



A lifestyle approach to improving mood and wellbeing

"LET THY FOOD BE THY MEDICINE AND THY MEDICINE BE THY FOOD."

HIPPOCRATES

Pesticides, Mental Health, and You!

As the Summer months are approaching, many of us will change our eating patterns to include more fresh fruits and vegetables. Salads, grilled vegetables, corn on the cob, and fresh melons will grace many home and picnic tables. And this is GOOD! However, there is something to be aware of when preparing these Summer dishes; the presence of dirt, bacteria and even pesticide residue on any non-organic fresh food item.

In the United States, pesticides are commonly used in agriculture to protect crops from pests, diseases, and weeds, ensuring higher yields, better quality produce, and food security. But the downside to pesticide use is the short and long-term effects pesticides can have on our physical and emotional wellbeing. Pesticide exposures have been linked to causing and exacerbating depression, anxiety, bi-polar disorder, aggression, psychosis, dementia, ADHD, and more

There are some things you can do, however, to protect yourself and minimize your exposure to these residual chemicals.

Tips For Reducing & Avoiding Pesticides on Produce

- Whenever possible, buy organic. Even foods marked "pesticide free" may not actually be pesticide free. But organic foods are regulated and monitored.
- Run produce under cold water for 15 to 20 seconds before using. For heads of lettuce or other greens, turn them upside down after washing to drain. Use a soft brush to scrub the outside skin of items like apples, carrots, and potatoes.
- There's no need for anything other than water. There's little evidence that soaps or special rinses wash away pesticide residues.
- Peeling fruits and vegetables will not remove all pesticides, but will remove a lot of important nutrients and fiber. It's better to wash them thoroughly!
- Produce from farmer's markets may not be organic and may contain pesticides. Never assume, and always ask!

Whole Food Recipe Of The Month: Grilled Eggplant & Asparagus Salad

Ingredients

- 32 asparagus spears, trimmed
- 2 small Italian eggplants, cut into 1/2-inch thick spears
- 4 tomatoes, sliced
- ½ teaspoon salt, or as needed
- 3 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- salt and ground black pepper to taste
- 6 cups chopped romaine lettuce
- 2 cups chopped endive
- 2 tablespoons shredded Parmesan cheese, or more to taste



Directions

- Preheat grill for medium heat and lightly oil the grate.
- Toss asparagus, eggplant, and tomatoes with about 1/2 teaspoon salt.
- Arrange vegetables on the preheated grill; cook until tender, 5 to 7 minutes per side.
- Whisk olive oil and vinegar in a bowl until smooth; season to taste with salt and black pepper. Toss romaine, endive, and dressing together in a large bowl.
- Serve grilled vegetables atop the dressed lettuce mixture; sprinkle with Parmesan cheese.



The Food and Thought Program works to promote awareness and provide short term counselling around the important link between nutrition and emotional health. For more information or for a referral to the program, please contact the Food and Thought Program at 781-599-0110. Sources for this month's newsletter: <https://mdpestnet.org/wp-content/uploads/2022/08/Can-Pesticides-Impact-Mental-Health.pdf>, <https://www.consumerreports.org/health/food-contaminants/how-to-protect-yourself-from-pesticides-in-produce-a4482576266/?mssockid=201c84dac00468390cb49159c12469b4>; <https://www.allrecipes.com/recipe/223370/grilled-eggplant-and-asparagus-salad/>

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Un enfoque de Estilo de vida para mejorar el estado de animo y el bienestar.

"QUE TU ALIMENTO SEA TU MEDICINA Y TU MEDICINA SEA TU ALIEMNTO."

HIPPOCRATES

¡Los pesticidas, la salud mental y tú!

A medida que se acercan los meses de verano, muchos de nosotros cambiamos nuestros hábitos alimenticios para incluir más frutas y verduras frescas. Ensaladas, vegetales a la parrilla, maíz en mazorca y melones frescos adornan muchas mesas en el hogar y en picnics. ¡Y esto es BUENO! Sin embargo, hay algo que debemos tener en cuenta al preparar estos platos de verano: la presencia de suciedad, bacterias e incluso residuos de pesticidas en cualquier alimento fresco no orgánico.

En los Estados Unidos, los pesticidas se utilizan comúnmente en la agricultura para proteger los cultivos de plagas, enfermedades y malezas, asegurando mayores rendimientos, productos de mejor calidad y la seguridad alimentaria. Pero la desventaja del uso de pesticidas son los efectos a corto y largo plazo que pueden tener en nuestro bienestar físico y emocional. La exposición a pesticidas se ha relacionado con causar y agravar la depresión, la ansiedad, el trastorno bipolar, la agresividad, la psicosis, la demencia, el TDAH y más.

Sin embargo, hay algunas cosas que puedes hacer para protegerte y minimizar tu exposición a estos químicos residuales.

Consejos para reducir y evitar pesticidas en los productos frescos

- Whenever possible, buy organic. Even foods marked "pesticide free" may not actually be pesticide free. But organic foods are regulated and monitored.
- Run produce under cold water for 15 to 20 seconds before using. For heads of lettuce or other greens, turn them upside down after washing to drain. Use a soft brush to scrub the outside skin of items like apples, carrots, and potatoes.
- There's no need for anything other than water. There's little evidence that soaps or special rinses wash away pesticide residues.
- Peeling fruits and vegetables will not remove all pesticides, but will remove a lot of important nutrients and fiber. It's better to wash them thoroughly!
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Receta del mes con alimentos intregales:

Ensalada de berenjena y espárragos a la parrilla

Ingredientes

- 32 espárragos, recortados
- 2 berenjenas italianas pequeñas, cortadas en tiras de 1/2 pulgada de grosor
- 4 tomates, en rodajas
- ½ cucharadita de sal, o al gusto
- 3 cucharadas de aceite de oliva
- 2 cucharadas de vinagre balsámico
- sal y pimienta negra molida, al gusto
- 6 tazas de lechuga romana picada
- 2 tazas de endibia picada
- 2 cucharadas de queso parmesano rallado, o más al gusto



Instrucciones

- Precalienta la parrilla a fuego medio y engrasa ligeramente la rejilla.
- Mezcla los espárragos, la berenjena y los tomates con aproximadamente 1/2 cucharadita de sal.
- Coloca los vegetales en la parrilla precalentada; cocina hasta que estén tiernos, de 5 a 7 minutos por lado.
- Bate el aceite de oliva y el vinagre en un tazón hasta que quede una mezcla homogénea; sazona al gusto con sal y pimienta negra. Mezcla la lechuga romana, la endibia y el aderezo en un tazón grande.
- Sirve los vegetales a la parrilla sobre la mezcla de lechuga aderezada; espolvorea con queso parmesano.



El Programa de Alimentación y Pensamiento trabaja para promover la concientización y brindar consejería a corto plazo sobre la importante conexión entre la nutrición y la salud emocional. Para más información o para una derivación al programa, por favor contacte al Programa de Alimentación y Pensamiento al 781-599-0110. Fuentes de este boletín mensual: <https://mdpestnet.org/wp-content/uploads/2022/08/Can-Pesticides-Impact-Mental-Health.pdf>, <https://www.consumerreports.org/health/food-contaminants/how-to-protect-yourself-from-pesticides-in-produce-a4482576266/?msocid=201c84dac00468390cb49159c12469b4>; <https://www.allrecipes.com/recipe/223370/grilled-eggplant-and-asparagus-salad/>

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