

The MIND Diet basics

Foods to eat:

- Leafy greens 6Xs a week
- Nuts 5Xs a week
- Berries 3Xs a week
- Beans 3Xs a week
- Whole grains 3 servings/day
- Fish 1X a week
- Poultry 1X a week
- Cook with olive oil

Foods to limit or avoid:

- Red meat <4Xs a week
- Butter <1 tablespoon per day
- Cheese <1 serving a week
- Sweets <5Xs a week
- Fried food <1X a week

For more information on the MIND diet:

<https://www.hsph.harvard.edu/nutritionsource/healthy-weight/diet-reviews/mind-diet/>