

The MIND Diet

How does diet effect your mind?

Consuming the following nutrient dense foods as the majority of your diet can lead to slowed brain aging and reduce the risk for Alzheimer's disease.



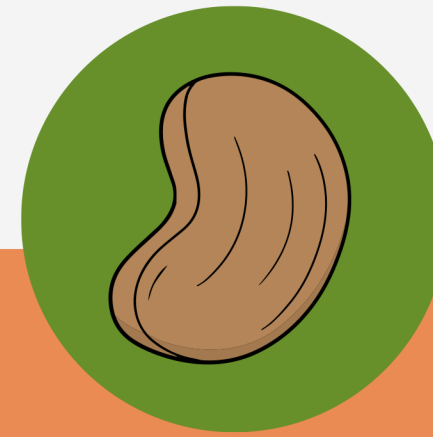
BERRIES



**GREEN LEAFY
VEGETABLES**



**NUTS AND
NUT BUTTERS**



**BEANS/LEGUMES
(AT LEAST 3X/WEEK)**



**FATTY FISH
(AT LEAST 1X/WEEK)**



**EXTRA VIRGIN
OLIVE OIL
(2Tbsp PER DAY)**

**Limit large amounts of sugars,
saturated fats and processed meats.**