WHAT’S ON THE MIND DIET?

- At least three servings of whole grains each day
- At least one dark green salad and one other vegetable each day
- Berries at least twice a week
- At least a one-ounce serving of nuts each day
- Beans or legumes at least every other day
- Poultry at least twice a week
- Fish at least once a week
- A five-ounce glass of red wine each day
- No more than one tablespoon a day of butter or margarine; choose olive oil instead
- Cheese, fried food and fast food no more than once a week
- Pastries and sweets less than five times a week

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