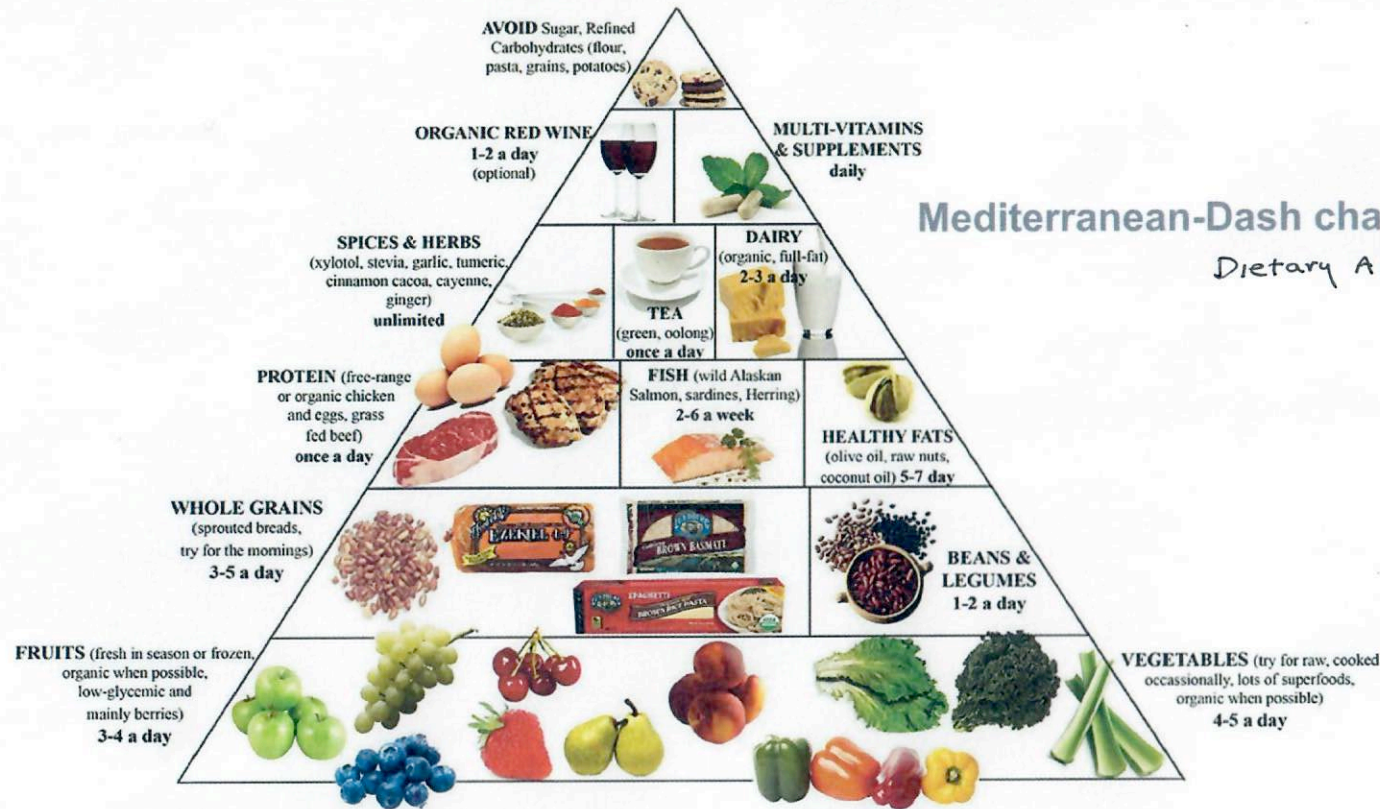


Mind Diet Food Plan



Mediterranean-Dash chart

Dietary Approach to STOP HYPERTENSION

Combines the best two eating programs: Mediterranean diet and the DASH diet

It's Anti-Inflammatory

Designed to prevent dementia and loss of brain function as you age

Focuses on whole, plant-based foods with limited intake of animal and fatty foods

Strongly emphasizes berries and leafy greens

Specifies 10 "brain healthy" foods: leafy green vegetables, other vegetables (ex: carrots, bell peppers), nuts, berries, beans/lentils/soybeans, whole grains, seafood, poultry, olive oil, and wine (in moderation)

Specifies 5 "unhealthy" foods: grain fed red meats, butter and stick margarine, cheese, pastries and sweets, and fried or fast food (limit to 2-3 servings per week, if at all)