



## NUTRITION NEWS

Abilene ISD

STUDENT NUTRITION  
DEPARTMENT

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### WELCOME BACK AISD!

Another year behind us, another year before us. Let us make the most of it! May this year be the year we set forth with better intentions, wiser choices, kinder hearts, bigger smiles, more movement, smarter habits, and better informed eating practices. Let us aim to slow down and not conform to how fast paced society wants us to be. Let us think for ourselves and not let others think for us. Let us plant a richness of warmth, affection, and goodwill into each life we encounter. Let us be mindful that each given day is fleeting and we don't realize how wonderful moments actually are until they are distant memories.

Just some food for thought.

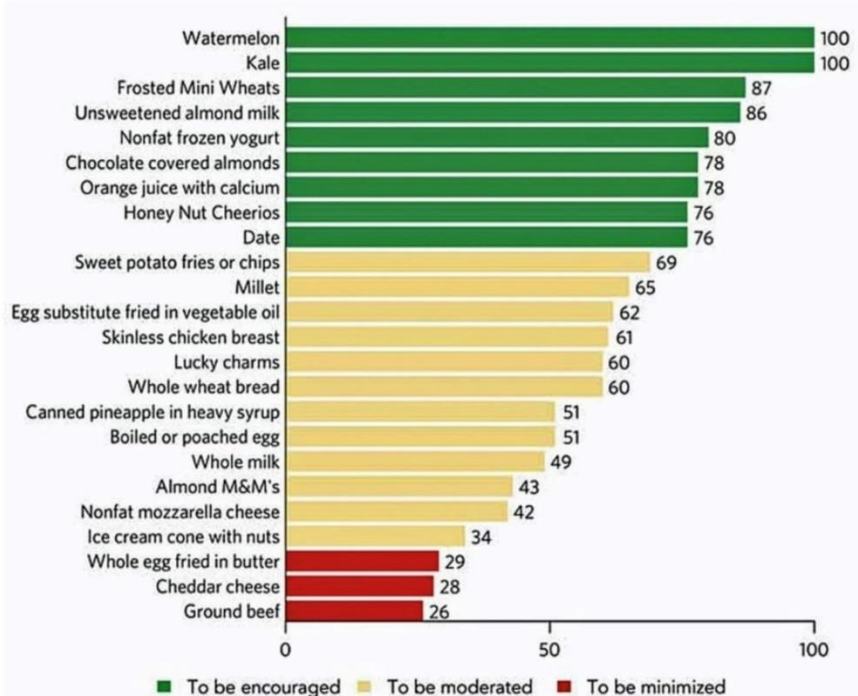


- Food for Thought
- Recent Food Compass and Correlation Between Chronic Diseases
- Tips for Dining Out



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- Recipe of the Month
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## 'Food Compass' Says Frosted Mini Wheats > Eggs



The graph shown on the left is considered one of the most “up to date” food guides. It’s a food scoring system, called the “Food Compass” and was published in Nature Food in 2021.

Now, some awareness needs to be brought to the puzzling fact that highly processed foods, such as Frosted Mini Wheats, Honey Nut Cheerios, and Lucky Charms are ranked higher and more encouraged than a whole egg, cheddar cheese, and GROUND BEEF!

If this chart is any indication of what kind of recommendations that are to come, then it is safe to make strong connections to the ever increasing morbidity from chronic diseases, such as and not limited to, diabetes, heart disease, cancer, arthritis, and overall inflammation, unbalanced hormones, and gut microbiome issues. It is these same sugary, processed foods so prominent in the Western diet that are causing such alarming health issues now being seen in even children all across the nation. It is frightening to know that there are now food recommendations, like high sugary, refined junk being deemed healthier and superior to that of real, nutrient dense foods, being passed and labeled as the “most comprehensive and science-based” nutrient profiling system to date that “clears up confusion to benefit consumers, policymakers.” This system could not be any further from the truth and needs to be debunked and questioned as to why it is our current and future nutrition/dietary guidelines.

“The single most important thing you can do every day to reduce your risk of chronic disease and change your biology is to choose real food.”

~Dr. Mark Hyman



# FitFUTURE

Strategies for  
Better Living.



by Susan Figaro Grace, MSED, RD, CWC

Below are tips to help you and your family eat healthy when dining out:

- Think ahead and plan where you will eat. Consider what meal options are available. Look for restaurants that offer healthy choices and a good variety to satisfy everyone's food preferences.
- Take time to look over the menu and make careful selections. Some restaurant menus may have a special section for "healthier" choices. For young children, offer 2-3 choices for them to pick from. This way you can steer them towards the healthier options.
- It's OK to make special requests, just keep them simple. For example, ask for a baked potato or side salad in place of French fries; no mayonnaise or bacon on your sandwich; sauces served on the side.
- Be mindful of your beverage choices. Water, low fat milk or unsweetened iced tea are best. Limit the amount of alcohol you drink in a day. No more than one drink for women and two for men per day.
- Boost the nutrition in all types of sandwiches by adding tomato, lettuce, peppers or other vegetables.
- If you do choose a buffet or all-you-can-eat restaurant, fill up on salads and vegetables first. Take no more than two trips and use the small plate that holds less food.
- Load up your pizza with vegetable toppings. If you add meat, make it lean ham, Canadian bacon, chicken or shrimp.
- Look for a sandwich wrap in a soft tortilla. Fillings such as rice mixed with seafood, chicken, or grilled vegetables are usually lower in fat and calories.
- Build a better breakfast sandwich. Try replacing bacon or sausage with Canadian bacon or ham. You can also order your sandwich on a whole grain English muffin or mini bagel.

## CHOOSE MORE OFTEN...

The following are terms on a menu that indicate the item has been made with lower fat cooking methods:

- |            |           |
|------------|-----------|
| • Baked    | • Boiled  |
| • Grilled  | • Broiled |
| • Steamed  | • Poached |
| • Roasted  | • Broth   |
| • Marinara |           |

## CHOOSE LESS OFTEN...

Limit menu items that use these cooking methods and ingredients:

- |                |              |
|----------------|--------------|
| • Fried        | • Stuffed    |
| • Sautéed      | • Breaded    |
| • Creamed      | • Battered   |
| • Cheese Sauce | • Gravy      |
| • Alfredo      | • Creamy     |
| • Au Gratin    | • Mayonnaise |
| • Crispy       | • Loaded     |
| • Escalloped   |              |

## LEARN MORE

To find healthy dining options in your area:  
<http://www.healthydiningfinder.com/>



## Benefits of Running Sprints

### Sprints help you burn fat.

Sprints are hard, therefore, they burn a lot of calories. They help boost your metabolism, so even when you are done working out, your body keeps burning calories.

### Sprints build muscle.

Sprinting is an anaerobic exercise, so it helps build muscle similar to that of weight training. Studies show that sprinting can enhance protein synthesis pathways.

### Sprints save time.

If you are pressed for time, sprinting is your friend. You can kill a workout in 10 minutes with some sprints and really get that heart rate up and lymphatic system going!

## GARLIC PEPPER CHICKEN



TIME: 15 minutes  
SERVINGS: 2

### INGREDIENTS:

- Bag of broccoli florets
- 3 Tbsp. BBQ sauce
- 1 Tbsp. honey
- Garlic pepper
- 2 tsp. olive oil
- Two 6 oz. chicken breast
- 2 Tbsp. mayonnaise
- 2 oz. shredded cheese
- 2 Tbsp. crumbled pre-made bacon

1) Pat chicken breasts dry and season both sides with a pinch of salt and pepper. Season one side completely with garlic pepper. Place a medium pan over medium heat and add 1 tsp. olive oil. Add chicken to hot pan, cover, and cook until browned and reaches internal temp. of 165 degrees, 5-7 min. per side.

2) Cut broccoli into bite size pieces, if necessary. Place a large pan over medium heat and add 1 tsp. olive oil. Add broccoli, 2 Tbsp. water, and salt to taste. Cover and cook until water is almost evaporated, 5-6 minutes. Uncover and stir occasionally until tender, 3-5 minutes. Remove from burner. Top with garlic pepper and cheddar cheese and let melt. While broccoli cooks, make sauce.

3) Line microwave safe plate with paper towel. Place bacon on towel and microwave until crispy, 30 seconds. In a small mixing bowl, combine BBQ sauce, honey, mayo, and pinch of salt. Set aside.

4) Top chicken with sauce and garnish broccoli with bacon. Enjoy!

*"The price of anything is the amount of life you exchange for it."*

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