

MIND Diet Food List



GREEN LEAFY VEGETABLES (DAILY)

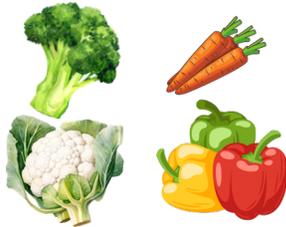
- Spinach
- Kale
- Swiss chard
- Collard greens
- Romaine lettuce



Aim for at least 6 servings per week or include one serving daily.

OTHER VEGETABLES (DAILY)

- Broccoli
- Carrots
- Cauliflower
- Bell peppers



Focus on a variety of non-starchy vegetables. Include at least 1 serving per day.

BERRIES (2+ TIMES WEEKLY)

- Blueberries
- Strawberries
- Raspberries
- Blackberries



Berries are rich in antioxidants and should be consumed at least twice a week.

NUTS (MOST DAYS OF THE WEEK)

- Almonds
- Walnuts
- Cashews
- Pistachios



WHOLE GRAINS (DAILY)

- Oats
- Brown rice
- Quinoa
- Whole wheat bread
- Barley



Include 3 or more servings per day.

FISH (AT LEAST ONCE A WEEK)

- Salmon
- Tuna
- Mackerel
- Sardines
- Trout



Focus on fatty fish rich in omega-3 fatty acids.

POULTRY (TWICE A WEEK)

- Chicken
- Turkey



Choose skinless and avoid frying for the healthiest preparation.

BEANS AND LEGUMES (3+ TIMES A WEEK)

- Lentils
- Chickpeas
- Black beans
- Kidney beans



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Foods to avoid



Butter and margarine

Limit to less than 1 tablespoon per day.



Replace with healthier fats like olive oil or avocado oil.

Cheese

Limit to less than 1 serving per week.



Includes all types of cheese (cheddar, mozzarella, cream cheese, etc).

Red meat



Limit to less than 4 servings per week.

Includes beef, pork, lamb, and processed red meats like bacon, sausages, and hot dogs.

Fried foods and fast foods



Limit to less than 1 serving per week.

Includes fried chicken, french fries, onion rings, and similar items.

Why these foods are limited

Butter, margarine, and fried foods: High in saturated and trans fats, which can increase inflammation and oxidative stress in the brain.

Cheese and red meat: High in saturated fats, which are linked to cognitive decline.

Sweets: Contain refined sugars that can contribute to inflammation and disrupt metabolic health.