## The MIND Diet – 9 Foods to Eat

<table>
<thead>
<tr>
<th>Food</th>
<th>Quantity &amp; Servings</th>
<th>Examples &amp; Tips</th>
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</thead>
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| 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

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| 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 |