



The MIND diet focuses on food items that are linked to healthy brains and minds. If these brain healthy foods are eaten often, they help support a good mood and lower the risk of Alzheimer's disease

Eat More Often

✓ **Green Leafy Vegetables (6 or more servings per week):** Kale, spinach, Swiss chard, beet greens, collards, broccoli, romaine lettuce, bok choy

✓ **Other vegetables (1 or more servings per day):** Asparagus, bell peppers (orange, green, yellow, red), tomatoes, mushrooms, garlic, eggplant, cabbage, carrots, sweet potato, etc.

1 Serving = 1 cup raw, 1 whole vegetable, or ½ cup cooked



Tip: Some nutrients such as beta-carotene and lutein are absorbed better when cooked

✓ **Berries (2 or more servings per week):** Blueberries, strawberries, raspberries, blackberries.

1 Serving = ½ cup



Tip: Studies show that blueberries and strawberries are the most beneficial for brain health

✓ **Nuts (5 or more servings per week):** All types of nuts (such as peanuts, brazil nuts, walnuts)

1 Serving = ¼ cup



Tip: Nuts are high in vitamin E and healthy fats which are linked to slower cognitive decline and improve brain health

✓ **Whole grains (3 or more servings per day):** Whole grain breads (1 slice), whole grain pastas (½ cup cooked), brown rice and quinoa (½ cup cooked), whole grain ready-to-eat breakfast cereal (1 cup)



Tip: Whole grains are great for the cardiovascular system which pumps blood, oxygen and nutrients throughout the body. The brain functions better when higher amounts of blood are delivered to it.

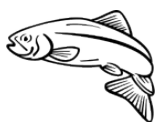
The MIND Diet

- ✓ **Legumes (4 or more servings per week) such as:** Red kidney beans, black beans, chickpeas, brown beans
Serving = ½ cup cooked



Tip: Legumes are full of low glycemic carbohydrates which provide the brain with steady amounts of energy.

- ✓ **Fish (1 or more servings per week):** Salmon, trout, herring, and sardines.
1 Serving = 3 ounces cooked



Tip: Oily fish contain high amounts of DHA which is an omega-3 essential for proper brain function and has been linked to improved memory, mood, thinking, and reduction in cognitive decline.

- ✓ **Poultry (2 or more servings per week):** Chicken and turkey
1 Serving = 3 ounces cooked



Tip: Try seasoning meat with herbs and spices for added health benefits

Eat Less Often

- ✗ Red meats (4 or less servings per week): Beef, lamb, pork, etc.



- ✗ Pastries/sweets (less than 5 times per week)



- ✗ Fast/fried food (less than once per week)



- ✗ Cheese (less than once per week)
Why? → Due to its saturated fat content



- ✗ Butter/hydrogenated (stick) margarines (less than 1 tablespoon per day)
Instead, use olive oil as your primary oil (soft margarines may be used in moderation)

