## Eating for a Healthy Mind

<table>
<thead>
<tr>
<th></th>
<th>MIND</th>
<th>DASH</th>
<th>Mediterranean</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Whole Grains</strong></td>
<td>At least 3 servings per day</td>
<td>6 servings per day (most whole grain)</td>
<td>At least 2 servings per day</td>
</tr>
</tbody>
</table>
| **Vegetables**   | Leafy greens: At least 6 servings per week  
“Other vegetables”: At least 1 serving per day (includes non-fried potatoes) | 3-4 servings per day                     | At least 2 servings per day                |
| **Fruits**       | Berries: At least 2 servings per week | 4 servings per day                        | At least 3 servings per day (fresh)       |
| **Protein**      | Nuts: At least 5 servings per week  
Fish (not fried): At least 1 meal per week  
Beans: At least 3 meals per week  
Poultry (not fried): At least 2 meals/week  
Red meat: Less than 4 meals per week | Nuts, seeds, and legumes: at least 3 servings per week  
Lean meat, poultry, and fish: 3-6 ounces per day | Nuts: At least 5 servings per week  
Fish (not fried): At least 3 servings per week  
Beans: At least 3 servings per week  
Red meat: Less than 1 serving per day |
| **Dairy**        | Cheese: Less than 1 serving per week | 2-3 servings per day (low-fat or fat-free milk and milk products) | 2 or more servings daily (low-fat; more yogurt, less cheese) |
| **Other**        | Olive oil: primary oil used  
Wine: 1 glass daily  
Butter: Less than 1 Tbsp per week  
Fast fried foods: less than 1 time per week  
Pastries and sweets: less than 5 servings per week | Fats & oils: 2-3 tsp per day  
Minimize sweets and added sugars | Olive oil: 4 Tbsp/day  
Alcohol: 2 servings per day for men; 1 serving per day for women  
Butter: limit  
Pastries and sweets: less than 3 servings per week  
Sodas: less than 1 drink per day |