MIND DIET LIST

Mediterranean-DASH Intervention for Neurodegenerative Delay

MIND COMPONENT	**AMOUNT**	**SUN**	**MON**	**TUE**	**WED**	**THU**	**FRI**	**SAT**	**Goal Reached? 1=YES 0=NO**
Green Leafy Vegetables	6+servings/wk								
Other Vegetables	7+servings/wk								
Berries	2+servings/wk								
Nuts	5+servings/wk								
Olive Oil	Primary oil used								
Butter, Cream	<1 serving/day								
Regular Cheese	<1 serving/wk								
Whole Grains	3+servings/day								
Fish (not fried, not shell)	2+meals/wk								
Beans	>3meals/wk								
Poultry (not fried)	2+meals/wk								
Red Meat	<3meals/wk								