

# Eating for Better Brain Health

## EAT MORE

## GOOD

## EVEN BETTER, **ADD** this much

Vegetables (servings/week)



Whole grains (servings/day)



Leafy green vegetables (servings/week)



Nuts (servings/week)



Beans (meals/week)



Berries (servings/week)



Poultry - not fried (meals/week)



Fish - not fried (meals/week)



Olive oil (primary cooking oil)



Wine (glasses/week)



## EAT LESS

## GOOD

## EVEN BETTER, **ONLY** this much

Butter/stick margarine (TBL/day)



Whole fat cheese (servings/week)



Fried fast foods (meals/week)



Red Meat (meals/week)



Pastries/sweets (servings/week)

