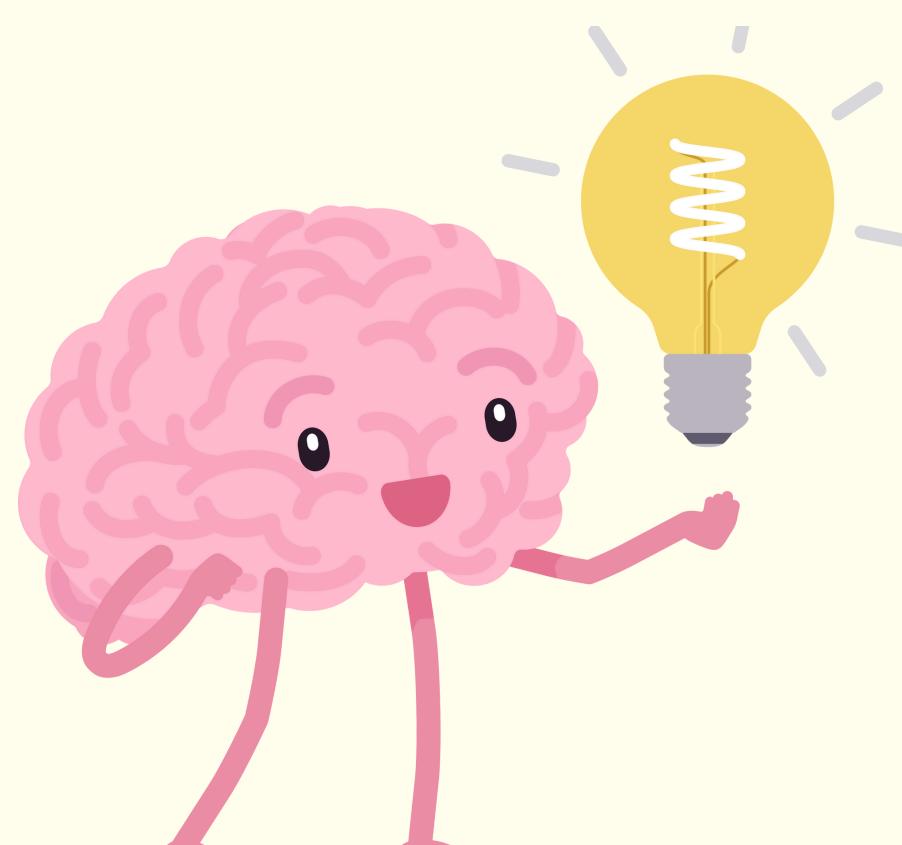
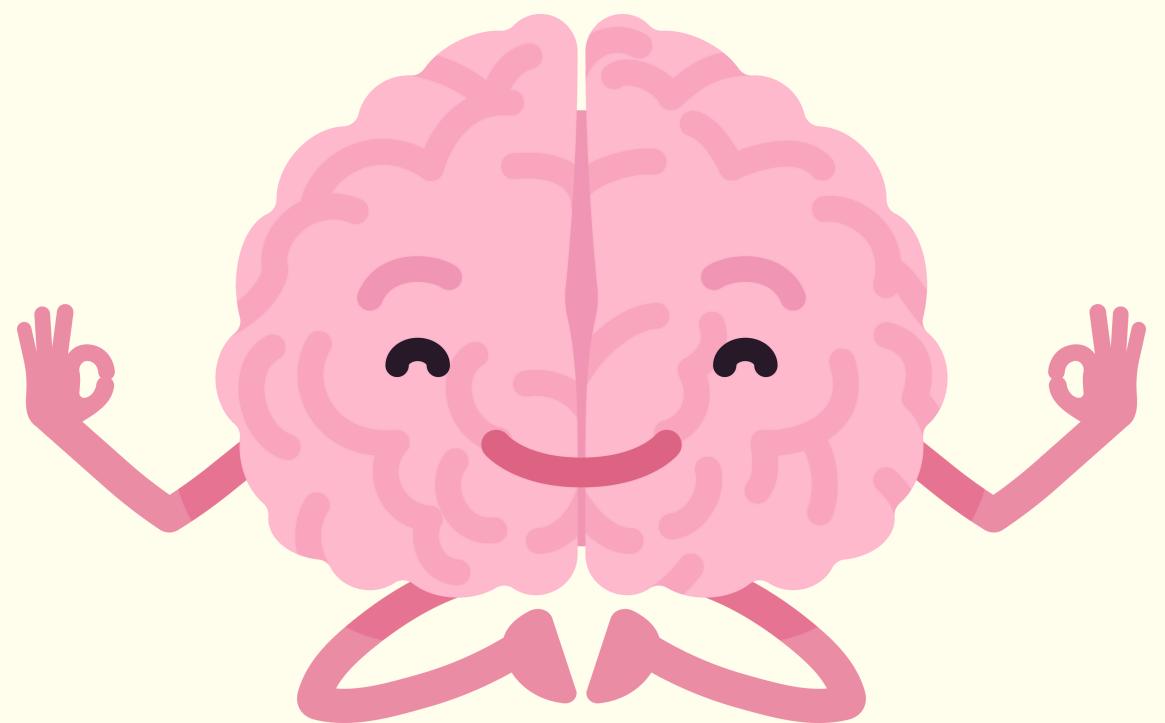


# THE MIND DIET

## WHAT IS IT?

The mind diet stands for Mediterranean- DASH Intervention for Neurogenative 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