



## BRAIN-HEALTHY DIET



## RECOMMENDED SERVINGS

### Whole Grains – 3 servings per day

A serving equals 1 slice or ½ cup of any of the following:

Dark or whole grain bread, whole grain pasta, wild quinoa, brown rice, oats, bulgar, barley, farro, whole grain cereal.

### Green Leafy Vegetables – at least 1 serving per day

A serving equals ½ cup cooked or one cup raw of any of the following:

Spinach, swiss chard, kale, collard greens, mustard greens, turnip greens, dandelion greens, arugula, endive, grape leaves, romaine lettuce.

### Other Vegetables – at least 1 serving per day

A serving equals ½ cup cooked or one cup raw of any of the following:

Asparagus, bell peppers, broccoli, brussel sprouts, cabbage, carrots, cauliflower, eggplant, green beans, mushrooms, onions, okra, snow peas, squash, sweet potatoes, tomatoes/tomato sauce.

### Fish – at least 1 serving per week

A serving equals 3-5 ounces of any of the following:

Salmon, tuna, cod, mahi mahi, tilapia, halibut

### Poultry – at least 2 servings per week

A serving equals 3-5 ounces of any of the following:

White meat and skinless chicken or turkey

### Extra Virgin Olive Oil – 1 serving per day

A serving equals 2 Tablespoons

### Nuts – 5 Ounces per week

A serving equals 1 ounce of any of the following:

Peanuts, almonds, walnuts, cashews, pistachios, nut butter

### Berries – at least 5 servings per week

A serving equals ½ cup of any of the following:

Blueberries, strawberries, raspberries, blackberries

### Beans/Legumes – 3 servings per week

A serving equals ½ cup of any of the following:

Black beans, pinto beans, cannellini beans, garbanzo beans, kidney beans, navy beans, red/white beans, lima beans, lentils, tofu, hummus, edamame, soy yogurt

