



# MIND Diet Guidelines

## What to Eat

### 100% whole grains

1 serving is equal to:

- 1 slice of 100% whole grain bread
- ½ cup cooked old-fashioned or steel cut oats
- 1 cup whole grain cereal
- ½ cup cooked whole wheat pasta
- ½ cup cooked whole grain

**Examples:** brown rice, black rice, red rice, wild rice, bulgur, barley, buckwheat, farro, quinoa, millet, wheat berries, and spelt

3 servings per day

### Berries

At least 2x/week

### Dark leafy greens

**Examples:** kale, spinach, arugula, collard greens, mustard greens, dandelion greens, beet greens, and romaine lettuce

At least 6x/week

### Additional vegetables

At least 1 per day

### Beans and lentils

**Examples of beans:** black beans, pinto beans, cannellini beans, garbanzo beans, kidney beans, navy beans, and hummus

At least 3x/week

### Fish

Avoid fried fish and fish high in mercury

At least 1x/week

### Chicken

Avoid fried chicken

At least 2x/week

### 1 serving of nuts

1 serving = ¼ cup or 1 small handful

At least 5x/week

### Extra virgin olive oil

Primary oil used for cooking

### 1 alcoholic drink – red wine is especially high in antioxidants

1 drink = 5 ounces wine, 12 ounces beer, or 1.5 ounces liquor

Daily

### Water

Men: 3-4 L/day  
Women: 2-3 L/day



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## What Not to Eat

### Red meat and processed meats

Red meat is beef, pork, lamb, venison, veal, and bison. Processed meats are bacon, sausage, salami, pepperoni, pastrami, cold cuts (deli meat), hotdogs, and ham.

Less than 4x per week

### Unhealthy Fats and Oils

Limit saturated fat to <10% of total calories. If you have heart disease, limit saturated fat to <5% of total calories

### Fried food and fast food

Less than once per week

### Cheese

Less than once per week

### Butter and margarine

Less than 1 Tbsp per day

### Sweets and pastries

Less than 5x per week

### Excess alcohol

1 drink = 5 ounces wine, 12 ounces beer, or 1.5 ounces liquor.

Men: 15 or more drinks per week  
Women: 8 or more drinks per week

### Foods That Commonly Contain Fructose

- Sweets including candy and ice cream
- Store-bought baked goods including breads, donuts and pastries
- Snack foods, cereal bars, and granola bars
- Breakfast cereals
- Coffee creamers and syrups used in coffee drinks
- Condiments including ketchup, relish, jam, jelly, and pancake syrup
- Peanut butter and other nut butters
- Bottled sauces such as barbeque sauce and teriyaki sauce
- Salad dressings
- Chewable supplements and gummies

### Sweeteners Containing Fructose

- Agave syrup
- Coconut sugar
- Corn syrup
- Fructose
- High fructose corn syrup
- Honey
- Invert sugar
- Molasses
- Palm sugar
- Sorghum syrup



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## What Not to Eat

### Beverages Commonly Containing Fructose

- Soda
- Diet soda
- Sparkling water with added flavors
- Sweet tea
- Iced tea
- Fruit juice
- Fruit drinks
- Energy drinks
- Sports drinks
- Lemonade
- Tonic water

### Foods High in Sodium

- Fast food
- Pizza
- Canned goods  
(unless they have no salt added or are low sodium)
- Sauces like soy sauce and barbeque sauce
- Seasonings and rubs
- Snack foods and junk foods
- Crackers
- Vegetable juice
- Bouillon cubes and broth
- Pickles and olives
- Chinese food
- Frozen entrees
- Smoked and cured foods



# Brain Health and Wellness Daily Checklist

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Nutrition	Mon.	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 cup dark leafy greens at least 6x per week														
At least 1 additional vegetable per day														
¼ cup nuts, including walnuts, at least 5x per week														
½ cup beans or lentils at least 3x per week														
3 servings of 100% whole grains per day														
½ cup berries at least 2x per week														
Fish at least 1x per week (not fried)*														
One 5 ounce glass of red wine with dinner**														
Sweets, pastries, and candy less than 5x per week														
Red meat and processed meat less than 4x per week*														
Fried food and fast food less than 1x per week														
Cheese less than 1x per week*														
Butter and margarine less than 1 tbsp per day														
Physical Activity														
Aerobic exercise 150 min per week (record number of minutes)														
Resistance exercises 2-3x per week														
Yoga/tai chi/stretching														
Meditation and Brain Stimulation														
Meditation practice (record number of minutes)														
Engage in a mentally stimulating activity every day														

\*Does not apply to those following a vegan diet \*\*If you do not drink alcohol, do not start



# Brain Health and Wellness Daily Checklist

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Dark leafy greens:** arugula, beet greens, collard greens, dandelion greens, kale, mustard greens, romaine lettuce, spinach, and watercress

**Additional vegetables:** artichoke, asparagus, beets, bell pepper, bok choy, broccoli, Brussels sprouts, cabbage, carrot, cauliflower, celery, cucumber, eggplant, endive, fennel, green beans, jicama, kohlrabi, leek, mushroom, onion, parsnip, potato, pumpkin, radicchio, radish, rutabaga, shallots, snap peas, squash, sweet potato, Swiss chard, turnip, and zucchini

**Nuts:** almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, peanut, pecans, pine nuts, pistachio, soy nuts, and walnuts

**Beans:** adzuki beans, black beans, cannellini beans, fava beans, garbanzo beans or chickpeas, Great Northern beans, kidney beans, lima beans, mung beans, navy beans, pinto beans, and soybeans

**1 serving of 100% whole grains is equivalent to:**

- 1 slice of whole grain bread
- Half of a whole grain English muffin
- 1 whole grain tortilla
- ½ cup cooked rolled oats
- 1 cup whole grain cereal
- ½ cup cooked whole grain (amaranth, barley, brown rice, black rice, red rice, bulgur, farro, millet, quinoa, spelt, and wheat berries)
- ½ cup cooked whole grain pasta

**Berries:** fresh or frozen—boysenberries, blackberries, blueberries, cranberries, raspberries, and strawberries

**Red meat and processed meats:** beef, pork, lamb, venison, bacon, sausage, salami, pepperoni, pastrami, cold cuts, hot dogs, and ham

**Fish:** anchovies, butterfish, catfish, clam, crab, crawfish, flounder, haddock, herring, North Atlantic mackerel, oyster, pollock, salmon, sardines, scallop, shrimp, Pacific sole, squid, tilapia, freshwater trout, whitefish. **Avoid:** ahi tuna, bluefish, grouper, king mackerel, orange roughy, sea bass, swordfish, and shark.

**Aerobic activity:** 150 min of moderate physical activity or 75 min of vigorous physical activity per week such as aerobics, bicycling, brisk walking, canoeing, dancing, cardio machine, golf (without a cart), hiking, jogging, kayaking, martial arts, skiing, swimming, tennis, water aerobics, and yard work.  
Moderate activity: you can talk but you can't sing. Vigorous activity: you can't talk or sing.

**Resistance exercises:** calisthenics (push-ups, sit-ups, plank pose, lunges, squats, etc.), resistance bands, weights, and power yoga

**Steps per day:** track steps with your smartphone, pedometer, Fitbit, or other wearable device. **Goal:** 10,000 steps per day.

**Brain activities:** examples—brain games online, challenging card games or board games, chess, creative activities (writing, painting, pottery, knitting, etc.), crossword puzzles, dance lessons, volunteering, mentoring, tutoring, take a class, play an instrument, learn a new language, or direct a play