

# The MIND Diet for Brain Health

Developed by Rush University, the MIND diet is a brain-healthy eating pattern that is proven to support cognitive health.

Food	Examples
<b>Green Leafy Vegetables</b> (Daily, 1 cup raw or ½ cup cooked)	Arugula, collards, dandelion greens, endive, kale, mustard greens, romaine lettuce, spinach, Swiss chard
<b>Other Vegetables</b> (Daily, ½ cup)	Asparagus, bell peppers, broccoli, Brussels sprouts, carrots, cauliflower, eggplant, green beans, mushrooms, onions, squash, sweet potatoes, tomatoes
<b>Nuts</b> (5 servings/week, 1 oz)	Almonds, cashews, peanuts, pistachios, walnuts, nut butters
<b>Berries</b> (5+ servings/week, ½ cup)	Blackberries, blueberries, raspberries, strawberries
<b>Beans &amp; Legumes</b> (3+ servings/week, ½ cup)	Beans (black, cannellini, edamame, garbanzo, kidney, navy, pinto, etc.) hummus, lentils, soy yogurt, tofu
<b>Whole Grains</b> (3 servings/day, ½ cup cooked or 1 slice bread)	Barley, brown rice, bulgur, farro, oats, quinoa, whole-grain bread, whole-grain cereal, whole-grain pasta, wild rice
<b>Fish (not fried)</b> (At least 1 serving/week, 3–5 oz)	Cod, halibut, mahi-mahi, salmon, tuna
<b>Poultry (not fried)</b> (At least 2 servings/week, 3–5 oz)	Chicken breast, turkey breast (skinless, white meat)
<b>Extra-Virgin Olive Oil</b> (Daily, 2 tablespoons)	Use as primary cooking oil

**Limit the following foods:** Red & processed meats, butter & stick margarine, regular cheese, pastries & sweets, fried & fast foods