MIND DIET

NUTRITION GUIDE

MYBRAINTEST

1 BERRIES & NUTS

Eat five or more (5+) servings of nuts and eat berries at least twice (2+) a ***week***.

Berries are rich in flavonoids and nuts are packed with brain-protective vitamin E.

2 WHOLE GRAINS

Three (3) servings of whole grains - such as oats and whole-grain bread - per ***day***.

Oats have been called the "grain for the brain" and provide sustained energy with vitamins, potassium and zinc.

3 VEGETABLES & LEAFY GREENS

Two to Four (2-4) servings per ***day*** of vegetables and leafy greens.

Tasty spinach, kale, carrots, bell peppers, and other vegetables are rich in antioxidants and beta-carotene.

4 POULTRY & FISH

Eat fish - salmon, mackerel, trout - two or more (2+) times per ***week*** and chicken or turkey three or more (3+) times per ***week***.

Certain fish have brain-healthy omega-3 fatty acid and poultry is a lean protein.

5 WINE & OLIVE OIL

Drink one (1) glass of wine ***daily*** and use olive oil as your main cooking oil.

ONE glass of wine supports blood flow and olive oil contains monounsaturated fat to help reduce inflammation.

✕ AVOID!

Limit these five (5) foods:

- Sugary foods like pastries & sweets
- Fried food
- Red meat
- Cheese
- Butter & margarine

MyBrainTest.org
RememBarBrainFood.com