrients?

[00:05:32] **Maggie Moon:** Those are spot on. The end. One thing that's really easy for people to understand is that we know from very well established nutrition science that when we have frank deficiencies, which is not common, but just as a model to think about, when we have frank deficiencies, we know there are cognitive consequences.

We know that there's confusion and even dementia that can be fixed once those nutrients are replaced. So B vitamins are very, very important for a lot of reasons. They're involved in creating neurotransmitters, they're part of the system that allows that to happen, they're part of clearing homocysteine, which is important to keep the brain healthy.

Choline is one that I want to mention. It's neither vitamin nor mineral, but it's often lumped into the same conversation as B vitamins. Choline is really essential for brain health and is a nutrient maybe not as many people think about. Eggs are a great source, and that's really the number one food I would recommend for that.

It's also in supplemental form, of course, and added to foods. And omega 3s, which you talked about, are also really important. And I think both plant based and marine sources are really essential. A lot of times I see a conversation around trying to put one over the other as superior, and I just think that they're both really important and that we want to get plenty of both.

It's true that the omega 3s from plants don't convert super efficiently to the kinds that we can find in fish. But there are other reasons to get those omega 3s from plants. They are anti inflammatory in their own right. We know that foods high in those omega 3s called ALA, naphthalenoic acid. We know that foods high in those omega 3s in particular are related to lowering hypertension and improving heart health in a lot of other ways.

So beyond the conversion factor, they have benefits. And then of course, DHA is one of those omega 3s that come from fish. The number one kind of fat that are brain has in it. It's structural. The brain, like the rest of the body, is maybe 70 to 80 percent water, so hydration is key. But take out the water and you've got brain matter.

And the brain matter is 60 percent fat. And it's mostly DHA. So structurally and because that's so important to the brain is a great reason to eat that seafood at least once a week, if not more, I try to get at least two servings a week of seafood.

[00:07:48] **Ginger Hultin:** What do you do for folks that don't like seafood, don't eat seafood, vegan, that sort of thing?

[00:07:54] **Maggie Moon:** If we're talking about a patient who's vegan, then we lean into the plant based sources. Um, as much as possible, we know that the omega 3s in fish start out from plants anyway. It comes from algae and sea vegetables. And then also supplements that come from those plant sources are the way to go.

[00:08:09] **Ginger Hultin:** You also made me think of something else when you were talking about choline.

I think it's a very under acknowledged nutrient. I was with a bunch of dietitians and having breakfast and there was an egg white omelet on the menu and every single person was like, can I get the egg yolks in there also? So everybody asked to adapt it to include the yolks and that's because that's where all the choline is.

[00:08:32] **Maggie Moon:** I love that. I like the egg white omelet, but can I have the yolks too?

[00:08:38] **Ginger Hultin:** I wanted to hear more actually about ideas like that because your background is partially culinary and your book is going to be focused on all these really cool inclusive cultural recipes. So when you're writing recipes for this book, how are you focusing on swaps that are mind diet focused?

[00:08:55] **Maggie Moon:** All the recipes are really based on the foundation of the 10 foods we want to eat more of. We talked in the earlier episode about how there's room to have some balance and it's okay to have some of the foods we want to limit, but my philosophy is that people can find that wiggle room anywhere. If they're coming to me specifically for brain healthy recipes, I want it to be a stellar, focused, all brain healthy foods, recipes.

And I grew up in California. I'm just as much Korean as I am American, as I am Californian. So the recipes, I think people will find them to be approachable, even if they're familiar only with sort of the American cultural food way. Then I do add, from time to time, some Korean ingredients. I also get some inspiration from Northern Africa, just based on my own travels and foods that I've enjoyed and some inspiration from India as well, another one of my favorite cuisines.

But I would say that the biggest cultural influence in the recipes comes from my own heritage, which is Korean, in ways that are, like I said, approachable, where maybe there's a Korean vegetable or maybe there's a Korean spice that's used in a dish or in a sauce.

[00:10:12] **Ginger Hultin:** Can you give some examples about how you weave in some traditional Korean cultural foods into the recipes?

[00:10:20] **Maggie Moon:** There is in the book a recipe called bibim guksu. Bibim just means mixed together and guksu is noodles. And it's actually a recipe for something I described a little earlier, which is that buckwheat noodle salad that's a meal sized salad that's balanced because you've got carbohydrates and protein and vegetables and healthy fats and all that good stuff.

So that's in there and the dressing is using a lot of traditional Korean ingredients. Got some Korean spice in there. And then the buckwheat noodle in particular is one that's very popular in Korean cuisine. Another example of a bit of a fusion mashup is beot jang jang salmon lettuce wrap. which is salmon cooked with a doenjang sauce.

But that's a fermented miso paste that's specifically Korean. Miso is not a Korean word, but I think that's how people will be able to understand it. But a fermented soybean product, it's funkier than a miso people may be familiar with. A little goes a long way and it just adds like a really awesome base note to dishes.

So that flavor in a lettuce wrap and a Korean lettuce wrap is often with a red romaine leafy lettuce and often starts with a little smear of the sauce and then a little bit of rice maybe a little bit of protein from fish or something else and then some kimchi and you wrap it all up and you eat it.

So it's not low carb but it is a very traditional way to make a lettuce wrap. But I've used the same recipe in tacos, so you can adapt to however you want to use the base of the salmon.

[00:11:53] **Ginger Hultin:** That's a good point, too, because when you think of lettuce wraps, a lot of times it's like this low carb slant. But honestly, from what I'm hearing about the MIND diet, none of it is meant to be low carb.

Like, it has whole grains and beans and fruit. It's very balanced and high fiber.

[00:12:06] **Maggie Moon:** Yes, very high fiber. Your gut microbiome is going to be super happy. You're not going to be missing your carbohydrates or your protein or your healthy fats in this eating pattern, which I think is why it's really, you know, easy to stick to.

The recent trials, it was a three year trial on the MIND diet, they had something like 98 percent compliance. And that was over three years, which I think is higher than benchmark standards for most research. So there's something about it that is appealing and allows people to stick with it.

[00:12:41] **Ginger Hultin:** Yeah, dropouts in nutrition research are a really big problem.

So I get a lot of questions working in cancer care about ketogenic diets, which is like very low carb, very high fat. And when I'm diving into that research, cause my clients are like, should I do this for this or this cancer? The dropout rates are. so high in short periods of time because people can't stick with the diet.

Same thing for some of these weight loss trials when we're doing low calorie plans. People cannot stick with that. But that's fascinating to hear that there's like almost 100 percent compliance over three years. That's really unheard of.

[00:13:15] **Maggie Moon:** Yeah, it was incredibly impressive. And I'm glad you mentioned the ketogenic diet.

And there have been attempts to make it like a green ketogenic diet or like a Mediterranean ketogenic diet to increase the vegetable intake. But you're right, the therapeutic levels of the clinical ketogenic diet is not meant for long term, first of all. And it's incredibly difficult to maintain.

There's that alone, which is a reason for caution, but also, you could be missing out on some nutrients, and if we're talking about older adults, it can be really critical to make sure that we're getting all the nutrients we need to help nourish them.

[00:13:49] **Ginger Hultin:** You mentioned earlier, Olive oil, it's a big part of the MIND diet, but it also is sort of specific to one culture.

Can you speak to oils and different fats used in your book or the MIND diet in general?

[00:14:04] **Maggie Moon:** If we think about the fact that the overall pattern is meant to reduce the impact of saturated fat on the brain, then it makes a lot of sense for olive oil to be in there. Plus, olive oil is so high in polyphenols.

It's very well researched as well. And it's delicious. So lots of reasons to include olive oil. And it is part of the Mediterranean culture. It is not a universally used oil, especially in other parts of the world. For example, researchers in Korea adapted the Mayan diet for the Korean population. And instead of olive oil, they use perilla oil.

And perilla oil used to be, and still is, one of the most common everyday cooking oils. And it comes from the perilla seed, which is a small little seed about the size of a grain of quinoa. And you can eat the seed, you can eat the oil, and you can eat the leaf. But the seed and the oil are also super nutritious.

We just haven't studied it as much. I did see a study that found that perilla oil is incredibly high in plant based omega 3s, so that ALA omega 3. I didn't know that, so I Very quickly went to the USDA database, looking up perilla oil. I was like, oh, well, this oil and this seed and these leaves that I've been eating my whole life, is this why my mom is so healthy?

So I looked it up, but in the USDA database, there is no omega 3 level for perilla seed, oil, or any of the above. It's just those two dashes, that blank of like, we don't have the data. And if I'm a dietician looking for nutrition data on

cultural foods and I come across that, I just disregard it for omega 3s because there's no data.

But it's one of the reasons I'm excited to share about that because There could be gems like this in our heritage foods that we don't even know about. And there is so much that's good in natural foods.

[00:15:51] **Ginger Hultin:** So you mentioned that perilla oil has a unique flavor profile. Can you describe what it's like?

[00:15:59] **Maggie Moon:** The perilla plant is a cross between mint and basil.

It doesn't taste like either one, but it does have a very herbaceous like vegetal flavor that I personally find very distinct, like I cannot find it anywhere else. The leaf itself kind of looks like a big spade and it's similar in shape to shiso leaf, if people are familiar with that. In my house we call them mom snacks.

My mom makes these little squares with different seeds and nuts, but she makes one that's all perilla seed with a little bit of brown rice syrup and then cuts them into little squares and you can have them for snacks. I think it's a flavor that once people explore it, they'll enjoy it, especially if they like nuts, you know, it's got that same nuttiness to it.

[00:16:42] **Ginger Hultin:** I'm completely intrigued. So if I want to get that or really great kimchi or the fermented miso paste that you recommended, where can you get that?

[00:16:52] **Maggie Moon:** You could go to a Korean market like in H Mart. Not every region will have one of those. And also, with the popularity of Korean food, there are some of these ingredients in a greater variety of grocery stores.

So you might find this on an Amazon. com, but you could also find it, um, there's a specific online grocery store for Asian ingredients called Saewi. So you can find it easily online.

[00:17:20] **Ginger Hultin:** That's a great tip. I feel super lucky living here in Seattle. I have a lot of great access and now I know exactly what I'm looking for when I go in.

Ginger Hultin: Orgain offers a wide variety of great tasting, diabetes friendly nutrition products featuring impressive nutrition profiles with zero to minimal added sugar. Right now, my favorite is Orgain's 20 grams of protein plant based

chocolate shake. It tastes great, there's no added sugar, and it's convenient to grab on the go. Check it out for yourself at [Orgain.com](https://www.orgain.com).

Ginger Hultin: You get some questions about the MIND diet over and over and over, and so I wanted to rapid fire you a couple of them and just see how you would answer them if somebody came to you and said, Maggie, what about eggs? I say yes, eat the whole egg. Right. Yolks included.

And I just got this question from a patient this morning. Are there such thing as too many eggs? No. No, I mean. Easy. Everything is about balance. As a dietitian, I do not put restrictions on eggs generally, but I'm like, well, how many are you really eating? Are we talking like three a day or like 12 a day?

So it is. does matter, but generally I'm very liberal with egg consumption.

[00:18:33] **Maggie Moon:** A hundred percent. And also if you have a specific health condition where you might need to be a bit more cautious, then that's fine too. I think the American Heart Association says for most adults, you can do one a day or two a day even.

And so I think that if you have questions, you talk to your healthcare team about your individual concerns. So what about dairy on the MIND diet? I get this question all the time and dairy is not specifically included, but it's not specifically excluded either. So something like a beautiful Greek yogurt I think is a great way to get some protein and some positive nutrients.

[00:19:07] **Ginger Hultin:** What I'm hearing from the avoid list is high fat dairy seems to be a let's eat less of, but the low fat dairy seems like it could be included.

[00:19:19] **Maggie Moon:** Yes, good call out. So there is the let's not have so much butter every day. Let's not have full fat cheese every single day. So there's room for that, but it's limited.

[00:19:29] **Ginger Hultin:** And it is about the saturated fat load. Leafy greens is a really big emphasis. Remind me the portion again on the Mind Diet. So it's a serving. To me that means a big handful and it works out to about a loosely packed daily. You just kind of take a big handful of greens and throw them in every soup, every salad, into leftovers.

If I'm going to have pasta, I'll just put a whole bunch of greens in the bottom. I like how they wilt a little bit and they kind of become a little cooked when you put them at the base of a warm dish.

[00:19:54] **Maggie Moon:** And I think so many people get salad fatigue. They also get boring salad fatigue. So no boring salads. I have a bunch of really interesting salads in my updated book, but also like doesn't have to be a salad.

Soup, smoothie, dish, you know, pasta.

[00:20:12] **Ginger Hultin:** Yeah, a lot of my clients will be like, I don't love all the chewing involved with salads, or I don't like eating salads when it's cooler out, but we need to think beyond salads to all the different options. Greens blend really well, so there's a lot of different things you can do with them, and it sounds like you highlight that in the book really well.

[00:20:28] **Maggie Moon:** It's like anything, you want to raise awareness that you want to eat more leafy greens. That big tub in your refrigerator is a great reminder. You just make sure to make it your mission to eat as many leafy greens as you can.

[00:20:39] **Ginger Hultin:** We talked a little bit about how this is not a low carb plan specifically.

It's a high fiber plan. It's focused on whole grains, three plus servings a day. Do you get questions about gluten?

[00:20:51] **Maggie Moon:** There are so many beautiful grains out there that are naturally gluten free. A very easy one is rice, but there's also the buckwheat noodles, there's also quinoa, there's also fonio, and so there's lots of these naturally gluten free grains out there.

To me, it's not a concern. It's just a matter of exploring other foods.

[00:21:08] **Ginger Hultin:** You highlighted in the foods to eat less of on the Mind Diet that sweets like pastries are something that should be limited, not eliminated. How do you have the added sugar conversation?

[00:21:23] **Maggie Moon:** We know that we should be reducing added sugar, and I continue to see research on higher levels of added sugar being linked to negative brain health outcomes.

And so, it's really about limiting that as much as possible. There's still room for it, but the more we can reduce that, the better.

[00:21:44] **Ginger Hultin:** When my clients start to reduce their added sugar intake, they often will say things like, ah, I can't take that really sweet stuff anymore. Like your tastes start to change.

Have you found that too?

[00:21:56] **Maggie Moon:** I have found that. And I know that for myself too. I cannot have very sweet things. So I think that's a great point that what we might not prefer today, that we can adapt to it either way. The early DASH research you might remember is Reducing the amount of salt, salt makes things delicious.

We love salt. But the research found that when you gradually reduce your salt intake, you adapt and you start to prefer foods lower in salt. So it's not set in stone what you're going to like and dislike, which I think is really empowering for people just to know that just keep going, just keep trying it.

You know what's good for you. And then maybe in a couple of weeks, you're even going to like it better.

[00:22:35] **Ginger Hultin:** So the MIND diet generally allows for some wine. I'd like to know if that's really okay, because I'm also aware of some new research that's saying there's no amount of safe alcohol. I want to understand that better.

[00:22:47] **Maggie Moon:** For a lot of reasons, we don't have great clinical data on this. So it's observational, so keep that in mind. But the observational data from thousands and thousands of people, observational data is still valid, but it's not the whole. It looks like moderate wine intake is associated with better brain health, especially in midlife and later.

We also see in the research that excessive amounts of alcohol is clearly damaging to brain health, and so I don't think that surprises anyone that we don't want to go overboard when it comes to any kind of alcohol. One study that I saw looked at alcohol free red wine, so it was still high in polyphenols, and they found a brain health benefit.

So when we're talking about wine and the mind diet, it might be the polyphenols in the wine that are functioning more than the alcohol. We don't really truly know. So that's kind of where we're at. I know it's confusing. So if you don't prefer wine, you don't have to drink it. You can still benefit by following all the other recommendations.

There are also cognitive benefits shown with the MindDiet research, even following it halfway. So I think that's really empowering that you don't have to be perfect, because no one's perfect. But you'll still benefit by doing most of the good stuff and cutting back a little bit on the negative stuff.

And the last thing I'll say is that the adaptations for the MIND diet in Korea and China, they don't include any alcohol. So clearly you can still benefit without it. This advice has been given before. If you don't already drink, it's not a reason to drink. If it's already part of your lifestyle, let's keep it to five ounces a day or less.

[00:24:30] **Ginger Hultin:** You mentioned a couple times smoothies. I get so many questions about smoothies. How does that fit into the MIND diet?

[00:24:36] **Maggie Moon:** Smoothies are a great starter for the MIND diet. I think earlier we talked about snacks as low hanging fruit. Smoothies is probably step two. It's super easy just to add in so many brain healthy ingredients into one easy to digest smoothie.

Easy to sip smoothies, so there's definitely a space for them if you prefer them, if you like the convenience, if you like the fact that you can have leafy greens and berries and protein and everything. I mean, smoothies are so convenient for a lot of people to get in a lot of nutrition. You just have to make sure that you're getting the right portion sizes for your needs.

[00:25:13] **Ginger Hultin:** If you started to do a smoothie every day and you had berries, of course, and your leafy greens and nuts and seeds. What would you do for protein? I like to use soy milk because of its protein.

[00:25:23] **Maggie Moon:** Yeah. Or really soft tofu also blends in. Pretty mild. It does have a little bit of a flavor, so I like to add it into smoothies that have a strong punch.

Something, if I have peanut butter in there or smoothie that has some ginger and citrus, those are powerful flavors. But yeah, soft tofu works great for protein and soy milk as well.

[00:25:44] **Ginger Hultin:** You could do whole grains from like some oats or something. Oh yes, perfect. It goes really well. You could literally get most of your wine diet into a smoothie.

I can see why you would recommend it. Do you have any in the book?

[00:25:53] **Maggie Moon:** Yes, I have many smoothies in the book and they range from bright and vibrant. to an espresso smoothie for the coffee drinkers out there. So I have a nice range. Well, you just made me think of caffeine and coffee in the MIND diet. Not specifically recommended, but coffee, you know, has a lot of benefits when taken in moderation, as long as you can take the caffeine, a high source of polyphenols.

So yeah, coffee has a space if you want it. But again, if you don't, no big deal. The MIND diet that's been adapted for China, they, they, they, I would recommend green tea. So you're getting caffeine and polyphenols that way. And that's the top beverage, maybe instead of wine, for example. Researchers studied the diet in the French population and What they did is actually instead of berries, they looked at total polyphenol load.

So they took the berry recommendation and maybe some of the other like vegetable recommendations and they're like, let's look at the total polyphenol load because we think that that's probably what's functional. And so they found that higher polyphenol load associated with better brain health.

[00:26:58] **Ginger Hultin:** What about protein?

Because you talked about fish, you talked about poultry, you talked about eggs. Tell me more about protein in the MIND diet. A lot of foods have a little bit of protein.

[00:27:05] **Maggie Moon:** I don't think that people think about that necessarily. Beans and nuts tend to be higher in protein for a plant sources, but you know, you've got a little bit in whole grains and you may even have a tiny bit in your leafy grains.

And so it all adds up and it all contributes. So I think that's really important to remember. And then it does have smaller amounts of animal proteins from super awesome sources like seafood and lean poultry. So that's where the protein is coming in.

[00:27:31] **Ginger Hultin:** So. As a person's aging, let's say maybe you're going through menopause, you're going through other subjective cognitive decline, you're like, Oh, I need to start focusing on my brain health.

Do you need to make even more changes? Or is the mind diet where you should focus? What do people do when they start to be like, I need help here? You can start with some of the starter tips that we've talked about.

[00:27:50] **Maggie Moon:** And if you think about anything in your life, when do you get the most benefit from something?

It's when you have a coach. Right? You get better faster when you have a coach that knows what they're talking about and that can help you and keep you motivated. So, if someone is struggling and like really wants some help, then they should seek that out. The other thing is that midlife is a really important time period.

If you haven't already made some of these healthy behavior changes, Midlife is sort of like, all right, let's get this into gear. We got to get this under control because once you have it as a habit, then you don't have to think about it because it's just part of your lifestyle. And I know that as nutrition professionals, we say all the time that these small changes add up.

But they really do. I mean, it's the thing we say all the time for a reason. And you just got to trust in the process and keep going and reap benefits.

[00:28:42] **Ginger Hultin:** Can I ask you a personal question? And if you follow the Mind Diet yourself, what would you do?

[00:28:45] **Maggie Moon:** Yes, I do. The one recommendation I have the most trouble with is actually the wine, because I don't drink wine all the time.

So I make up for that in other ways.

Ginger Hultin: What other ways?

Maggie Moon: Sweeties, grains and greens bowls, lots of olive oil, lots of nut snacks, lots of mom snacks full of nuts and seeds.

Ginger Hultin: Mm hmm.

[00:29:03] **Maggie Moon:** And also like really high polyphenol foods that might not be part of the MIND diet. So like, It's a guideline, not a prescription, and because of the way we've seen the wine diet adapted to other cultures, we know that we can kind of add in some of our own flair.

So whether that is dark chocolate or green tea or eggs or dates and prunes. I just try to have a high polyphenol load diet. that is generally in line with the MIND diet.

[00:29:29] **Ginger Hultin:** One of my personal obsessions is with beans, and so many cultures around the world include beans in traditional foods. How do you advise people eat more beans if they're trying to do the MIND diet?

[00:29:43] **Maggie Moon:** If you love convenience, canned beans are really easy. You just stick them in a blender with some garlic and some citrus and maybe some ginger if you want, some olive oil and salt and pepper and spices. You can add white beans with roasted beets for really pretty beet bean dip. You can add walnuts which are a softer nut so they blend in quite nicely to add in some healthy fats to help lubricate that bean dip a little bit and add some extra nutrition and extra fiber as well on top of your super fiber full bean dip.

You can use them as vegetable dips, you can use them as sandwich spreads, you can use them in your grains and greens salad as like an extra sauce. So many options.

[00:30:28] **Ginger Hultin:** I'm super inspired and thanks for all your really concrete takeaways and just bringing the Mind Diet to life. That was really fun.

Maggie Moon: It was really fun for me too. Thanks for having me.

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