



## The MIND Diet – 9 Foods to Eat

| Food                          | Quantity & Servings  | Examples & Tips  |
|-------------------------------|--|--|
| <b>Green Leafy Vegetables</b> | At least 1 serving/day<br>*One serving = 1 cup raw or ½ cup cooked | Spinach, kale, collards, Swiss chard, mustard greens, turnip greens, dandelion greens, arugula, endive, grape leaves, romaine lettuce  |
| <b>Most Other Vegetables</b>  | At least 1 serving/day<br>*One serving = ½ cup                     | <b>*A salad + at least 1 other veggie everyday</b><br>Asparagus, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, eggplant, green beans, mushrooms, onions, okra, snow peas, squash, bell peppers, sweet potatoes, tomatoes/tomato sauce |
| <b>Nuts</b>                   | 5 oz. total/week<br>*One serving = 1 oz.                           | Peanuts, almonds, walnuts, cashews, pistachios, or Nut butter  |
| <b>Berries</b>                | At least 5 servings/week<br>*One serving = ½ cup                   | Blueberries, strawberries, raspberries, blackberries   |
| <b>Beans/Legumes</b>          | At least 3 servings/week<br>*One serving = ½ cup                   | Black, pinto, cannellini, garbanzo, kidney, lima, red/white, navy, lentils, tofu, edamame, hummus, soy yogurt  |
| <b>Whole Grains</b>           | 3 servings/day, every day<br>*One serving = ½ cup or 1 slice       | Dark or whole grain bread, brown rice, whole grain pasta, wild rice, quinoa, barley, bulgar, farro, oats, whole grain cereal   |
| <b>Fish</b>                   | At least 1 serving/week<br>*One serving = 3 to 5 oz.               | <b>*Not Fried</b><br>Salmon, tuna, tilapia, cod, mahi mahi, halibut  |
| <b>Poultry</b>                | At least 2 servings/week<br>*One serving = 3 to 5 oz.              | <b>*White meat &amp; Skinless</b><br>Chicken or turkey breast  |
| <b>Extra Virgin Olive Oil</b> | 2 TB/day<br>*One serving = 2 TB                                    | <b>Use EVOO as primary oil</b><br><b>Look for Unrefined EVOO</b>   |

## The MIND Diet – 5 Foods to Avoid

| Food                                 | Quantity & Servings                                       | Examples & Tips   |
|--------------------------------------|---|---|
| <b>Red Meat &amp; Processed Meat</b> | No more than 3 servings/week<br>*One serving = 3 to 5 oz. | Beef, lamb, pork, ham, burger, hot dogs, sausages, bacon, roast beef, salami  |
| <b>Butter &amp; Stick Margarine</b>  | Less than 1 pat (tsp)/day                                 | <b>*Use EVOO instead</b><br><b>*Smart Balance, Earth Balance</b>  |
| <b>Regular Cheese</b>                | No more than 2 oz./week                                   | Full fat cheeses  |
| <b>Pastries &amp; Other Sweets</b>   | No more than 4 treats/week                                | Biscuit/roll, pop tarts, cake, snack cakes/Twinkies, Danish/sweet rolls/pastry, donuts, cookies, brownies, pie, candy bars, other candy, ice cream, pudding, milkshakes |
| <b>Fried Foods &amp; Fast Foods</b>  | No more than 1 meal/week                                  | Fast food or Fast casual restaurants<br>Any fried foods including fried potato chips  |

*Adapted: Morris, MC et al. MIND diet associated with reduced incidence of Alzheimer's disease. Alzheimer's & Dementia; 2015. Lindseth, G. et al., Neurobehavioral Effects of Consuming Dietary Fatty Acids. Biol Res Nurs 2016 Jul 13.*