

The M.I.N.D. Diet:

<http://www.webmd.com/alzheimers/features/mind-diet-alzheimers-disease>

	Green Leafy Vegies	Other Vegies	WHOLE Grains	Nuts 5/wk.	Berries 2/wk.	Beans 2/wk.	Fish	Poultry 2/wk.	Wine 1 glass	No More than 3 Red Meat	Butter 2 tsp. day (6 TBLS. Wk.)	Cheese Less Than 1/Wk.	Pastries Sweets White Flour 4/wk.	Fried Foods Less Than 1/Wk	Water- 8 oz. day
M	1	1	1/2/3	1					1	1	1/2		1		1/2/3/4 5/6/7/8
T	2	1	1/2/3	2	1	1	1	1	1	2	1/2	1	2	1	1/2/3/4 5/6/7/8
W	3	1	1/2/3	3	2	2		2	1	3	1/2	3	.	1/2/3/4 5/6/7/8
TH	4	1	1/2/3	4		3			1	.	1/2	4	.	1/2/3/4 5/6/7/8
F	5	1	1/2/3	5				----- Use Olive Oil	1	.	1/2	1/2/3/4 5/6/7/8
SA	6	1	1/2/3						1	.	1/2	1/2/3/4 5/6/7/8
SU		1	1/2/3						1		1/2	1/2/3/4 5/6/7/8

