



## 6 Brain Healthy Foods

Want more mental clarity, focus and productivity? Try the MIND Diet approach. MIND stands for Mediterranean-DASH Intervention for Neurodegenerative Delay. It's a cross between two lifestyle interventions: one for lowering blood pressure called Dietary Approaches to Stop Hypertension (DASH diet) and the Mediterranean diet, which is a mostly plant-based approach that's beneficial for cardiovascular health.

Try these good for your MIND diet foods!

**Whole grains** - (at least 3 servings per day) of whole oats, wheat, rye, barley, teff, amaranth, wheat berries, sorghum, millet and/or brown rice

**Leafy greens** - (at least 6 times per week) of spinach, kale, collard greens, Swiss chard, broccoli and/or Brussels sprouts

**Berries** - (at least 2 times per week) of blueberries, blackberries, strawberries, cranberries and/or raspberries

**Nuts** - (more than 5 times per week) of walnuts, almonds, pistachios, peanuts and/or pecans

**Beans** - (at least 3 times per week) of black beans, cannellini beans, pinto beans, lima beans and/or garbanzo beans

**Fish** - (at least 1 time per week) of salmon, halibut, tuna, barramundi, trout, sardines and/or anchovies

Have questions about the MIND diet? Email Vicki at [victoria@victoriashantaretelny.com](mailto:victoria@victoriashantaretelny.com).