

## **MPN™ Goals for Brain Healthy Eating**

HEALTHY FATS –	Daily
SPICES/HERBS –	Daily
PROBIOTICS -	Daily
PREBIOTICS -	Daily
B, C, D, E(8) VITAMINS	Daily
WHOLE GRAINS –	70%+ of All Grains
FISH/SEAFOOD –	3-5x/Week
POULTRY –	2-4x/Week
EGGS –	5+/Week
RED MEAT –	1x or Less/Wk-Month
BEANS/LENTILS –	5+x/Week
NUTS/SEEDS –	5+x/Week
VEGETABLES –	5+x/Day
LEAFY GREENS –	1-3x/Day
FRUIT (esp. Berries) –	3-5x/Day (Juice<4-6 oz)
LIMIT ADDED SUGAR –	Women<5-6tsp; Men<8-9tsp*

**AVOID TRANSFATS AND NITRATES**

**LIMIT SATURATED FATS**

## Where to Start?

- Make More Foods from Scratch, experiment
- Start with desserts, use fruit instead, smaller portions, less often
- Snacks: more savory, nuts and seeds, carrots, veggies, avocado
- Water instead of soda
- Salad dressings- EV olive oil and vinegar, mixed spices
- Eat more veggies (balsamic vinegar or mustard helps flavor!)
- Eat berries
- Nuts and seeds
- Whole grains
- Toxic foods: use less
- Sum-Up:

**“Eat real food, mostly plants, not too much”** Michael Pollen

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