

THE MIND DIET

WHAT TO EAT

EVERY DAY

- whole grains
 - fruits and vegetables
 - 1 glass of red wine (5 oz.)
-

MOST DAYS

- leafy green vegetables
 - small handful of nuts
-

EVERY
OTHER DAY

- small handful of beans
-

2X A WEEK

- poultry
 - berries
-

1X A WEEK

- fish

WHAT TO LIMIT

LESS THAN
1 T. A DAY

- butter and stick margarine
-

LESS THAN
5X A WEEK

- pastries and sweets
-

LESS THAN
4X A WEEK

- red meat
-

LESS THAN
1X A WEEK

- whole-fat cheese
- fried fast food

