

# MIND Diet Shopping List

The Geriatric Dietitian

## Leafy Green Veggies

Kale  
Arugula  
Romaine  
Spinach

## Other Veggies

Avocado  
Cucumber  
Bell peppers  
Corn  
Onion  
Tomatoes  
Potatoes  
Beets  
Mushrooms  
Broccoli  
Green beans  
Carrot  
Olives  
Brussels sprouts

## Berries & Fruit

Strawberries  
Blueberries  
Raspberries  
Peaches  
Apples  
Bananas  
Plum  
Pear

## Whole Grains

Oatmeal  
Brown rice  
Quinoa  
Pita  
Multigrain crackers  
Corn tortilla  
Whole grain bread  
Whole grain pasta  
Whole grain pancake  
Whole grain flat bread  
pizza

## Beans & Nuts

Black beans  
Pinto beans  
Cashews  
Shaved almonds  
Walnuts  
Pecans  
Pistachios  
Nut and protein bar

## Poultry & Fish

Turkey sausage  
Tuna salad  
Grilled chicken  
Salmon  
Shrimp  
Ground turkey  
Eggs (or liquid egg whites)

## Dips, Sauces, & Seasonings

Olive oil  
Lemon juice  
Light syrup  
Hummus  
Bean dip  
Cilantro  
Pico de gallo  
Almond butter  
Peanut butter  
Cinnamon  
Guacamole  
Nutmeg  
Non-fat whipped cream  
Black bean salsa  
Honey

## MISC

Greek yogurt  
Cottage cheese  
Protein powder  
Lentil soup  
Unsalted trail mix  
Veggie chips  
Sorbet