The MIND Diet

Eat Multiple Times Every Day
Olive Oil should be your primary oil
Whole Grains: three servings daily

Eat Every Day
Green leafy vegetables: one salad daily
Other vegetables: one serving daily
Nuts: one serving daily preferably walnuts
Red Wine or Dark Grape Juice: one 5 oz glass per day

Eat Every Week
Legumes: Three-four servings per week
Poultry: at least two servings per week
Fish: one or more servings per week
Fruits: Berries especially (blueberries): two or more servings per week

Avoid Eating Every Day
Butter: eat no more than a tablespoon a day and never eat margarine

Avoid Eating As Much As Possible
Pastries and sweets: less than five servings per week
Red meats: fewer than 4 servings a week
Cheese: one serving or less per week
Fried or fast food: Less than one serving per week

For more information contact the Stanford ADRC at:
Web:  http://med.stanford.edu/adrc.html
Email:  adrcstanford@stanford.edu
Phone:  650 721-2409