



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.

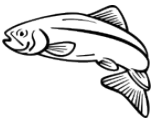
# The MIND Diet

- ✓ **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)**

