



Late Summer/Early Fall 2022

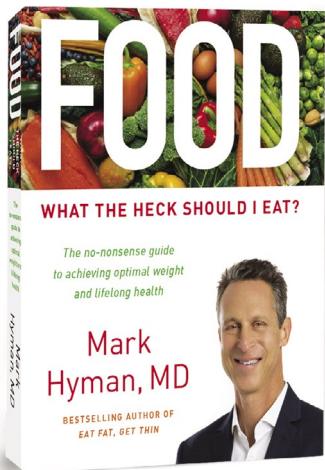
chpberkshires.org

# Nutrition & Health News

Community Health Programs | 444 Stockbridge Road, Great Barrington, MA 01230 | 413.528.9311

## FOOD: WHAT THE HECK SHOULD I EAT?

*With so much nutrition advice “out there” how do we truly know what’s good for each of us?*



*By the CHP Nutrition Department*

Though the dog days of summer are beginning to dwindle, we still have some time to enjoy summer’s gifts a bit longer, but without all the “go, go, go!” After a hectic summer, life is settling back into its regular routine. And with the kids back in school, now is the perfect time to focus on replenishing and renewing our bodies by adopting the concept of food as medicine.

With access to so many seasonal farmers’ markets and CSAs, many of which extend through the fall, this should be easy enough to achieve—but is it? When it comes to nutrition,

there is an overabundance of online advice. The difficulty, however, lies in knowing which direction to follow when there is so much conflicting information.

In 2018, Dr. Mark Hyman published *Food: What the Heck Should I Eat?* a book dedicated to helping us all figure out what we need to eat to get (and stay) fit and improve our health.

According to drhyman.com, “decades of misguided ‘common sense,’ food-industry lobbying, bad science, and corrupt food polices and guidelines have only deepened our crisis of nutritional confusion, leaving us overwhelmed and anxious when we head to the grocery store.”

*Continued on page 2*

**“Our food should be our medicine, and our medicine should be our food.”**

*—Hippocrates*

## NUTRITION FOR A HEALTHY PREGNANCY

*Your nutrition plays a critical role in the health of your baby.*

*By Erin Pacheco, MS, RDN, LDN, CLC*



Pregnancy is an important time to consider the role good nutrition plays in your health and your baby’s development. People often speak of “eating for two,” but, we prefer to focus on “nourishing for two.” This subtle change shifts the emphasis from eating more volume to making the healthiest food choices for both you and your baby. After all, your baby’s calorie needs are relatively small right now, but his/her need for nutrients to support growth and development is tremendous.

*Continued on page 6*

# THE SHOPPER'S GUIDE TO PESTICIDES IN PRODUCE

## The Clean 15 & the Dirty Dozen

From the Environmental Working Group (EWG) website, ewg.org.

Consumers seeking fresh produce with the lowest pesticide residues can buy organic versions of items on EWG's Dirty Dozen and either organic or non-organic versions of produce on our Clean Fifteen™. There are also many organic and Clean Fifteen options in the frozen food aisle.

### The Clean 15™

1. Avocados
2. Sweet Corn
3. Pineapple
4. Onions
5. Papaya
6. Sweet Peas (frozen)
7. Asparagus
8. Honeydew Melon
9. Kiwi
10. Cabbage
11. Mushrooms
12. Cantaloupe
13. Mangoes
14. Watermelon
15. Sweet Potatoes

### The Dirty Dozen™

1. Strawberries
2. Spinach
3. Kale, Collard, & Mustard Greens
4. Nectarines
5. Apples
6. Grapes
7. Bell & Hot Peppers
8. Cherries
9. Peaches
10. Pears
11. Celery
12. Tomatoes

# FOOD: WHAT THE HECK SHOULD I EAT?

(continued from page 1)



Dr. Hyman takes a no-nonsense approach to setting the record straight by looking at every food group and explaining what we've been doing wrong alongside what foods nurture our health and which do not.

### Are you ready to commit to nurturing your body? Following these simple steps will help you make nutrient-rich choices:

1. **Shop the perimeter of the grocery store.** This is where you will find seasonal, fresh produce, dairy, quality proteins and whole grains.
2. **Shop seasonally.** Purchasing produce that is in season is not only affordable but fresh, delicious, and nutrient-rich.
3. **Choose produce primarily from the Environmental Working Group's (EWG) "Clean 15" list, and thoughtfully from the "Dirty Dozen" list.** These two lists, featured in the column to the left, are intended to help consumers identify the conventionally grown produce featuring the least amount of pesticide residue versus those contaminated with the highest amount of pesticide residue. The EWG recommends eating produce from the "Dirty Dozen" before resorting to less healthy snacks, including sugary and fatty processed foods.
4. **Choose lean proteins that are labeled as "certified organic," "grass-fed," and "pasture-raised."**
5. **Choose cow's milk dairy products that are labeled certified organic, grass-fed, and pasture-raised.**
6. **Choose edamame or soy-based products that are labeled certified organic and GMO free.**
7. **Choose sustainable, nutrient rich, toxin-free seafood.** See page 4 for a list from the "Seafood Watch Consumer Guide."
8. **Choose fats and oils that are labeled unrefined and cold pressed.**

## MORE NUTRITION INFO

Looking for more nutrition information? Click the QR code below and be sure to follow us on social media.



See page six for a full list of CHP's nutrition and family services social media accounts.



# RECIPES FOR A HEALTHY LIFE

By Hannah Paterson, Culinary Nutritionist

Nothing captures the flavors of summer quite like fresh produce—and this time of year we can find it everywhere!

Living in the Northeast means we have limited time each year to take advantage of the abundance of nutrient-rich fruits and vegetables available throughout summer and into the early fall. Whether we grow our own, participate in a CSA, or visit the numerous weekly farmers markets that we are graced with, we all benefit from the nutritional value of this farm-to-table goodness!

## Cucumber Watermelon Salad

*Fresh, light, and easy to make!*

Serves: 6

Calories: 100 per 184g serving

### Ingredients

- 1 pound **cucumber**
- 1 pound **watermelon**
- 1 cup **fennel**
- 1/2 cup reduced fat **feta**
- 1/4 cup **mint**
- 2 oz. **light balsamic vinaigrette**

### Directions

- Thoroughly wash all vegetables.
- Remove the ends of the **cucumbers**, then cut them in half lengthwise, and in half again. Then slice them widthwise into 1/4 inch pieces. Set aside.
- Remove the first layers of **fennel**, and cut off the top. Cut the bulb in half, and remove the core with a paring knife. Then slice the bulb thinly widthwise. Set aside
- Remove the **mint leaves** from the stems and chop finely. Set aside.
- Using a serrated knife, carefully remove both ends of the **watermelon**.
- Place the **watermelon** upright and slice off the entire outside rind one piece at a time. Cut the fruit into 1 inch cubes and set aside.
- In a large serving bowl, add the **watermelon, cucumbers, fennel, feta, mint, and light balsamic vinaigrette**.
- Using salad tongs, lightly toss until well combined.

### Preparation Tips

To check for the ripeness of a watermelon, simply put two of your fingers along the width of a white stripe. If the stripe is the same width as your two fingers, it should be ready to eat.

If you do not plan on eating/serving the salad immediately, wait to add the light balsamic vinaigrette until just before serving.



### Nutrition Facts

Calories: 100 per 184g serving

|                                |     |
|--------------------------------|-----|
| <b>Total Fat:</b> 6g           | 8%  |
| Saturated Fat: 3g              | 15% |
| Trans Fat: 0g                  |     |
| <b>Cholesterol:</b> 15mg       | 5%  |
| <b>Sodium:</b> 210mg           | 9%  |
| <b>Total Carbohydrate:</b> 11g | 4%  |
| Dietary Fiber: 1g              | 4%  |
| Total Sugars: 8g               |     |
| Includes 0g Added Sugars       | 0%  |
| <b>Protein:</b> 4g             | 8%  |
| Vitamin D: 0.1mcg              | 0%  |
| Calcium: 120mcg                | 10% |
| Iron: 0.6mcg                   | 4%  |
| Potassium: 260mcg              | 6%  |
| Vitamin A: (ret eq) 60ug       | 6%  |
| Vitamin K <sub>1</sub> : 20ug  | 18% |
| Vitamin C: 10mg                | 10% |

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*This recipe contains milk.*

# CSA SHARES FOR LATE SUMMER AND FALL

Summer and fall's bounties are a nutritional treasure trove!

By Ashli Minor, MS, RDN, LDN, CLC

Summer may be drawing to a close, however, we are still surrounded by a bountiful offering of local CSA (Community Supported Agriculture) shares throughout the county.

CSA is a platform whereby consumers buy into a farm's harvest share in advance of the growing season, thereby becoming a member of the farm. Upfront payment allows for the farmer to buy seed and plan for the produce they'll plant for the season, based on member participation.

Costs vary from farm to farm and location to location, with an average half-to-full share costing in the area of \$400-\$750 per season.

In return for their membership fee, consumers receive a variety of freshly picked, in-season, organic vegetables every week. Some CSAs also offer fruits, herbs, meats, eggs, dairy, and flowers. In the Berkshires, CSA season runs from June to November, with members getting more than their money's worth in farm-fresh produce.

CSAs are a win-win proposition—members eat healthy, sustainably produced, local food while supporting a neighboring farmer. Furthermore, CSAs often offer on-farm social and educational activities for members, allowing for further connection and understanding of the land and its farmers.

Scan the code for more information.



## Pesto Quinoa Zucchini Boats

Serves: 8 | Calories: 180 per 252g serving

### Ingredients

- 4 medium zucchini
- 2/3 cups quinoa
- 16 oz. water
- 1 can chickpeas
- 1 cup grape tomatoes
- 1/2 red onion
- 1 medium cucumber

### Pesto Ingredients

- 1 bunch of basil or parsley
- 1 lemon
- 1 clove garlic
- 1/4 cup avocado oil
- pine nuts or walnuts (optional)
- nutritional yeast or Feta

### Directions

- Preheat the oven to 350° F.
- Make the **pesto**. Remove the **basil** or **parsley** leaves from the stems and set aside.
- Using a blender or food processor, add the **basil/parsley, garlic, nutritional yeast/Feta, pine nuts/walnuts** and **lemon juice**.
- Blend or pulse the ingredients, while slowly adding the **avocado oil**. Continue to blend until the oil is fully incorporated and mixture is smooth. Set aside.
- Wash all vegetables thoroughly. Rinse the **chickpeas** and **quinoa** until the water runs clear.
- Cut all the **zucchini** in half lengthwise, and use a spoon to scoop out the flesh.
- Place the **zucchini** on a baking sheet and drizzle with **avocado oil**. Roast for about 20 minutes, or until soft and lightly browned.
- Add **water** and **quinoa** to a pot and bring to a boil. Simmer for 10-15 minutes, or until the water has boiled off. Set aside.
- Roll the **lemon** firmly on a counter to release the **lemon juice**. Cut in half and squeeze juice into a small bowl.
- Slice the **cucumber** in half lengthwise, and in half again. Then cut into small pieces, and set aside.
- Cut the top off of the **red onion**, and cut in half. Remove the outer layer. Cut the onion into thin slices, then chop into small pieces and set aside.
- Cut the **grape tomatoes** in half and set aside.
- In a large mixing bowl add the **quinoa, chickpeas, grape tomatoes, red onion, cucumber** and half of the **pesto**. Lightly toss until well incorporated.
- Spoon the quinoa salad into the zucchini boats.
- Serve and enjoy!!



Scan for the video & nutritional information.

## SEAFOOD WATCH CONSUMER'S GUIDES

Regional guides to check the ratings of popular seafood items when dining and shopping

Many of the fish we enjoy are in trouble due to destructive fishing and farming practices. You can make a difference for our ocean by making responsible seafood choices.

To find sustainable seafood wherever you live or travel, scan the code to choose a region and download a printable guide.



# OUR NUTRITION TEAM

CHP's staff of licensed nutritionists are here for you!



## Erin Pacheco

MS, RDN, LDN, CLC

Nutritionist

epacheco@chpberkshires.org

Erin is a registered dietitian and certified lactation counselor, with a focused expertise in childhood and adolescent weight management.

She earned her BS in health studies at Boston University and her MS in nutrition at the University of Vermont. Ms. Pacheco works with patients at Barrington OB/GYN as well as with WIC clients at CHP Family Services.



## Annie Schwartz

MS, RDN, LDN

Nutritionist

aschwartz@chpberkshires.org

Annie is a nutritionist at CHP working at the Great Barrington Health Center.

A graduate of Columbia University Teachers College, she holds a master's degree in nutrition and exercise physiology.

Annie is a Health at Every Size (HAES)<sup>®</sup> aligned clinician and is currently pursuing additional training to become a Certified Body Trust<sup>®</sup> Provider through BeNourished as well as to become a Certified Intuitive Eating Counselor from the Original Intuitive Eating Pros<sup>®</sup>.

**“The greatest wealth is health.”**

—Virgil

## A CLOSER LOOK AT THE CONNECTION BETWEEN WEIGHT AND HEALTH

Some of our long-held beliefs are being called into question.

By Annie Schwartz, MS, RDN, LDN

Is the connection between weight and health really what we've been led to believe? Most anyone you ask would almost immediately insist that yes, it is and we must lose weight to reach a “normal weight” to ensure we avoid all the health consequences typically attributed to “obesity”. However, there is a growing body of research that refutes this long held belief, and actually suggests that our continued attempts to reach that goal may actually be negatively impacting our health.

First, while the BMI is an extremely poor indicator of health on an individual level we do actually see on a population level that having a BMI in the ‘overweight’ category actually has the lowest all-cause mortality risk, and that having a BMI in the ‘obese’ category actually has the same all-cause mortality as the ‘normal’ BMI category.

Second, we see that it is nearly impossible to lose weight and keep it off long term—the success rate is in the single digits—and nearly 1/3 to 2/3s of those weight loss attempts will regain



more weight than what they started with. Many will be familiar with this experience, and what do you do when you regain the weight? Try to lose weight again—and this pattern of weight loss and regain is called Weight Cycling, which is associated with a host of health risks including increased risk of cardiovascular disease, and increased risk of all-cause mortality.

So what can you do to support your health instead of trying

to lose weight? Focus on sustainable health behaviors like engaging in physical activity that you enjoy, consuming a wide variety of foods and practicing self-care/stress management as you are able.

*If you are interested in learning more, check out these resources:*

**Anti-Diet** by Christy Harrison

**Body Respect** by Lucy Aphramor and Lindo Bacon

**Maintenance Phase** podcast hosted by Aubrey Gordon and Michael Hobbs

# THE MEDICINAL POWER OF HERBAL TEA

*A flavorful way to reap the benefits of hydration.*

By Stacy Strain, CHW

Hydration is one of the key factors to being your healthiest and very best self, so daily water intake is a must, right? To jazz up the flavor and reap the benefits of hydration, try adding medicinal and nourishing herbs to your daily water boosting your overall wellness in every cup!



Listed below are five of the many powerhouse herbs and their benefits that will keep you in tip top health—along with their outstanding benefits.

- **Ginger** helps improve digestion, can be used for nausea relief, and boosts your immunity. Drink it in the morning to start your day off with a healthy gut.
- **Red Raspberry Leaf** is great overall for women's health. It is safe to use during pregnancy, eases PMS symptoms, is rich in antioxidants (which prevents cell damage), and is great to drink multiple times throughout your day.
- **Dandelion Root** is a great coffee substitute that helps with detoxifying and cleansing. It contains potassium that helps your kidneys filter out toxins, and is a diuretic which helps relieve mild constipation. It's also a great liver tonic.
- **Turmeric** is known for its anti-inflammatory qualities which has been said to help to slow growing cancer cells and prevent Alzheimer's. It is also good for immunity support. **Note:** black pepper can increase curcumin absorption—the antioxidant found in Turmeric
- **Calendula** calms the nervous system, eases muscle tension, is great for soothing a sore throat. It's also good for wound care healing and has anti-inflammatory properties.

## Preparing your tea

Steep 1 tsp to 1 Tbsp of tea in water that is nearly boiling water for 10 to 15 minutes. The longer the steep, the more intense the flavor and medicinal benefits will be.

Sip throughout the day, being mindful that drinking an increased amount of liquids before bedtime may keep you up at night.

Buying organic loose tea and herbs and reputable brands of bagged tea will give you the most medicinal benefits. Buying organic eliminates your risk of added pesticides/herbicides that have been sprayed on conventional teas.

When buying bagged tea, you want to be mindful to check labels so there are no added sugars or any unwanted ingredients—just the best tea and herbs available.

**Bonus:** Buying in bulk is more economical than buying packaged brands off the self.

## WIC Info Berkshire South WIC & Family Services

442 Stockbridge Road | Great Barrington, MA 01230 | 413.528.0457

WIC is still offering phone and video visits in lieu of office visits. In-person appointments are also now available. Call for your appointment.

# HEALTHY PREGNANCY

*(continued from page 1)*

A special effort should be made to include foods rich in calcium, iron, folate, fiber, and omega-3 fatty acids. Here are our suggestions for healthy eating during pregnancy to support a healthy baby!

**Calcium** helps give your baby strong bones and teeth. If you don't have enough in your diet, your baby will take calcium from your bones and teeth. Choose broccoli, almonds, tofu, milk, yogurt and cheese.

**Iron** helps build healthy blood to carry nutrients to the baby. Consuming iron rich foods with a Vitamin C source will help increase the absorption of iron. Choose dried beans/legumes, peas, whole grain bread, poultry, lean red meat and enriched cereals. Pair with citrus, strawberries, tomatoes, bell peppers and cruciferous vegetables.

**Folate** helps decrease the chance of your baby being born with birth defects. Choose spinach, asparagus, kale, collard greens, whole grain breads and cereal and fresh fruits.

**Fiber** helps relieve constipation and helps prevent blood sugar spikes. Choose fresh fruit and vegetables, whole grain breads and cereals and beans/legumes.

**Omega-3 fatty acids** promote brain and eye development for the baby and encourage fetal weight gain in the third trimester. Choose wild-caught salmon, ground flaxseeds, almonds, walnuts, organic soy and omega-3 rich eggs.

## FOLLOW CHP ON SOCIAL MEDIA

Scan the code for all our social accounts

