

# THE MIND DIET

Improve and maintain your cognition with this eating pattern.



## WHAT IS THE MIND DIET?

### Mediterranean-DASH Diet for Neurodegenerative Delay

The MIND diet is combines aspects of the Mediterranean diet and the DASH diet to create an eating plan focused on brain health. The diet focuses on whole, nutrient-rich foods rich in vitamins, minerals, fiber and antioxidants. In addition to supporting brain health, the MIND diet can help prevent heart disease and type 2 diabetes.

#### **Keep in MIND:**

This is more of an eating pattern, NOT a diet!

## FOCUS ON THESE FOODS FOR BRAIN HEALTH



### Veggies

Eat leafy greens & other veggies daily.



### Berries

Eat berries twice per week.



### Protein

Eat fish once per week, nuts five times per week, & reduce red meat.



### Oils

Opt for olive oil, when possible.



### Wine

Have a glass of wine up to once per day.

#### HOW TO KEEP YOUR BRAIN SHARP

- Discover exercises you enjoy
- Explore new hobbies
- Get outside
- Find ways to manage stress
- Connect with friends and family
- Be meaningful every day
- Teach a skill to someone else
- Make sleep a priority



# Chicken & Quinoa Berry Bowl

*This bowl packs in 6 of the foods that the MIND diet emphasizes: poultry, whole grains, berries, nuts, vegetables, and olive oil!*

*Yields: 2 servings*

## INGREDIENTS

- 3/4 cups quinoa, uncooked
- 12 ounces French green beans, trimmed and cut into 2" pieces
- Cooking spray
- 2, 8-ounce boneless, skinless chicken breasts
- 1 1/4 teaspoon salt, divided
- 1/2 teaspoon pepper, divided
- 1/4 cup olive oil
- 1/4 cup red wine vinegar
- 2 teaspoons Dijon mustard
- 2 cups fresh blueberries
- 1/2 cup chopped walnuts

## DIRECTIONS

- Bring 1 1/2 cups of water to a boil. Add quinoa, reduce heat to a simmer and cover. When all of the water is absorbed, add green beans and simmer for 3 minutes. Transfer to a bowl.
- Coat a skillet with cooking spray and heat over medium-high. Sprinkle chicken with 1/2 teaspoon salt and 1/4 teaspoon pepper. Add chicken to pan and grill until it reaches an internal temperature of 160 F. Transfer chicken to a cutting board and let rest before slicing.
- While the chicken is cooking, whisk together oil, vinegar, Dijon mustard, and remaining salt and pepper.
- Add blueberries, walnuts, and dressing to the quinoa and green bean mixture. Toss to combine and coat. Add sliced chicken on top of the bowl.



**FOOD IS MEDICINE**

APPROVED BY OUR  
REGISTERED DIETITIAN NUTRITIONISTS

WWW.OPENHANDATLANTA.ORG  
WWW.GOODMEASUREMEALS.COM