



The MIND Diet – 9 Foods to Eat

Food	Quantity & Servings	Examples & Tips
Green Leafy Vegetables	At least 1 serving/day *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
Most Other Vegetables	At least 1 serving/day *One serving = ½ cup	*A salad + at least 1 other veggie everyday Asparagus, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, eggplant, green beans, mushrooms, onions, okra, snow peas, squash, bell peppers, sweet potatoes, tomatoes/tomato sauce
Nuts	5 oz. total/week *One serving = 1 oz.	Peanuts, almonds, walnuts, cashews, pistachios, or Nut butter
Berries	At least 5 servings/week *One serving = ½ cup	Blueberries, strawberries, raspberries, blackberries
Beans/Legumes	At least 3 servings/week *One serving = ½ cup	Black, pinto, cannellini, garbanzo, kidney, lima, red/white, navy, lentils, tofu, edamame, hummus, soy yogurt
Whole Grains	3 servings/day, every day *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
Fish	At least 1 serving/week *One serving = 3 to 5 oz.	*Not Fried Salmon, tuna, tilapia, cod, mahi mahi, halibut
Poultry	At least 2 servings/week *One serving = 3 to 5 oz.	*White meat & Skinless Chicken or turkey breast
Extra Virgin Olive Oil	2 TB/day *One serving = 2 TB	Use EVOO as primary oil Look for Unrefined EVOO

The MIND Diet – 5 Foods to Avoid

Food	Quantity & Servings	Examples & Tips
Red Meat & Processed Meat	No more than 3 servings/week *One serving = 3 to 5 oz.	Beef, lamb, pork, ham, burger, hot dogs, sausages, bacon, roast beef, salami
Butter & Stick Margarine	Less than 1 pat (tsp)/day	*Use EVOO instead *Smart Balance, Earth Balance
Regular Cheese	No more than 2 oz./week	Full fat cheeses
Pastries & Other Sweets	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
Fried Foods & Fast Foods	No more than 1 meal/week	Fast food or Fast casual restaurants 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.