

THE MIND DIET



3 PORTIONS OF
WHOLEGRAINS A DAY



1 DARK
GREEN SALAD
AND 1 OTHER
VEGETABLE
A DAY



BERRIES AT
LEAST
TWICE
A WEEK



AT LEAST 30 GRAMS OF NUTS PER DAY



BEANS OR LEGUMES
AT LEAST EVERY
OTHER DAY




POULTRY AT LEAST
TWICE A WEEK

FISH AT
LEAST ONCE
A WEEK



AT LEAST 140ML OF RED WINE EVERY DAY



NO MORE THAN
1 TBSP A DAY OF
BUTTER OR MARGARINE
CHOOSE OLIVE OIL INSTEAD



CHEESE, FRIED FOOD
AND FAST FOOD
NO MORE
THAN ONCE A WEEK



PASTRIES AND SWEETS LESS THAN 5 TIMES A WEEK

