



A guide to the **THE MIND DIET** recommendations

Food	Frequency	Specifics
Berries:	2+ servings per day	Blueberries may be most beneficial
Poultry:	2+ servings per week	
Whole Grains:	3+ servings per day	Focus on minimally processed grains
Nuts:	5+ servings per week	
Vegetables:	2+ servings per week	1+ servings of leafy greens per day
Beans:	4+ servings per week	
Seafood:	1+ servings per week	Fatty fish such as salmon, mackerel, herring, or sardines

Food to Limit

- Trans fats (fast food and highly processed foods)
- Saturated fats (butter and margarine)
- Full-fat dairy
- Sodium
- Sweets and pastries
- Red meat



Orange-Cranberry Chicken

Ingredients

- 1/2 tbsp extra-virgin olive oil
- 2 chicken breasts
- 3/4 c. high-pulp orange juice
- 1 1/2 tsp. Dijon mustard
- 1/2 tsp. cinnamon
- 1/4 c. dried cranberries
- Pepper
- Salt-free seasoning

Directions

1. Heat olive oil over medium high heat.
2. Lightly season chicken with pepper and salt-free seasoning.
3. Place chicken in skillet and cook until golden brown and there is no pink in the middle (165F).
4. Remove chicken and keep warm until sauce is finished.
5. Add orange juice, mustard, cinnamon, and dried cranberries to the skillet, stirring often.
6. Bring sauce to a boil and cook until thickened.
7. Place chicken on plates and top with orange-cranberry sauce
8. Serve with whole grain dinner roll, brown rice, or a veggie salad

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Sources

<https://www.eatrightpro.org/news-center/nutrition-trends/health-promotion/the-mind-diet> | <https://gwaar.org/publications?searchterm=MIND+diet> | Pictures from Canva