

Table 1 **MIND Diet Components and Ideal Intake**

Beneficial Foods	
Green leafy vegetables	≥ 6 servings/week
Other vegetables	≥ 1 serving/day
Berries	≥ 2 servings/week
Nuts	≥ 5 servings/week
Olive oil	Primary oil used
Whole grains	≥ 3/day
Fish (not fried)	≥ 1 meal/week
Beans	> 3 meals/week
Poultry (not fried)	≥ 2 meals/week
Wine	1 glass/day
Harmful Foods	
Butter or margarine	< 1 T/day
Cheese	< 1 serving/week
Red meat	< 4 meals/week
Fast or fried foods	< 1 time/week
Pastries and sweets	< 5 servings/week

Table 2 **MIND Diet Sample Meal Plan**

	Day 1	Day 2	Day 3
Breakfast	1 oz whole wheat bagel 1 cup blueberries 1 egg	Breakfast Sandwich: <ul style="list-style-type: none"><li>• 1 oz whole wheat English muffin</li><li>• 1 oz low-fat cheddar cheese</li><li>• 1 egg white</li><li>• 1 slice avocado</li></ul>	Egg Scramble: <ul style="list-style-type: none"><li>• 1 egg</li><li>• 1 egg white</li><li>• ½ cup veggies</li><li>• 1 T olive oil</li></ul>
Lunch	Tuna Salad Sandwich: <ul style="list-style-type: none"><li>• 2 slices whole grain bread</li><li>• 3 oz canned tuna</li><li>• 1 T low-fat mayonnaise</li><li>• 1 slice onion, 1 slice tomato</li></ul> ½ cup 3-bean salad with olive oil 1 cup cucumber slices	Spinach Salad: <ul style="list-style-type: none"><li>• 2 cups spinach</li><li>• 1 cup strawberries</li><li>• ½ cup chickpeas</li><li>• 2 T sliced almonds</li><li>• 1 T olive oil and vinegar dressing</li></ul> 1 oz whole grain dinner roll	Turkey Sandwich: <ul style="list-style-type: none"><li>• 2 slices whole grain bread</li><li>• 3 oz baked turkey</li><li>• 1 slice tomato, 1 leaf lettuce</li><li>• 1 T hummus</li></ul> 1 cup carrot sticks
Dinner	Pasta Toss: <ul style="list-style-type: none"><li>• 1 cup whole wheat pasta</li><li>• 3 to 4 oz baked chicken breast</li><li>• ½ cup sautéed mustard greens</li><li>• 1 T olive oil</li></ul> 6 oz wine	4 to 6 oz grilled salmon ½ cup brown rice ½ cup steamed broccoli 6 oz wine	1 cup bean chili 1 cup kale salad with 1 T almonds 1 oz whole grain dinner roll 6 oz wine
Snack	¼ cup walnuts ½ cup low-fat yogurt	2 T hummus 1 cup celery sticks	1 cup raspberries