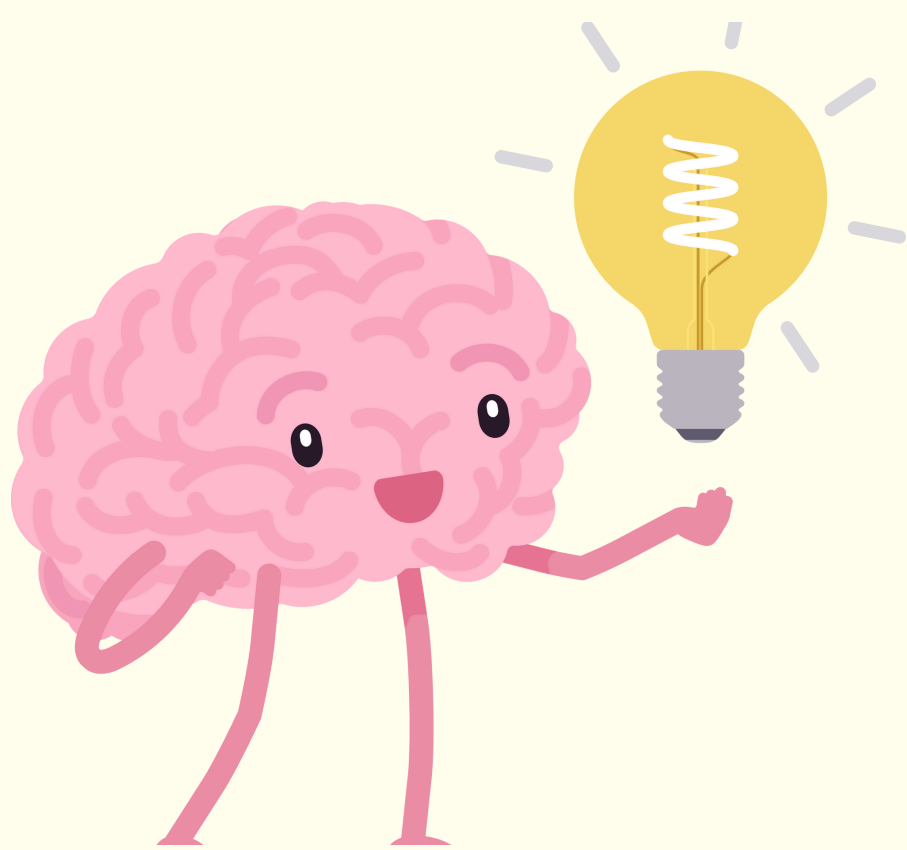
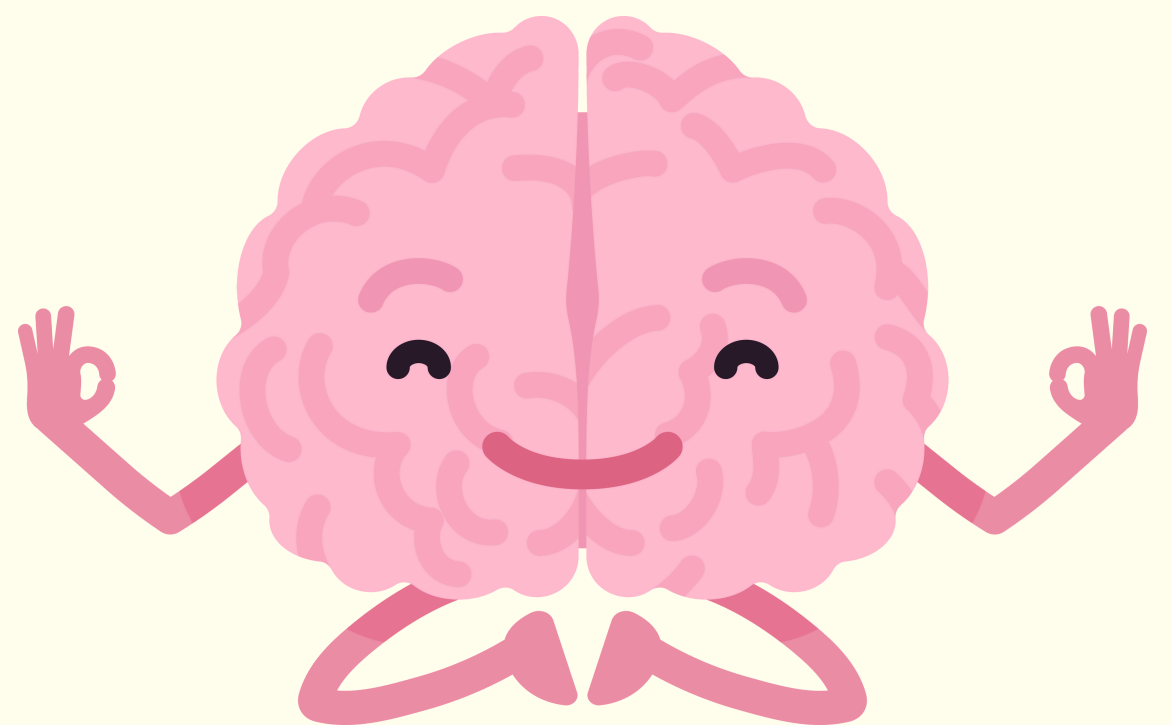


THE MIND DIET

WHAT IS IT?

The mind diet stands for Mediterranean- DASH Intervention for Neurodegenerative Delay. It aims to reduce dementia and the decline in brain health as people age



HOW DOES IT WORK?

The MIND diet combines the anti-inflammatory mediterranean diet and DASH diet, which reduces blood pressure, prevents heart disease, diabetes, and benefits the brain.

WHAT TO EAT

Vegetables

Whole Grains

Berries

Fish

Nuts

Poultry

Olive Oil

Beans



WHAT TO AVOID

Butter and margarine

Cheese

Red meat

Fried foods

Pastries and sweets

