

MIND diet checklists



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The MIND diet is a list of guidelines for foods to eat more of, and foods to eat less of. If you follow their recommendations completely, you will notice less problems with Brain Fog. You will have 53% less chance of developing Alzheimer's disease. Your brain will be the equivalent of someone over 7 years younger than you are.

But if you have problems following the guidelines, don't give up! If you almost but not quite match the ideal, you can still have brain benefits. The guidelines also tell you the absolute minimum you have to do and still have some benefits. So don't give up on it completely if you are having problems. Do your best to hit the minimum recommendations, and you will still be helping your brain.

Because these are guidelines, not a strict diet, you can add them to any other diet, as long as they don't clash with other recommendations. For almost all diets, increasing vegetables is a good idea. The MIND diet tells you just how much to increase, to help your brain.

Please note: You can eat more than the amounts listed for "Most benefit" of each Beneficial food. You can eat less than the amounts listed for Foods to limit. So, for example, if you are following a Mediterranean diet, you can eat more fish, and additional kinds of fruit, and still be following the MIND diet guidelines. If MIND does not have a food on the list, it is neutral as far as the brain is concerned.

Have fun feeding your MIND!



<u>Beneficial foods</u>	<u>Serving size</u>	<u>Most Benefit</u>	<u>Some benefit</u>
Leafy greens	2 cups, raw	6 servings per week	3-5 servings per week
Other vegetables	1 cup vegetables or vegetable juice	1 serving per day	5-6 servings per week
Whole grains	1/2 cup cooked, or 1 slice wholegrain bread, or 1 cup read-to-eat cereal	3 servings per day	1-2 servings per day
Berries	1 cup berries, 1/2 cup berry juice or dried berries	2 servings per week	1 serving per week
Fish and shellfish	3 oz fish or shellfish, not fried	1 serving er week	1-3 servings per month
Poultry	3 oz in main dish	2 servings per week	1 or less servings per week
Dried beans	1/2 cup dried, 1 cup fresh or cooked	4 servings per week	1-2 servings per week
Nuts	1 ounce	5 servings per week	1 per month to 4 servings per week
Extra-virgin olive oil	Use more than any other oil	ever day	every day
Wine	5 ounces	1 per day	1 per month to 6 servings per week

<u>Foods to limit</u>	<u>Serving size</u>	<u>Most Benefit</u>	<u>Some benefit</u>
Red meat and processed meat	3 ounces	3 or less servings per week	4 - 6 servings per week
Fast food and fried food	1 takeout serving or 1 piece of larger items such as chicken	less than 1 serving per week	1-3 servings per week
Pastries and sweets	one piece	4 or less servings per week	5-6 servings per week
Butter and margarine	1 tablespoonful	less than 1 serving per day	1-2 servings per day
Cheese	2 ounces	less than 1 serving per week	1 to 6 servings per week