The MIND Diet
Mediterranean-DASH Intervention for Neurodegenerative Delay

The goal of the MIND diet is to reduce the risk of the decline in brain health, which occurs as we age.

Emphasis on berries due to their antioxidant properties

10 Brain Healthy Foods:
- Green leafy vegetables
- Other vegetables
- Whole grains
- Fish
- Poultry
- Nuts
- Olive Oil
- Beans
- Wine
- Berries

Foods to Limit:
- Red meat
- Butter
- Stick margarine
- Cheese
- Pastries and Sweets
- Fried and fast food

https://foodinsight.org/what-is-the-mind-diet/