



MIND Diet

Foods to Limit or Avoid

The Naughty List

- X Processed meats like frankfurters, sausage, and bologna.
- X Butter and stick margarine.
- X Fried foods, such as onion rings and French fries.
- X Pastries and sweets like danishes, doughnuts, cookies & croissants.
- X Fruit leathers, gummies, and other candies.



The Nice List

- O White meat poultry, fish, beans, nuts, and seeds.
- O Olive oil
- O Green leafy vegetables
- O Whole grains
- O Berries and red wine

