

MIND DIET

FOOD LIST

MORE

NON-STARCHY VEGETABLES

Especially green leafy vegetables

- Spinach
- Kale
- Swiss chard

Other veggies

- Broccoli
- Cauliflower
- Bell peppers
- Zucchini



FRUITS (ESP BERRIES)

- Blueberries
- Strawberries
- Raspberries
- Blackberries
- Apples

- Oranges
- Grapes
- Cherries
- Plums
- Peaches



FISH & POULTRY

- Preferably fatty fish (salmon, sardines, trout, mackerel, tuna, halibut, herring)

- Chicken breast
- Turkey breast
- Cornish hen
- Quail
- Goose



WHOLE GRAINS

- Quinoa
- Brown rice
- Wild rice
- Barley
- Oats

- Whole grain pasta
- Whole wheat bread
- Bulgur
- Millet



BEANS

- Navy beans
- Lentils
- Pinto beans
- Adzuki beans
- Soybeans

- Black beans
- Great Northern beans
- Cannellini beans
- Kidney beans
- Chickpeas



HEALTHY FATS

- Olive oil
- Avocados
- Nuts (almonds, walnuts, pecans)

- Seeds (chia seeds, flaxseeds, and pumpkin seeds)
- Fatty fish (eg salmon)
- Nut butters



WINES

1 glass a day

- Chardonnay
- Merlot
- Pinot Noir
- Syrah (Shiraz)

- Cabernet Sauvignon
- Sauvignon Blanc
- Riesling
- Zinfandel
- Malbec



LIMIT

PROCESSED FOODS



- Packaged snacks
- Frozen meals
- Sugary cereals
- Instant noodles
- Packaged baked goods
- Sugar-sweetened beverages
- Canned foods

FRIED & FATTY FOODS



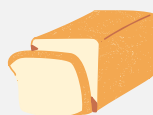
- Fried chicken
- French fries
- Onion rings
- Fried fish
- Potato chips
- Donuts
- Fried cheese sticks
- Tempura
- Deep-fried seafood
- Fried fast food

RED & PROCESSED MEATS



- Beef
- Pork
- Lamb
- Goat
- Venison
- Hot dogs
- Sausages
- Deli meats
- Bacon
- Corned beef

REFINED GRAINS



- White bread
- White rice
- Regular pasta
- Pastries
- Cakes
- Cookies
- Tortillas
- Breakfast cereals
- Bagels
- Crackers

CHEESE



- Cheddar
- Mozzarella
- Parmesan
- Brie
- Gorgonzola
- Blue cheese
- Feta
- Swiss
- Cream cheese
- American cheese

BUTTER & MARGARINE



- Unsalted butter
- Salted butter
- Whipped butter
- Butter spreads
- Vegetable oil margarine
- Stick margarine
- Soft margarine

SUGARY FOODS & BEVERAGES



- Soda
- Energy drinks
- Fruit juices
- Candy
- Cookies
- Cake
- Donuts
- Ice cream
- Sweetened yogurt
- Pastries



10 PRACTICAL TIPS FOR A SUCCESSFUL MIND DIET

By integrating these tips into your daily routine, you can make the MIND diet a practical and sustainable part of your lifestyle.

1 Plan Your Meals

- Create a Weekly Menu: Plan your meals and snacks ahead of time to ensure you're incorporating brain-healthy foods.
- Prep in Advance: Prepare ingredients or meals in advance to make healthy eating easier throughout the week.

2 Incorporate Brain-Healthy Foods

- Include Green Leafy Vegetables: Add spinach, kale, and Swiss chard to salads, soups, and smoothies.
- Add Berries to Your Diet: Snack on fresh berries or add them to yogurt, oatmeal, or smoothies.
- Opt for Whole Grains: Choose quinoa, brown rice, and oats over refined grains.

3 Choose Healthy Fats

- Use Olive Oil: Replace butter and margarine with olive oil for cooking and dressings.
- Snack on Nuts: Keep a variety of nuts on hand for a quick, healthy snack.

4 Eat Fish Regularly

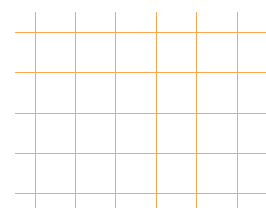
- Incorporate Fatty Fish: Aim to include fatty fish like salmon and sardines in your diet at least twice a week.
- Try Different Recipes: Experiment with various ways to prepare fish, such as grilling, baking, or steaming.

5 Limit Red and Processed Meats

- Choose Lean Proteins: Opt for poultry or plant-based proteins instead of red and processed meats.
- Check Labels: Be mindful of processed meats in packaged foods and avoid them when possible.

6 Monitor Your Dairy Intake

- Select Low-Fat Options: Choose low-fat or non-fat dairy products if you include dairy in your diet.
- Consider Alternatives: Explore dairy alternatives like almond milk or soy milk if you prefer to limit dairy.





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Watch Your Sugar Intake

- **Avoid Sugary Beverages:** Limit soda, energy drinks, and fruit juices, and opt for water, herbal teas, or unsweetened beverages.
- **Limit Sugary Snacks:** Cut back on candy, cookies, and pastries.

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Practice Portion Control

- **Serve Balanced Portions:** Make sure to balance your plate with a variety of foods, including vegetables, grains, and proteins.
- **Avoid Overeating:** Be mindful of portion sizes, especially when consuming higher-calorie foods like nuts or fatty fish.

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Stay Hydrated

- **Drink Water:** Aim to drink plenty of water throughout the day.
- **Include Herbal Teas:** Herbal teas can be a good alternative to sugary drinks.

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Stay Active

- **Combine with Exercise:** Pair the MIND diet with regular physical activity to enhance overall health and cognitive function.
- **Incorporate Movement:** Find ways to stay active daily, whether through walking, yoga, or other forms of exercise.

