



MIND Diet Living

Food	Servings	Serving Size	Examples
Leafy Green Vegetables	6+ servings per week	1 cup raw, or 1/2 cup cooked	Spinach, kale, arugula, chard, lettuce, collard greens
Other Vegetables	1+ servings every day	1 cup raw, or 1/2 cup cooked	Mushrooms, cruciferous, alliums, colorful
Whole grains	3+ servings every day	1/2 cup	Oats, farro, bulgur, corn, brown/black/wild rice, whole wheat flour, quinoa, barley
Nuts & seeds	5+ servings per week	1 ounce nuts or seeds, or 2 tablespoons nut or seed butter	Walnuts, almonds, pistachios, cashews, peanuts; seeds: flax, chia, pumpkin, sunflower
Beans & legumes	4+ servings per week	1/2 cup cooked/canned	Beans: black, garbanzo, kidney, cannellini, pinto; edamame, lentils, split peas, tofu, tempeh
Berries	2+ servings per week	1/2 cup	Blueberries, strawberries, blackberries, raspberries, cranberries
Poultry	2+ servings per week	3 ounces cooked (about the size of a deck of cards)	Boneless skinless chicken breast/thighs, lean ground chicken/turkey, turkey breast
Fish & seafood	1+ servings per week	3 ounces cooked (about the size of a deck of cards)	Salmon, cod, sardines, tuna, shrimp, clams, scallops, crab, mussels, oysters, tilapia, halibut
Extra virgin olive oil	Daily	Use as primary cooking oil	May use avocado oil for neutral flavor & high-heat applications
Butter	1 serving or less per day	1 tablespoon	Stick or tub form
Pastries & sweets	5 servings or less per week	2 small cookies, 1/2 cup ice cream, 3-inch square cake/brownie, 1 small pastry	Donut, cookie, ice cream, cake, candy, brownie, pie
Red meat	3 servings or less per week	3 ounces cooked (about the size of a deck of cards)	Beef, pork, lamb, bison; avoid processed meats (hot dogs, bacon, sausage, etc.)
Cheese	2 servings or less per week	1 ounce of cheese or 2 tablespoons shredded	Cheddar, mozzarella, ricotta, provolone, Parmesan, feta
Fried or fast foods	1 serving or less per week	4 ounces fried chicken/fish, 1/4 pound hamburger, 12-15 fries	French fries, hamburgers, chicken nuggets/tenders, fried fish/chicken