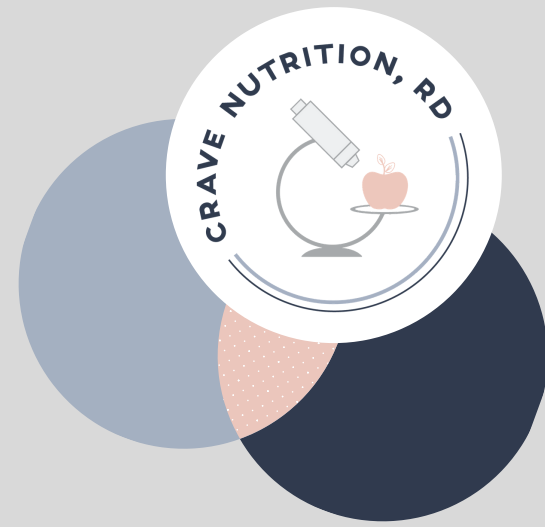



MIND DIET


Mediterranean-DASH Intervention
for Neurodegenerative Delay





10 FOODS TO CHOOSE REGULARLY

green, leafy vegetables -- 1x or more per day 

all other vegetables -- 1x or more per day


berries -- 2x or more per week 


nuts -- 1oz. 5x or more per week 

whole grains -- 3x per day 

beans -- 1/2 c. at least 4x per week

olive oil -- use as your main oil (cooking, salad dressings)


fish -- at least 1x per week 


poultry -- 2x or more per week 

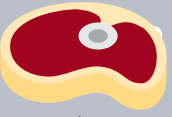
wine -- up to 5oz. per day, 5x per week

5 FOODS TO LIMIT

butter & margarine -- <1 tablespoon per day

cheese -- 1x or less per week 

pastries & sweets -- 4x or less per week 

red meat (incl. beef, pork, and lamb) -- 3x or less per week 

fried foods (especially fast foods) -- 1x or less per week 