



Winter 2022

chpberkshires.org

# Nutrition & Health News

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

## WINTER LIGHTS & LONGER NIGHTS

*How to avoid the affects of seasonal affective disorder*



*Chrissy Garner MS, CNS, LDN, CPT*

The “Winter Blues,” also known as seasonal affective disorder (SAD) is a type of depression that’s believed to be caused by the changing seasons and longer nights. Typically, symptoms begin to worsen around fall and peak during the winter. Symptoms of SAD are similar to other forms of depression, such as feelings of hopelessness, lack of concentration, social withdrawal, and fatigue. To lessen these feelings and to maintain positivity during the darker months add some of these nutrients into your day!

**Omega 3 Fats** are an essential fatty acid which has anti-inflammatory properties and are known to support brain function. Some delicious sources are salmon (aim for three servings weekly) sardines, olive oil, almonds, walnuts, and flax seeds.

**Vitamin D** is known as the “sunshine vitamin.” Reaching 10-20 minutes of sun exposure daily can supply adequate amounts in the summer months. Until we get there, include food and supplement sources. Add some organic dairy, eggs, mushrooms, tuna and salmon to your weekly menu.

**Magnesium** is one of the most essential minerals in the body. It has been connected to positive brain chemistry. When feeling stressed, magnesium can be one of the first minerals leached from the body. Add these food sources for a dose of positivity and relaxation. Leafy greens, legumes, whole grains, cashews, and pumpkin seeds.

Low levels of **B-Vitamins** such as B6, B12 and Folic Acid have been linked to depression. Add a few servings each day of the following foods in order to maintain energy levels and a positive outlook. Leafy greens, oatmeal, sunflower seeds, oranges, lentils, black-eyed peas, and soybeans, lean beef, clams, oysters, crab, wild salmon, eggs, and organic dairy products.

**“People don’t notice if it is winter or summer, when they are happy.”**  
—Anthony Chekhov

## INTUITIVE EATING

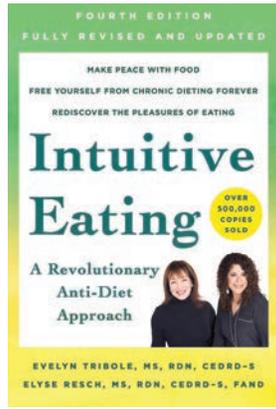
*A new year’s resolution you can actually keep*

*Annie Schwartz, MS, RDN, LDN*

Typically, New Year’s resolutions revolve around a renewed resolve to embark on a new diet or exercise regimen, but as the reality of our busy lives sets in, our resolve inevitably breaks down over time and we’re back to our old habits. In contrast, embarking on a journey to become an intuitive eater offers a more sustainable and rewarding alternative.

Intuitive eating actually tells us to let go of restrictive food rules and the dieting mentality and instead focus on our body’s internal hunger and satiety signals. It is important to remember, however, that this is not the hunger and fullness diet.

Intuitive eating is rooted in self care rather than self-control, and encourages us to give ourselves unconditional permission to eat all foods, with



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# FIVE FOOD TRENDS FOR 2022

Which will you try?

Erin Pacheco, MS, RDN, LDN, CLC

It's always fun to look at the new and exciting food fads and developments that are predicted for the new year! These predictions are compiled by culinary experts and food buyers and foragers and are based on consumer preferences and product sourcing trends.

## 1. Plant-based everything

The latest development in this trend is seafood, including plant-based tuna and salmon. Also expect to see a wide variety of vegan bacons and even plant-based buffalo dip. This trend allows vegetarian diets to become more exciting and attainable.

## 2. Hibiscus

This colorful plant, often found in tea is rich in vitamin C. Expect to find its sweet, tart flavor in many food and drink products.

## 3. Sunflower seeds

This seed (in butter form) has gained popularity as a non-allergenic alternative to peanut butter. Expect to see sunflower butter breaking into crackers, ice cream and cheese.

## 4. Functional beverages

Beverages infused with probiotics and prebiotics are anticipated to be all the rage. Consumers are eager to boost their gut health while enjoying a nice drink.

## 5. Mushrooms

Gaining traction with the plant-based movement, mushrooms offer a whole-food meat alternative. Mushrooms can sometimes be used to replace meat in recipes, given their hearty texture and absorbent quality.

### SOURCES:

Whole Foods Market <https://bit.ly/3zls4P0>  
Delish.com <https://bit.ly/3GexqnC>

# TUNING IN TO YOUR PERSONAL NEEDS

Learning to listen to your inner voice and what it's telling you



Stacy Strain, CHW

What is your body calling for—have you asked it lately? What is it saying deep down rooted in the belly of your core? There are signals our bodies relay to us all the time, however, if we're in a constant state of stress, overwhelmed, and preoccupied with busying ourselves, we might not recognize the signals. Feelings of depression, anxiety, aches and pains, and digestive discomfort are some of the symptoms that can manifest within ourselves telling us a shift needs to be made.

So how do we honor these signals and tap into what our body is actually calling for? By giving yourself permission to go inward and using tools to help release physical, mental, and emotionally depleting factors you can start to listen to your body's innate call. Following are a few basic tips.

**Keep it simple.** Eat whole foods such as fruits, vegetables, and protein with intentions to nourish.

**Enjoy time outdoors.** Play in the park, enjoy the wonders of nature on a hike, or a stroll to your favorite place.

**Drink half your body weight in water per day.** Add lemon, lime, or other fruit to give your hydration a boost

**Breathe full conscious breaths** into your belly and hold for just a moment before you exhale letting a gentle sigh or hum release from your mouth. Repeat.

**Allow moments of stillness in your day** by simply closing your eyes and being fully present.

**Express gratitude every morning** before you get out of bed, and every evening before closing your eyes.

Be kind to yourself by taking time for you in any way that makes you smile, express your love for others daily, and be mindful in taking care of Mother Earth. Recycling is a great start

Remember, each day will be different so honor where you are. It's okay to sit with uncomfortable feelings and feel what needs to be felt. Your body has an innate ability to heal itself, so allow it to do what it does best.

Know that there is a message the universe is sending you. Listen and ask yourself, "what is the message?"

## 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.



CHP spent \$95,000 last year to buy food from local farmers, to help feed local families

# RECIPE FOR A HEALTHY LIFE

*Carrot Lentil Soup—heartly, healthy, and easy to make!*

*Hannah Paterson, Culinary Nutritionist*

Few things can tame the chill of winter and warm you up better than a hot, hearty bowl of soup—and this recipe for carrot lentil soup couldn't fit the bill any better.

Commonly known as Dahl in India, this flavorful and protein-packed vegan soup is a nutritional wonder featuring 17 grams of protein and 32% of your daily recommended iron per serving—all thanks to the lentils!

Lentils are also very high in fiber which is great for healthy digestion and low on the glycemic index which aids in blood sugar control.

Make it on your stove top or in a Crock Pot,\* but whatever you do, just make it!

Cheers, and here's to a new year of happy, and healthy eating!

## Carrot Lentil Soup

Serves: 8 | Prep: 30 minutes + Cooking Time: 1 hour  
Calories: 300 per 2 cup (584g) serving

### Ingredients

- 1, 16 oz. bag **lentils** (red or orange preferred)
- 1 pound **carrots**
- ½ bag frozen or 1 can of **peas**
- 3 small **onions**
- 1-2 **sweet potatoes**
- 1 oz **ginger root**
- 1 gallon of **water** or **vegetable stock**
- 1 **lemon**
- 2 Tbsp **coconut** or **olive oil**
- 2 cups **spinach** (optional)
- 1 head of **cauliflower** (optional)

### Suggested seasonings

- 1 Tbsp **oregano**
- 1 tsp **paprika**
- 1 tsp **turmeric**
- ½ tsp **cumin**
- 1 tsp **garlic powder** or 2 tsp **fresh garlic**

### Additional Nutrition Facts

<b>Total Fat:</b> 3g	<b>Total Sugars:</b> 8g
<b>Cholesterol:</b> 0mg	<b>Calcium:</b> 70mg
<b>Sodium:</b> 80mg	<b>Iron:</b> 4.1mg
<b>Carbohydrates:</b> 56g	<b>Potassium:</b> 520mg
<b>Dietary Fiber:</b> 11g	<b>Vitamin A:</b> (ret eq) 16ag

### Directions

- Thoroughly wash all vegetables and rinse the lentils until the water runs clear.
- Peel the sweet potatoes and carrots and dice into ½ inch cubes. Set aside.
- Cut the onion in half and remove the outer skin. Cut into thin slices, then chop into small pieces. Set aside.
- Cut a 1" piece off of the ginger root and peel with a small paring knife. Mince ginger into very small piece. Set aside.
- Roll the lemon on the cutting board to get release the juice and cut in half. Juice 1/2 of the lemon into a small bowl and set aside.
- Heat a large pot on the stove to a medium high heat. Add the coconut oil.
- Add the carrots, onions, and sweet potatoes to the large pot. Cook until the onions are translucent and the carrots are slightly tender.
- Add the ginger, seasonings, and lentils. Cook for 1-2 minutes toasting the lentils lightly.
- Add all of the water/veg stock to the large pot. Bring to a boil and then reduce heat to a simmer.
- Simmer for 15 minutes, stirring occasionally.
- Remove ~1 quart of the soup, and add to a blender.
- Blend until a smooth, thick texture is reached, then add back into the large pot.
- Add the peas, optional spinach and/or cauliflower florets, and simmer for 1-2 more minutes.
- Remove from heat. Add the lemon juice and stir thoroughly.

*Serve and enjoy!*

\* For Crock Pot instructions, visit > <https://bit.ly/332OuyE>



# OUR NUTRITION TEAM

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



**Chrissy Garner**  
MS, CNS, LDN, CPT  
Clinical Director of Nutrition  
cgarner@chpberkshires.org

My name is Chrissy Garner and I am the Director of Clinical Nutrition at Community Health Programs.

Our clinical team offers one-on-one, personal care to patients in order to address everyone's individual health needs.

Our team offers evidence-based nutrition education and counseling with a focus on prevention and management of individual health concerns.

We collaborate with your health care provider for a team-focused approach in order to offer you the best care possible.

Do you have nutrition questions you would like answered? **Contact CHP at 413-528-9311** and make an appointment to visit with one of our clinical providers.



**Ashli Minor**  
MS, RDN, LDN, CLC  
Nutrition Program Coordinator  
Flexible Services  
aminor@chpberkshires.org

My name is Ashli Minor and I am a Registered Dietitian who oversees the Community Programs at CHP.

At Community Programs we service WIC, MassHealth members, and anyone in need of resources for food and nutrition education under these umbrellas.

Our programs work in collaboration with our Mobile Health Unit, which is fully staffed with medical professionals who outreach to all of Berkshire County.

If you are interested in our programs or have questions of eligibility, please visit us at [chpberskires.org/services/nutrition](http://chpberskires.org/services/nutrition) or send an email to [nutritionclub@chpberkshires.org](mailto:nutritionclub@chpberkshires.org).



## PATIENT SUCCESS STORY

*Consulting a nutritionist changed Isabelle's life. It can change yours too!*



After struggling with food and body image for almost 3 years in January 2021 I decided to take the first step towards gaining a better relationship with food through seeing a nutritionist at Community Health Programs. I was set up with Chrissy Garner, who has not only been my nutritionist, but has played the role of a best friend and therapist too. Through her nutritional education I was able to learn how to create a better relationship with food.

The first steps included learning how to set up my calories to gain weight without making myself feel sick. This was a tough process, but over this past year I have gained almost 20 pounds,

bringing me to a healthy weight.

Chrissy also gave me techniques outside of standard nutritional advice, such as, how to cope with difficult situations and not turn to food as a solution. I was able to use these skills we discussed in my daily life which has enhanced my recovery.

Seeing a nutritionist, and more specifically Chrissy, has changed my life significantly. She has always been there for me and my quality of life and recovery journey has truly been enhanced through her constant support.

*Pictured to the left: Isabelle Conlon, Engineering Student, Northeastern University, Boston*

# TWO MORE WAYS WE KEEP YOU HEALTHY

Programs to assist healthy eating that you should know about



Ashli Minor, MS,RDN,LDN,CLC

Community Health Programs (CHP) offers two ongoing grant-based programs for Berkshire Fallon Health Collaborative members in partnership with the Accountable Care Organization (Medicare) and Berkshire Health Systems. Both programs are eligibility based.

Our first program, known as “The Nutrition Club,” provides access to local produce from farms across Berkshire County, targeting two demographics: high risk prenatal and postpartum moms and diabetics. This program subsidizes weekly CSA shares for members in season (June-October) and weekly healthy food bags out of season

(November-May), using local vendors and winter farm shares. We offer a halfshare per member, consisting of healthy produce such as sweet potatoes, onions, carrots, fennel, eggplant, lettuces, radishes, watermelon, arugula, snap peas, turnips, and apples to name just a few. We also provide organic eggs and meat. Our CSA shares support eight local farms and growers in the county. Each week we pack these bags with healthy and nutrient dense foods and disperse them in three locations throughout Berkshire County. We provide nutrition education and YouTube recipe videos along with culinary social media information.

Our second program is a seven week long gift card option to support members of BFHC who have any medical or behavioral concerns. Each week a member receives a \$40 grocery store card to buy nutritious foods, totaling \$280. These members also have access to all of the social media recipes and information as well as to our nutrition education and resources.

If you are interested in learning more about the programs, contact us at: [nutritionclub@chpberkshires.org](mailto:nutritionclub@chpberkshires.org)

# INTUITIVE EATING

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particular attention to those foods we deem forbidden or off limits. While we may feel like we are overindulging in our favorite forbidden foods in the beginning of our journey, unconditional permission to eat all foods actually makes those foods less desirable over time. Once we know we can have access to them whenever we want them, we eventually find balance.

You might be asking yourself right about now, “but how could this possibly be healthy?” Intuitive Eating has actually been around for over two decades now, and there is a wonderfully robust set of literature that shows Intuitive Eating is associated with a host of positive health markers, including improved blood pressure, blood lipids, and glycemic control. Intuitive eaters also have higher self-esteem, a greater sense of well-being and optimism, increased body acceptance and appreciation and life satisfaction.

If you are interested in learning more, check out *Intuitive Eating*, 4th Edition by Evelyn Tribole MS, RDN, CEDRD-S and Elyse Resch, MS, RDN, CEDRD-S, FAND. If you are looking for support while embarking on your journey to become an intuitive eater, inquire about scheduling an appointment with a member of the Nutrition Team.

## FOLLOW CHP ON SOCIAL MEDIA...



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CHP Family Services: @chpfamilyservices  
CHPNutrition Club: @thenutritionclub\_of\_chp



CHP: [bit.ly/3IUdTd6](https://bit.ly/3IUdTd6)  
CHP Nutrition Club Playlist: [bit.ly/3rcAhbr](https://bit.ly/3rcAhbr)

**“Take care of your body.  
It’s the only place you have to live.”**

—Jim Rohn

