

MIND DIET: WHAT TO EAT + WHAT TO LIMIT

EAT

Greens



Veggies



Berries



Nuts



Olive oil



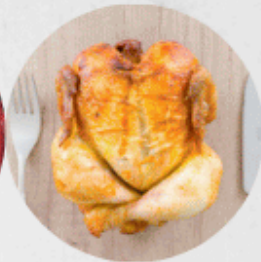
Whole grains



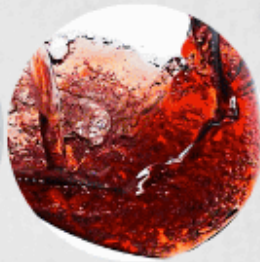
Fish



Beans



Poultry



Red wine

LIMIT



Butter



Cheese



Red meat



Fried
foods



Sweets