

Green Leafy Vegetables:
≥ 6 servings/week



Other Vegetables:
≥ 1 serving/day



Poultry (not fried):
≥ 2 meals/week



Whole Grains:
≥ 3 servings/day



Red Meat
& Products:
< 4 meals/week



Fish (not fried):
≥ 1 meal/week



Nuts:
≥ 5 servings/week



Butter or
Margarine:
< 1 Tablespoon
/day



Pastries & Sweets:
< 5 servings/week



MIND diet recommendations

Berries:
≥ 2 servings/week



Cheese:
< 1 serving/week



Olive Oil:
Primary Oil Used



Beans:
> 3 meals/week



Wine:
1 glass/day



Fast Fried Foods:
< 1 time/week

