

Integrating principles of the Mediterranean and DASH diets, the MIND diet was created with ten foods to focus on and five to limit. The foods you are encouraged to eat while on the MIND diet include:

- Green, leafy vegetables
- All other vegetables
- Berries
- Nuts
- Olive oil
- Whole grains
- Fish
- Beans
- Poultry
- Wine (no more than one glass per day)

Foods to avoid or limit include:

- Butter/Margarine
- Cheese
- Red meat
- Fried food
- Sweets

Foods that seem to be OK and are listed in menus for this diet but are not specified

Other fruits, eggs, plain Greek yogurt, low fat milk

This diet is thought to help prevent dementia in 53% of elderly, and even if adhered to in moderation, can improve brain health in 35% of people.