

BERRIES, BERRIES, BERRIES!

THE ONLY FRUIT SPECIFICALLY MENTIONED
IN THE MIND DIET

HEALTH BENEFITS OF BERRIES

Antioxidants and Flavonoids

Besides tasting great, berries have numerous health benefits. Berries, specifically blueberries, strawberries, and raspberries, are the best fruit sources of antioxidants. Antioxidants are important substances that protect the body's cells from free radicals or molecules linked to causing various diseases such as heart disease and cancer. Berries also contain flavonoids. These are molecules designed to protect brain health by preventing the formation of neurotoxins and neuroinflammation. By limiting the brain's exposure to toxins and inflammation, flavonoids promote improved memory, learning, and overall cognitive performance.

SHOPPING FOR BERRIES

Fresh Berries:

When choosing fresh berries from the store, select packages **free of stains, moisture, or mold**. All berries should be firm, colorful, and dry.

Frozen Berries:

When purchasing frozen berries, a good trick is to shake the bag. Large clumps are a sign of defrost.

PREPARING BERRIES

Berries should be **examined** and any rotten or damaged fruit should be thrown out. After this, the remaining berries should be **rinsed** with cold water to remove any contaminants.

Once the berries are clean, they can be **enjoyed** plain or on low-fat yogurt, whole-grain cereals, salads, and smoothies.

STORING BERRIES

After berries have been thoroughly rinsed, it is important to properly store them to prevent spoilage. Strawberries, blueberries, and raspberries are best stored in the coldest part of the **fridge** with high humidity and low air circulation. Ideal locations are produce drawers or sealed containers. Blackberries are best left uncovered. Fresh berries can also be **frozen** to enjoy after they are out of season.

2 OR MORE
SERVINGS OF
BERRIES ARE
RECOMMENDED
PER WEEK

EAT BERRIES
WITHIN 3 DAYS
OF STORING IN
THE FRIDGE TO
RECEIVE THE
MOST NUTRIENTS

BLUEBERRIES AND
STRAWBERRIES
HAVE STRONGEST,
POSITIVE EFFECT
ON BRAIN HEALTH



MIND DIET RECIPE

HEALTHY MIND SALAD

QUICK AND EASY! LESS THAN 5-MINUTE PREP TIME

INGREDIENTS

- Dark, leafy greens (baby spinach, baby kale, romaine lettuce, or green salad mixes)
- Blueberries, raspberries, or strawberries (fresh or frozen)
- Nuts (walnuts, almonds, or pecans)
- Red wine vinaigrette dressing

DIRECTIONS

1. Add desired amount of dark, leafy greens to a bowl or plate.
2. Top the greens with desired amount of berries and walnuts.
3. Drizzle a light amount of red wine vinaigrette dressing.

INVENTIVE ALTERATIONS

A great thing about salads is they can be changed to fit your individual liking! Delicious additions to this salad could include tuna, shredded chicken, reduced fat feta or goat cheese, and other fresh vegetables.

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Source:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2775888/> | <https://www.eatrightpro.org/news-center/nutrition-trends/health-promotion/the-mind-diet> | <https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/a-very-berry-summer> | <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/multimedia/antioxidants/sls-20076428?s=1> | Pictures from Canva