## THE MIND DIET



Food Type and Recommended Servings	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
<b>Green Leafy Vegetables</b> 6+ servings/week								
Other Vegetables 1+ servings/day								
<b>Berries</b> 2+ servings/week								
<b>Nuts</b> 5+ servings/week								
Olive Oil Use as primary cooking oil								
<b>Whole Grains</b> 3+ servings/day								
<b>Fish</b> 1+ Serving/Week								
<b>Beans</b> 4+ Servings/Week								
<b>Poultry</b> 2+ Servings/Week								

LIMIT: red meat, butter and margarine, cheese, pastries and sweets, and fried or fast food