**MIND diet recommendations**

- **Whole Grains:** ≥ 3 servings/day
- **Fish (not fried):** ≥ 1 meal/week
- **Red Meat & Products:** < 4 meals/week
- **Butter or Margarine:** < 1 Tablespoon/day
- **Cheese:** < 1 serving/week
- **Beans:** > 3 meals/week
- **Green Leafy Vegetables:** ≥ 6 servings/week
- **Other Vegetables:** ≥ 1 serving/day
- **Poultry (not fried):** ≥ 2 meals/week
- **Nuts:** ≥ 5 servings/week
- **Berries:** ≥ 2 servings/week
- **Pastries & Sweets:** < 5 servings/week
- **Wine:** 1 glass/day
- **Fast Fried Foods:** < 1 time/week
- **Olive Oil:** Primary Oil Used