

## NUTRITION NEWS

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#### STUDENT NUTRITION DEPARTMENT

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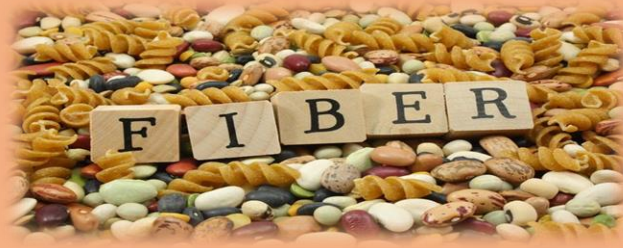
New Year pick-me-up: Well folks, it's here.. Another year has managed to sneak up on us. I hope 2018 was kind to you and if not, I hope it at least introduced you to some unforgettable, pleasant memories and some lifelong lessons. A New Year is usually followed up with some New Year's resolutions and as wonderful as new goals and ambitions can be, they can also be daunting. A mistake too many people make come New Years, is having one too many resolutions on their list. If you are already struggling with commitment and productivity, a list of goals or tasks can be paralyzing and dreadful. Your mind will come up with any excuse as to why it cannot be done. A lot of people try to go all in and accomplish a bunch of things all at once. This is bound to keep you from reaching any of your goals. Instead, try dialing down on one particular goal and make it a priority. Dissect that goal and be as specific about it as possible. Setting weekly, short-term goals will be the answer to the overall, long-term goal. Remember, focus on one specific goal at a time and once you master that one, move on to the next. Before you know it, you are instilling all kinds of good habits that eventually form the bigger picture. One step at a time, one day at a time. Look at each day as an opportunity to get better!



- ❖ New Year Pick-Me-Up
- ❖ Let's Talk Fiber
- ❖ Mental Health in Relation to Physical Activity



- ❖ LET'S GET MOVING
- ❖ Recipe of the Month
- ❖ Inspirational Quote



What exactly is fiber and why is it an important component to the diet? Fiber is a non-starch polysaccharide and is the most abundant organic molecule found on earth. It is indigestible by humans except the small portion that is fermented by intestinal bacteria. Fiber is either soluble or insoluble. It is an excellent addition to calorie-controlled diets due to its contribution of less than 2 kcal per gram. Consuming adequate fiber has been associated with lower occurrences of several “Western” diseases, including diabetes, obesity, intestinal disorders, hypertension, heart disease, and some cancers. But because most Americans consume way less than the recommended 20-35 grams, the Western diet makes consumers susceptible to an elevated disease risk. In other countries where fiber intake for the average diet is between 40-100g per day, the disease rate is dramatically lower. Coincidence? I think not.

### Benefits of Fiber

- Enhances gastrointestinal function and reduces irritation to the intestinal wall
- Mobilizes harmful chemicals and compounds inhibiting their activity
- Shortens the time for intestinal transport to excretion
- Decreases the length of time carcinogenic materials stay in the intestines
- Slows down the absorption rate of carbohydrates which acts positively on blood glucose dynamics
- Low in calories and more nutrient dense

**\*Because of these benefits, fiber should be consumed through food sources rather than as a supplement.**

### Foods High In Fiber

- |                     |                         |
|---------------------|-------------------------|
| ➤ Oatmeal           | ➤ Strawberries          |
| ➤ Whole wheat flour | ➤ Corn on the Cob       |
| ➤ Wheat germ        | ➤ Bran muffin           |
| ➤ Rice bran         | ➤ Whole wheat spaghetti |
| ➤ Oat bran          | ➤ Grapefruit            |
| ➤ Almonds           | ➤ Apple                 |
| ➤ Pumpkin seeds     | ➤ Chestnuts             |
| ➤ Peanuts           | ➤ Raw broccoli          |
| ➤ Pinto beans       | ➤ Green beans           |
| ➤ Lima beans        | ➤ All bran cereal       |
| ➤ Avocado           | ➤ Figs                  |
| ➤ Pear              |                         |

### Mental Health in Relation to Physical Activity

Depression, anxiety disorders, and subjective feelings of self-worth affect physiological well-being. These disorders are running rampant in the United States and are linked to suicide and are currently the nation’s ninth leading cause of death. Epidemiologic research demonstrates an association between physical activity and symptoms of depression, symptoms of anxiety, improvements in positive disposition, and general well-being. These trials suggest that improvements associated with physical activity occur in persons with diagnosed disorders in the general public, among people reporting mood disturbances. Studies using aerobic training have shown a temporary change in mental state based on a single episode of physical activity. The subjects reported reduced anxiety, reduced muscle tension, and improvements in mood, lasting 2-6 hours after exercise. In this cross sectional study of 46,000 individuals, physical activity was associated with improved mood and general well-being, as well as fewer symptoms of anxiety and depression. Lack of exercise showed the exact opposite. So what does all of this mean? Simply put, it means to get out and participate in some sort of physical activity that your mental health will thank you for!

# LET'S GET MOVING!



## NEW YEAR COUNTDOWN WORKOUT

### WARMUP

Brief stretch  
5 minute run  
50 Jumping Jacks, 5 burpees  
40 Jumping Jacks, 5 burpees  
30 Jumping Jacks, 5 burpees  
20 Jumping Jacks, 5 burpees  
10 Jumping Jacks, 5 burpees

### MAIN WORKOUT

100 Air squats	1/4 mile run
90 Crunchy Frogs	40 Frog Leaps
1/4 mile run	30 Skydivers
80 Around the World Squat Thrust	1/4 mile run
70 Jump Rope (every 5 is tuck jump)	20 Push-Ups
1/4 mile run	10 Manmakers (4 plank rows, 3 squat thrusts, 2 push-ups, jump up)
60 Around the World Lunges	
50 Bird-Dog Crunches (25 each side)	

### COOLDOWN & STRETCH

www.TheLyons  
Share.org

### EASY TO MAKE PEPPER STEAK IN THE CROCK-POT

#### Ingredients:

1.5 pounds of beef strips (flank steak)  
1/4 tsp garlic powder  
1/4 tsp ground ginger  
1 green bell pepper  
1 red bell pepper  
1/2 onion, thick  
1 1/2 cups beef stock  
3 Tbsp soy sauce  
1/4 tsp black pepper  
1 Tbsp brown sugar

#### Directions:

\*Cut up steak, bell peppers and onion and place in crock-pot or instant pot  
\*Add all other ingredients and stir to combine  
\*Cook on low for 4 hours or until the steak is cooked through  
\*Serve over a bed of rice

**“Studies show the easiest and most powerful way to change your behavior is to change your environment. A comfort zone is a beautiful place, but nothing ever grows there.” ~Relle Ricks**