



Good Food News

Weeks of
April 11 th and
April 18th 2006

CHANGING DIETS, CHANGING MINDS:

how food affects mental well being and behaviour

Changes in western diets and farming methods over the last 50 years have played a major role in significant rises in mental health problems, according to two reports recently released in the UK: *Feeding Minds- the impact of food on mental health* and *Changing Diets, Changing Minds: how food affects mental well being and behaviour*.

Evidence linking diet to mood and behaviour has been growing for many years. This research lays out the evidence to show that what we eat and drink can also have an immediate and lasting effect upon our mental health, because of the way it affects the structure and function of the brain.

The campaign brings together previously separate evidence from many different specialist areas and discusses how the foods we eat may be affecting our mental health at various stages, from foetal brain development to Alzheimer's disease. Researchers say less nutritious and imbalanced diets have led to growing rates of depression, schizophrenia, attention deficit hyperactivity disorder and Alzheimer's.

The foods we consume daily are very different in nutritional content to those we ate more than fifty years ago. We are eating less nutritious fresh produce and more saturated fats and sugars. According to the report there has been a 34 per cent decline in vegetable consumption and a 59 per cent drop in the amount of fish eaten in the last 60 years. Only 13 per cent of men and 15 per cent of women now eat at least five portions of fruit and vegetables per day.

Partly because of the way food is produced and manufactured, many people are eating fewer vitamins and minerals. New substances, such as pesticides, additives and trans-fats have been introduced to the diet, which alone and together can prevent the brain from functioning properly. Industrialised farming has introduced pesticides and altered the body fat compo-

sition of animals farmed for meat. This and other factors have led to large reductions in key nutrients such as essential fats, vitamins and minerals being consumed by large parts of the population.

Especially important has been the drop in intake by most people of omega-3 fatty acids and an increase in the eating of foods containing omega-6 fatty acids. According to the research this has resulted in increases in depression, as well as concentration and memory problems.

The same diet that is widely accepted to be good for your physical health is also good for your mental health and has been shown to promote balanced moods and feelings of well being. A healthy balanced diet includes lots of different types of fruit and vegetables, wholegrain cereals, nuts and seeds, meat and dairy from sustainably reared (including organic) sources and oily fish from sustainable fisheries.

Courtney Van de Weyer, of Sustain, said: "The good news is that the diet for a healthy mind is the same as the diet for a health body.

"The bad news is that, unless there is a radical overhaul of food and farming policies - particularly on fish - there won't be healthy and nutritious foods available in the future for people to eat."

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For more info, including the complete reports, top tips, FAQ and much more on this topic, go to the project's website: www.mentalhealth.org.uk

Food Share

Save the date:
May 13th
FoodShare's AGM &
Annual Plant Sale
10 am to 2 pm
200 Eastern Ave.

Field to Table Centre
200 Eastern Avenue
Toronto, ON M5A 1J1
t. 416. 363. 6441 xt 221
f. 416. 363. 0474
e. gfb@foodshare.net
www.foodshare.net

working with communities to improve access to affordable healthy food - from field to table





recipes

Curried Butternut Squash Soup

serves 6

- 3 tablespoons extra-virgin olive oil or vegetable oil
- 1 cup chopped onions
- 4 cloves garlic, minced
- 1 tablespoon curry powder
- 1 teaspoon ground cumin
- Red (cayenne) pepper to taste
- 2 1/2 pounds butternut squash, peeled, seeded, halved lengthwise, and sliced thin
- 3 cups chicken or vegetable broth
- 3 cups water
- 1 pound tart apples, peeled, cored, and chopped
- Salt and pepper to taste

In a large soup pot over medium heat, heat olive or vegetable oil. Add onion and saute until golden brown. Add garlic, curry powder, cumin, and cayenne pepper; cook, stirring constantly, 30 seconds. Add squash, chicken broth, water and apples. Bring liquid to a boil; reduce heat to low and simmer, covered, 25 minutes or until squash is tender. Remove from heat and cool 15 to 20 minutes. Puree mixture in a blender or food processor, in batches, and transfer back into soup pot. Season with salt and pepper. At this point, soup may be refrigerated until ready to serve. To serve, warm over low heat, stirring until hot. Remove from heat and serve in soup bowls.

Best Baked

- Baking brings out the sweetness in butternut squash, caramelizing some of its sugars—and best conserves its beta-carotene content.
- Bake halved squash and serve plain, or bake, then fill with a stuffing and return to the oven until the stuffing is heated through (10 to 15 minutes).
- You can also bake squash halves, then scoop out the flesh and mash it with your favorite seasonings, then spoon the mashed squash back into the shells (sprinkle with grated cheese, breadcrumbs, chopped nuts, or sesame seeds, if desired) and return to the oven until heated through. Baked squash can also be substituted for pumpkin in pies.
- To bake, halve the squash lengthwise and scoop out the seeds and strings (can also be seeded after baking). Or cut the squash into serving-size pieces. Place the squash, cut-side down, in a foil-lined baking pan (its sugary juices may burn onto the pan). Pour about 1/4" of water into the pan, cover with foil, and bake in a 350°F to 400°F oven until the squash is tender when pierced with a knife or toothpick. Halfway through baking, the squash halves (or pieces) may be turned, cut-side up, brushed with a little melted butter or oil, and sprinkled with brown sugar and spices. Cooking times: for squash halves, 40 to 45 minutes; for cut-up squash, 15 to 25 minutes.



featured this week: Butternut Squash

Butternut squash is available year-round. The supply peaks in late summer and continues throughout the fall and winter. There is no such thing as an "overgrown" winter squash; and the longer the squash grows, the sweeter it will be.

Butternut's deep-orange flesh is richer in complex carbohydrates and, as you might guess by its color, in beta-carotene. Butternut squash is also a very good source of dietary fiber, and supplies vitamin C, magnesium, manganese, and a good amount of potassium.

The squash's rind should be uniformly tan, with no tinge of green. The rind should be smooth and dry, free of cracks or soft spots. Also, the rind should be dull; a shiny rind indicates that the squash was picked too early, and will not have the full sweetness of a mature specimen.

The squash should feel heavy for its size. If possible, choose a squash with its stem attached as this is an indicator of quality: The stem should be rounded and dry, not collapsed, blackened, or moist.

Butternut and other winter squashes are among the best-keeping vegetables. Uncut squash should keep for three months or longer in a cool, dry place. Storage below 50°F (as in the refrigerator) will cause squash to deteriorate more quickly, but refrigerator storage is acceptable for a week or two. Uncooked cut squash will keep for up to a week if tightly wrapped and refrigerated.

Nutrition News Butternut Squash/1 cup cooked
 Calories: 82 - Total fat: 0.2g - Saturated fat: 0 g -
 Monounsaturated fat :0g - Polyunsaturated fat: 0.1g
 Dietary fiber: 5.7g - Protein: 2g - Carbohydrate : 22g - Cholesterol: 0mg
 Sodium: 8 mg- Beta-carotene: 8.5 mg- Vitamin C: 31mg
 Magnesium: 60 mg - Manganese: 0.4mg - Potassium: 582 mg

by any other name...

- butternut pompoen - Dutch
- courge de butternut - French
- butternut Kürbis - German
- zucca di butternut - Italian
- squash de butternut - Portuguese
- calabaza de butternut - Spanish

DELIVERY DEADLINES

Coordinators:
 Please help us to serve you better
 by placing your order by these dates:

- for the week of: April 18th
 orders are due 5 pm Tues. April 11th
- for the week of April 25th
 orders are due 5pm Tues. April 18th



e. gfb@foodshare.net
 f. 416. 363. 0474
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