

Nutrition is for Everyone



NUTRITION NEWS

Abilene ISD

STUDENT NUTRITION DEPARTMENT

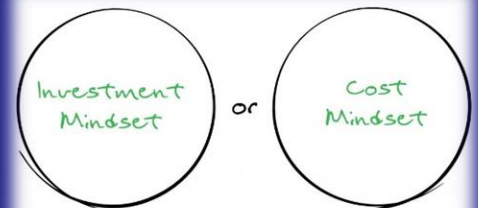
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Food for Thought

“If you think wellness is expensive, try illness.”

What kind of mindset do you have when it comes to your health? Do you have an investment mindset or a cost mindset? One of the determining factors when it comes to investing in one's health is money. We all want to be smart with our money, but let's be real, we are going to spend that money one way or another, so might as well be on our health and in a way that is going to help us feel and look good. Unfortunately, for those with a cost mindset won't see it that way. Instead they look at money being spent through a short term and scarcity lens, and sadly these are the same people that are in debt to medical bills, surviving on medications, missing work due to consistent illness, or lacking energy and motivation to do the enjoyable things that matter in life. An investment mindset leaves room for added value in one's life because this requires that you look at the bigger picture and see things through a long term lens. Spending money on a coach, splurging on the supplements, paying for a gym membership, signing up for healthy meal deliveries to your door, etc., are all investments in health now that will add quality to one's life later down the road. Which mindset do you have?



- Food for Thought: Investment Mindset or Cost Mindset?
- Portion Distortion



- Move Your Beautiful Body
- Recipe of the Month
- Motivational Quote of the Month

FitFUTURE

Strategies for
Better Living.

PORTION DISTORTION

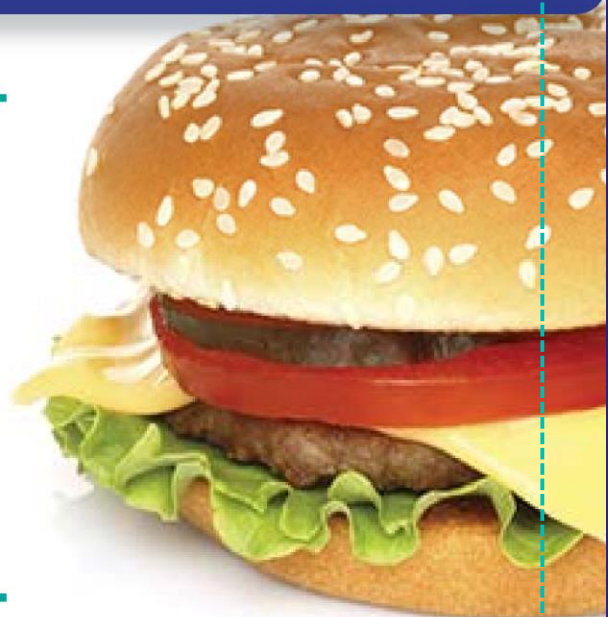
THEN

333 Calories



NOW

590 Calories



by Susan Figaro Grace, MEd, RD, CWC

Food portions over the years have increased tremendously. Eating sensible amounts of foods is not easy with a food environment that promotes overeating. For example, restaurants offer “all you can eat” buffets and serve large amounts of food on platters rather than dinner plates.

Portions and Servings: What's the Difference?

A **portion** is the amount of food that you choose to eat for a meal or snack.

A **serving** is a measured amount of food or drink, such as one slice of bread or one cup (eight ounces) of milk.

Many foods that come as a single portion actually contain multiple servings. For example, look at the nutrition facts on the food label of a 20-ounce soda (usually consumed as one portion). It has 2.5 servings in it!

Tips to Curb Portion Distortion:

- 1 If you feel hungry between meals, eat a healthy snack, like a piece of fruit or small salad, to avoid overeating during your next meal.
- 2 Turn off the television when eating. Distracted eating leads to overeating.
- 3 To minimize the temptation of second and third helpings, offer one serving of meat and grain per person at the meal and only allow seconds on fruits and vegetables.
- 4 When eating at a restaurant, ask the wait person for a “to-go” box and wrap up half your meal as soon as it's brought to the table.
- 5 Store tempting, high-calorie foods, like cookies, chips, or ice cream, out of immediate eyesight, like on a high shelf or at the back of the freezer. Move the healthier food to the front, at eye level.
- 6 While buying in bulk can save you money, it may add extra inches to your waistline if you are not careful about dividing the food into reasonable, one serving containers.

Comparison of Portions and Calories: 20 Years Ago to Present Day

	20 Years Ago		Present Day	
	Portion	Calories	Portion	Calories
Bagel	3" diameter	140	6" diameter	350
Cheeseburger	1 burger	333	1 burger	590
Spaghetti with meatballs	1 cup sauce 3 small meatballs	500	2 cup sauce 3 large meatballs	1,020
Soda	6.5 ounces	82	20 ounces	250
Blueberry Muffin	1.5 ounces	210	5 ounces	500

LEARN MORE

http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/portion_size



MOVE YOUR BEAUTIFUL BODY!

Try this 20 Minute Full Body Workout! No equipment needed!

Set your timer and complete as a circuit.

Exercise 1: 10 Burpees (with push-up for challenge)

Exercise 2: 20 Mountain Climbers (from plank position)

Exercise 3: 10 Side Lunges (each leg)

Exercise 4: 10 Walking Front Lunges (each leg)

Exercise 5: 15 Jumping Squats

Rest for 1-2 minutes and go again!

Philly-Style Beef Chowder with Cheddar and Onions



Ingredients:

- Olive oil
- 4 tsp. chicken broth concentrate
- 1 medium green onion
- 1 Tbsp. flour
- 2 tsp garlic pepper
- 10 oz. ground beef
- 2 oz. cream cheese
- 6 oz. mixed diced peppers
- 1 oz. shredded cheddar cheese

Serves 2

Instructions:

- 1) Prepare the ingredients. Trim and thinly slice green onions on an angle, keeping white and green portions separate.
- 2) Start the chowder. Place a medium pot over medium-high heat and add 1 tsp olive oil. Add ground beef, white portions of green onions, and diced peppers to hot pan. Break up meat until no pink remains and beef reaches a minimum internal temperature of 160 degrees, 4-6 minutes.
- 3) Finish the chowder. Add flour to hot pot and stir until no dry flour remains. Stir in 1 ¼ cups water, chicken base, garlic pepper, softened cream cheese, and ¼ tsp. salt. Bring to boil. Once boiling, let simmer and stir often until creamy and slightly thickened, 3-4 minutes. Remove from burner.
- 4) Finish the dish. Garnish chowder with shredded cheese, green portions of green onions. Enjoy!

"Success is a slow process, but quitting won't speed it up. You can't get much done in life if you only work on days when you feel good."

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