

Lost Temple Fitness

MIND	Foods to Eat	Foods to Avoid
<p>The MIND diet—which stands for Mediterranean-DASH Intervention for Neurodegenerative Delay Both the Mediterranean and DASH diets have shown brain-boosting benefits in past research, even though both are typically touted for their protective powers for the heart. The MIND diet, on the other hand, emphasizes the pieces of each that have been specifically linked to dementia prevention and modifies other aspects, like fruit consumption, for added benefit.</p> <p><i>Prevention</i></p> <p><i>Web MD</i></p>	<p>Kale, spinach, broccoli, collards and other greens</p> <p>Nuts</p> <p>Berries, especially blueberries & strawberries</p> <p>Beans</p> <p>Whole grains</p> <p>Fish</p> <p>Poultry</p> <p>Olive oil</p> <p>Wine</p>	<p>Red meats</p> <p>Butter and stick margarine</p> <p>Cheese</p> <p>Pastries and sweets</p> <p>Fried or fast food</p>