



NUTRITION NEWS

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STUDENT NUTRITION
DEPARTMENT

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Happy November!

With the holidays just underway and all the fun foods in store, let's talk blood sugar and the effects these fun foods can have on our metabolic system, as well as some tips to curve these effects. A show of metaphorical hands, how many have ever been given the advice of "eat less and move more?" This is a fine suggestion, so long as it works well for you. But for those that it doesn't, it can be quite frustrating to hear. The fact is that food affects everybody differently. It is not a one size fits all and two different meals with the same number of calories can give two completely different metabolic and glucose responses.

See next page for more on this.



- ALL CALORIES ARE NOT CREATED EQUAL
- TIPS ON HOW TO CURVE GLUCOSE RESPONSE TO FUN FOODS

P.1&2

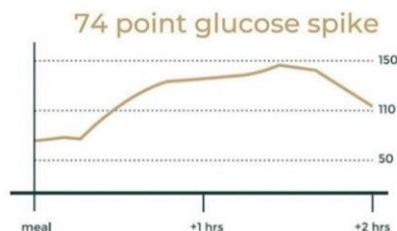


- FRUITS AND VEGGIES AT HOME AND AT SCHOOL
- GIVE THANKS WORKOUT
- RECIPE OF THE MONTH
- MOTIVATIONAL QUOTE OF THE MONTH

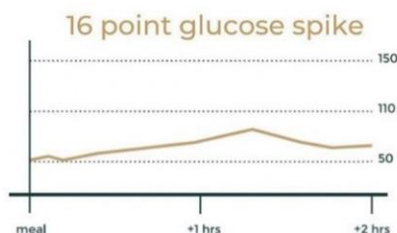
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Same Calorie Count, Different Glucose Response

Breakfast #1



Breakfast #2



The byproducts of the top depicted glucose spike comes in the form of (and not limited to)... energy crashes throughout the day, mood swings, cravings, fatigue, insulin resistance (difficulty losing weight), inflammation, and brain fog.

And on the opposite side of the spectrum, the bottom depiction represents sustained energy, stabilized mood, satiety, insulin sensitivity, anti-inflammatory effects, and mental clarity.

TIPS ON HOW TO CURVE AND STABILIZE BLOOD SUGAR RESPONSE TO FUN FOODS

Tip 1: Ever heard of dressing your carbs? It means to pair your carbs with protein, healthy fats, and/or fiber. Carbs and sugar are responsible for glucose spikes, as seen in the model above. Dressing your carbs will simply shorten that glucose spike and keep you feeling fuller for longer. Because protein, healthy fats, and fiber take longer to digest, they have minimal impact on blood sugar.

Tip 2: Start with fiber rich vegetables and slow digesting protein first, before consuming carbs. Yes, order does matter. It is backed by science that consuming vegetables and protein 15 minutes before eating carbohydrate dense foods can lower post-meal glucose response by 73%. Crazy!

Tip 3: Apple cider vinegar is your friend! For something that may smell and taste poignant, sure packs a punch with health benefits. There are studies that show vinegar has a beneficial impact on blood glucose when taken with carbs. As little as 1 Tbsp. of apple cider vinegar before a meal, during a meal, or after a meal is shown to be effective in supporting your blood sugar by telling your muscles to use it and take it out of your blood stream, thus avoiding that energy crash. Swap out dairy based dressings for seasoned olive oil and vinegar instead!

Tip 4: Move that body! When you simply move your body, your muscles use that free flowing glucose in your blood stream for energy. Feel tired and ready for a nap after a meal? Yep, that's your elevated blood sugar talking... Put that glucose to some good use by getting in a quick workout. It can be as simple as a brisk walk to help keep any crazy blood sugar spike from happening.

FitFUTURE

Strategies for
Better Living.

Fruits & Veggies AT HOME AND AT SCHOOL

by Susan Figaro Grace, MEd, RD, CWC

Good nutrition begins at home – and continues at school. The new USDA school-meal regulations promote meals rich in whole grains, vegetables, fruits and foods lower in fat, sugar and salt.

“Research shows that eating behaviors are established early in life, so we’re really setting ourselves up for a healthier generation of Americans,” says registered Dietitian and Academy of Nutrition and Dietetics Spokesperson, Wesley Delbridge.

“Healthier meals help ensure kids are getting the nutrients they need to perform well in school and have energy to be active and participate in sports, and to also grow into healthy adults,” says Delbridge. “These changes can result in a lifetime of health benefits, including reduced risk of obesity, diabetes and heart disease.”

Many schools have started **Farm to School** programs to support their efforts to serve more fruits and vegetables.

LEARN MORE

Academy of Nutrition and Dietetics
<http://www.eatright.org/>



What can Parents do?

Parents can offer fruits and vegetables for meals and snacks. Speak with your children about adding color to their plates with a rainbow of fruits and vegetables. The goal is to make half the meal consist of fruits and vegetables. Consider growing a garden with your child or visit a local farmers market on the weekends. Fruits and vegetables will be at their peak in quality, nutrients and taste.

Here are some tips on how to add more fruits and vegetables to meals and snacks:

- 1 Pizza is often a favorite food for children. Pizza toppings can include a wide variety of vegetables such as broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.
- 2 Mix up a breakfast smoothie made with low-fat milk or yogurt, frozen strawberries and a banana. You can also add kale or spinach for added nutrients.
- 3 Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
- 4 Try crunchy vegetables instead of chips with your favorite low-fat salad dressing or hummus for dipping.
- 5 Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
- 6 Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.

For more information, including nutrition articles, recipes, videos and tips, about healthful eating for families, visit www.KidsEatRight.org.



Give Thanks Workout

www.peanutbutterrrunner.com

BLOCK #1

400 meter run (.25 mile)

3 rounds:

20 air squats

10 push up side planks (1 push up, 1 side plank)

15 sit ups or v-ups

BLOCK #2

400 meter run (.25 mile)

3 rounds:

20 mountain climbers

10 tripep dips

15 bicycle crunches

Remember to honor and be thankful for that beautiful, capable body of yours and move it! When you approach being active from an "I 'get' to do this" attitude, you'd be surprised how much better you feel overall. Try this fun 'Give Thanks' workout!

One-Pot Creamy Chicken Chowder

Servings:2 | Prep/Cook Time: 25-35 min

INGREDIENTS

1 Tbsp. olive oil

10 oz. diced chicken breast

4 fl. oz. cream sauce base

1 medium yellow onion, diced

1 poblano pepper, diced

1 lime, quartered

3 oz. corn kernels

1 oz. shredded mozzarella

½ oz. tortilla strips

2 tsp. chicken broth concentrate

1 Tbsp. chile and cumin rub

Salt and pepper to taste

INSTRUCTIONS:

1. PREPARE THE INGREDIENTS. QUARTER LIME, DICE ONION, STEM POBLANO, SEED AND DICE. PAT CHICKEN DRY AND SEASON ALL OVER WITH A PINCH OF PEPPER.

2. SEAR THE CHICKEN. PLACE A MEDIUM POT OVER MEDIUM-HIGH HEAT AND ADD 1TSP. OLIVE OIL. ADD CHICKEN TO HOT POT AND STIR OCCASIONALLY UNTIL BROWNED ON TWO SIDES, 4-6 MIN. TRANSFER TO A PLATE. CHICKEN WILL FINISH COOKING IN A LATER STEP. RESERVE POT; NO NEED TO WIPE CLEAN.

3. START THE CHOWDER. RETURN POT USED TO SEAR CHICKEN TO MEDIUM HEAT AND ADD 2 TSP. OLIVE OIL. ADD ONION AND POBLANO TO HOT POT. STIR OFTEN UNTIL VEGETABLES ARE SLIGHTLY SOFTENED, 3-5 MIN. STIR IN CORN AND CHILE AND CUMIN RUB UNTIL COMBINED.

4. FINISH THE CHOWDER. ADD CHICKEN, ½ CUP WATER, CREAM BASE, AND CHICKEN BASE TO HOT POT. STIR TO COMBINE AND BRING TO A SIMMER. ONCE SIMMERING, STIR OCCASIONALLY UNTIL SLIGHTLY THICKENED AND CHICKEN REACHES A MINIMUM INTERNAL TEMP. OF 165 DEGREES, 5-7 MIN. REMOVE FROM BURNER. SEASON WITH PINCH OF SALT AND PEPPER.

5. FINISH THE DISH. GARNISH CHOWDER WITH CHEESE AND TORTILLA STRIPS. SQUEEZE LIME WEDGES OVER TO TASTE. ENJOY!

"Yesterday is history. Tomorrow is a mystery, but today is a gift. That is why it is called the present."