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: • 1 oz whole wheat English muffin • 1 oz low-fat cheddar cheese • 1 egg white • 1 slice avocado	Egg Scramble: • 1 egg • 1 egg white • ½ cup veggies • 1 T olive oil
Lunch	Tuna Salad Sandwich: • 2 slices whole grain bread • 3 oz canned tuna • 1 T low-fat mayonnaise • 1 slice onion, 1 slice tomato ½ cup 3-bean salad with olive oil 1 cup cucumber slices	Spinach Salad: • 2 cups spinach • 1 cup strawberries • ½ cup chickpeas • 2 T sliced almonds • 1 T olive oil and vinegar dressing 1 oz whole grain dinner roll	Turkey Sandwich: • 2 slices whole grain bread • 3 oz baked turkey • 1 slice tomato, 1 leaf lettuce • 1 T hummus 1 cup carrot sticks
Dinner	Pasta Toss: • 1 cup whole wheat pasta • 3 to 4 oz baked chicken breast • ½ cup sautéed mustard greens • 1 T olive oil 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