



MIND DIET



FOOD LIST

EAT

- LEAFY GREENS (SPINACH, KALE, ARUGULA)
- CRUCIFEROUS VEGETABLES (BROCCOLI, BRUSSELS SPROUTS, CAULIFLOWER)
- OTHER VEGETABLES (CARROTS, ZUCCHINI, BELL PEPPERS, TOMATOES)
- BERRIES (BLUEBERRIES, STRAWBERRIES, BLACKBERRIES, RASPBERRIES)
- NUTS (WALNUTS, ALMONDS, PISTACHIOS)
- OLIVE OIL (EXTRA VIRGIN)
- WHOLE GRAINS (BROWN RICE, QUINOA, OATS, BULGUR, WHOLE WHEAT BREAD)
- BEANS (LENTILS, CHICKPEAS, BLACK BEANS, KIDNEY BEANS)
- FISH (SALMON, SARDINES, TROUT, MACKEREL)
- POULTRY (SKINLESS CHICKEN OR TURKEY)
- GREEN TEA AND HERBAL TEAS
- COFFEE (IN MODERATION)
- HERBS AND SPICES (TURMERIC, ROSEMARY, CINNAMON, GARLIC)
- AVOCADOS

LIMIT

- CHEESE (SMALL PORTIONS, LOW-FAT VARIETIES)
- EGGS (ESPECIALLY YOLKS – 1 PER DAY OR LESS)
- RED MEAT (LEAN CUTS, UP TO 3–4 TIMES/WEEK)
- WINE (RED WINE, NO MORE THAN 1 GLASS/DAY)
- WHOLE MILK, CREAM
- DARK CHOCOLATE (SMALL AMOUNTS)
- BREAD (CHOOSE WHOLE GRAIN; LIMIT WHITE/REFINED)
- NATURAL SWEETENERS (HONEY, MAPLE SYRUP – SMALL PORTIONS)
- PLANT OILS (SUNFLOWER, SAFFLOWER – OCCASIONAL USE)
- FRUIT JUICE (UNSWEETENED, LIMITED)
- FLAVORED YOGURT (LOW-FAT, CHECK SUGAR)
- GRANOLA (WATCH ADDED SUGAR/FAT)
- FROZEN MEALS (ONLY LOW-SODIUM & WHOLE FOOD BASED)

AVOID

- FRIED FOODS (ESPECIALLY DEEP-FRIED)
- FAST FOOD
- PROCESSED MEATS (BACON, SAUSAGE, HOT DOGS)
- BUTTER, MARGARINE, LARD
- FULL-FAT DAIRY (WHOLE MILK, HEAVY CREAM, FULL-FAT CHEESE)
- REFINED GRAINS (WHITE BREAD, PASTA, WHITE RICE)
- PASTRIES AND SWEETS (COOKIES, CAKES, DONUTS, CANDY)
- SUGARY DRINKS (SODA, ENERGY DRINKS)
- PACKAGED SNACKS (CHIPS, CRACKERS WITH ADDITIVES)
- HYDROGENATED OILS (TRANS FATS)
- EXCESS SALT AND HIGH-SODIUM PACKAGED FOODS
- ARTIFICIAL SWEETENERS (ASPARTAME, SUCRALOSE)
- ALCOHOL (BEYOND MODERATE AMOUNTS)