



## NUTRITION NEWS

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## HAPPY HOLIDAYS!!

With all the cooking that goes down during the holiday season, let's talk seed oils. What is a seed oil and why should you be worried about them? Well according to Dr. Cate Shanahan, "seed oils are the root cause of all metabolic disease." They could not have existed before the industrial era. Seed oils are produced in these massive factories and heated to such extreme temperatures that changes their molecular composition and causes a lot of toxins to develop. "A factory refinery for oil and gasoline is identical to a factory refinery for soy, corn, and canola, these refined oils. This just gives a visual of how artificial these oils are and why they shouldn't be considered food, for the same reason you wouldn't consider motor oil food. There are chemical differences between the two, but biodiesel is actually made from soy oil." Now that definitely sounds pretty scary, especially given the fact that these oils have become so prevalent in the standard American diet. So, let's talk about which seed oils Dr. Cate refers to as the "Hateful 8."



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# "The Hateful 8"



## 8 INDUSTRIAL SEED OILS TO AVOID THEY'RE DAMAGING YOUR HEALTH



CANOLA OIL



SOYBEAN OIL



CORN OIL



SUNFLOWER OIL



COTTONSEED OIL



SAFFLOWER OIL



GRAPESEED OIL



RICE BRAN OIL

A memory aid to help remember these "hateful 8" seed oils: **CCC, SSS, GR.**

So the **3 C's**: Canola (aka rapeseed),

Corn, and Cottonseed. The **3 S's**:

Safflower, Soy, and Sunflower. And **GR**:

Grapeseed and Rice Bran oil.

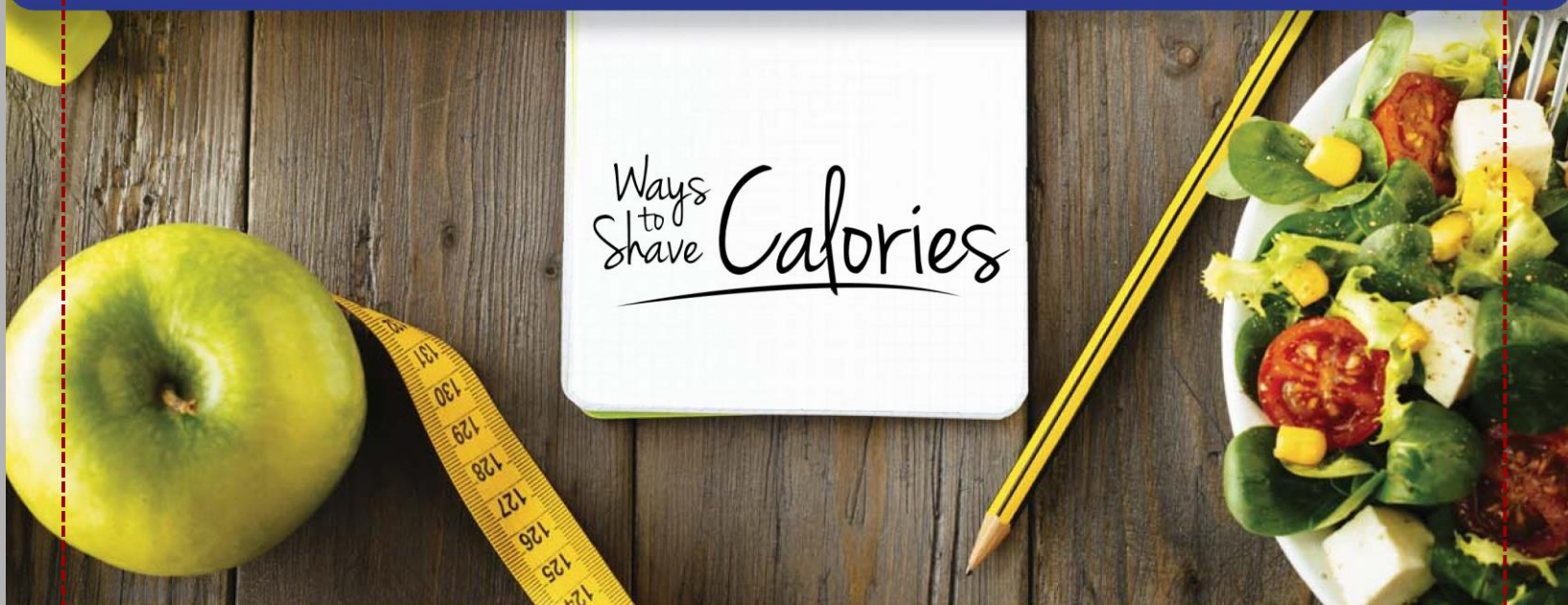
While polyunsaturated fats (PUFAs) have health benefits, what makes them become unhealthy for you is when there is an over accumulation of these unstable, oxidized fats in your diet, thus in your body fat. "The average person has 20-30% of PUFAs in their body fat, instead of the healthy 2%." The over accumulation leads to the PUFAs acting as toxins which promotes inflammation. When your body fat is inflamed, it is not able to function properly or produce energy efficiently. This will make you feel hungry and crave more junk, therefore, reducing your energy levels. "People who are metabolically damaged feel hungry when they shouldn't, and end up eating 600-800 more calories than needed."

## HEALTHIER ALTERNATIVES AND RECOMMENDATIONS

- ❖ **Read labels:** It can be quite frustrating/overwhelming when you realize just how much of our "food" has all these oils in them. Industrial seed oils are hidden in many products, like packaged and processed foods, no surprise there. Restaurants also use these oils to cook/fry foods in. Be mindful of the continuous use and heating of these oils as they become filled with more toxic compounds the more they are heated.
- ❖ **Choose whole foods:** To be clear, the actual food-soy, corn, sunflower seeds, etc. aren't bad for you. It's when they are refined/oxidized and turned into oils that they become toxic. Some good whole food options in the form of omega-3 PUFAs are: Low mercury salmon, sardines, mackerel, rainbow trout, chia seeds, walnuts, and flaxseeds. Some good sources of omega-6 PUFA's: Peanuts, almonds, chicken thighs (with skin), eggs, butter, bacon, etc.
- ❖ **Cook with extra virgin olive or avocado oil:** These oils, when unrefined, are extracted from cold-pressed olives or avocados and are the least processed version.
- ❖ **Fats ratios:** Now the key here is always moderation. Too much of anything disrupts normal healthy function. And the fact is when consuming too much processed foods, and eating out frequently, your body is bound to get exposed/overwhelmed with these industrial seed oils. An ideal balanced diet consists of 20-35% of total fat making up daily calories (each gram of fat is more than double that of a protein and carb, providing 9 calories per gram), less than 10% coming from saturated fat, and omega-3 and omega-6 fatty acids (aka PUFAs) coming from nutrient-rich whole foods.



# FitFUTURE

Strategies for  
Better Living.

by Susan Figaro Grace, MEd, RD, CWC

**W**hen it comes to healthy weight management, small steps add up. Parents and school-aged children are more likely to stick with smaller changes over time. Healthy weight is all about balancing food intake with physical activity. Below are some tips to reduce your calorie intake but not deprive your family of the foods they may enjoy:

**Trim All Fat.** When preparing for your meals, trim the fat from beef, pork and chicken. Remove the skin from poultry.

**Bake, Broil & Grill.** Avoid frying or adding calorie laden cheese sauces to dishes. Bake, broil, and grill meals instead.

**Dip Raw Vegetables.** Instead of using chips, dip fresh vegetables into hummus or fat-free ranch dressing.

**Use Smaller Plates and Bowls.** We tend to fill up the dish we're using and then eat it all. Our brains also think we are getting more when the same amount of food is placed in a smaller dish. Use smaller dishes to help you eat less.

**Eat Slowly.** Eating slower helps you consume only what your body needs to feel satisfied. Eating too quickly, in less than 20 to 30 minutes, leads to overeating and feeling uncomfortably full afterwards.

**Leave Some Food on Your Plate.** This is especially important if you grew up in the "clean plate club." By leaving even a few bites, you can focus more on your internal signals of satisfaction and less on eating food just because it's there.

**Don't Eat Out of a Bag or Box.** When you eat out of a package, you are likely to keep eating until it's all gone – no matter how many servings the package actually contains. Pour one serving into a small bowl instead.

**Choose Your Glass Wisely.** Measure the amount of liquid that fills each of your glasses. Use 8 ounce glasses for milk and larger glasses for water.

**Rethink Your Drinks.** High-calorie beverages like soft drinks, juices, energy drinks, specialty coffees and alcohol add empty calories just like solid foods. Whenever possible, replace these drinks with plenty of water. Lighten coffee drinks with fat-free milk or creamer.

Eating smarter does not mean you have to immediately go sugar-free and fat-free. You can make a big difference in your calorie intake by just eating and drinking smaller portions and by making empty calorie choices less often.

## LEARN MORE

About healthy nutrition and active lifestyles for children and families:  
<http://www.eatright.org/kids/>



# 12 Exercises of Christmas

Follow along to the "12 Days of Christmas" song.  
Each day is interchangeable with the following exercises.

1 x burpee	5 x push ups	9 x bicycle crunches
2 x lunge jumps	6 x jumping jacks	10 x tricep dips
3 x squat jumps	7 x hip thrusters	11 x air squats
4 x standing lunges	8 x mountain climbers	12 x toe taps

## Protein Packed Quinoa Bowl

### Ingredients:

2 Tbsp. olive oil	2 tsp. vegetable broth concentrate
¾ cup quinoa	Small handful cilantro
1 avocado	2 garlic cloves
8 oz. black beans	Taco seasoning
4 oz. grape tomatoes	Salt
1 poblano pepper	Pepper
1 lime	



### Instructions:

1. Cook the quinoa. Bring a small pot with quinoa, 1 ½ cups water, vegetable base, ¼ tsp. salt, and a pinch of pepper to a boil over high heat. Once boiling, cover, and reduce heat to medium-low. Cook until tender, 14-16 minutes. Remove from burner and set aside covered. While quinoa cooks, continue recipe.
2. Prepare the ingredients. Zest, halve, and juice lime. Mince cilantro. Drain black beans. Halve tomatoes. Mince garlic. Stem poblano pepper, seed, halve lengthwise, and slice into 1/2" strips.
3. Make the cilantro vinaigrette. In a mixing bowl, combine lime juice, 1 Tbsp. olive oil, 1 tsp. lime zest, half the garlic (reserve remaining for bean mixture), ¼ tsp. salt, and a pinch of pepper. Set aside.
4. Cook the bean mixture. Place a medium non-stick pan over medium heat. Add 1 Tbsp. olive oil and remaining garlic to hot pan. Stir until fragrant, 30-60 seconds. Add poblano pepper and stir occasionally until softened, 3-5 minutes. Add black beans, ¼ cup water, taco seasoning, and a pinch of salt. Bring to a boil. Once boiling, reduce heat to low. Cover and stir occasionally until heated through, 4-5 minutes. Remove from burner.
5. Prepare avocado and finish dish. Halve avocado and remove pit. Thinly slice and scoop out the flesh with a spoon. Top quinoa with bean mixture, avocado, and tomatoes. Drizzle cilantro vinaigrette over dish. Enjoy!



"Above all be yourself.  
The world needs your magic."



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