Choosing between the Mediterranean and MIND diets

Use these steps from the article to choose between the Mediterranean diet and the MIND diet.

- [ ] Eat 6 or more servings of green leafy vegetables a week on the MIND diet.
- [ ] Eat berries 2 or more times a week on the MIND diet.
- [ ] Use olive oil as the main added fat on either diet.
- [ ] Limit butter, cheese, pastries, sweets and fried food.
- [ ] Choose the Mediterranean diet when heart health is the main goal.
- [ ] Avoid starting to drink wine for brain or heart benefits.
- [ ] Cut calories only if weight loss is a goal, since neither diet causes it alone.
- [ ] Stay active to address physical inactivity, a dementia risk factor.
- [ ] See a doctor about trouble remembering recent events or thinking clearly.

Notes

For general education only. Not a substitute for professional medical advice.