

# March is National Nutrition Month



*Bite into a Healthy Lifestyle!*

MARCH 2019

Let's put our best 'fork' forward stepping into this spring season! Remember, the good habits we instill now will be reaped later on and we won't have to wish that we started earlier. Mastering a healthy diet, day in and day out, might be the most challenging task up to date, but healthy eating habits shouldn't be dreaded or deemed impossible. As long as we are putting our best fork forward and doing the best we can for our health every opportunity we get, then there is never any need to be so hard on ourselves. Being that March is National Nutrition Month, let's choose to be actively aware of what we are putting in our bodies. If it is not going to serve our body in the best way possible or get us closer to our goals, then try not to let it pass through the barrier we call our mouth. This is not to say we can't enjoy a treat every once in a while, but let's make March our month to really be in tune with our health and wellness. Let's allow our bodies to feel the best they have ever felt by taking National Nutrition Month seriously and giving our bodies the love and nutrition they deserve. We need to eat like our life depends on it because well, it does.

## NUTRITION NEWS

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STUDENT NUTRITION  
DEPARTMENT

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## Tips Toward Better Health and Wellness



- ✦ Focus on small changes- you don't have to completely change everything up in one day, simply swapping some whole fruit in place of a daily cookie, or processed candy bar is a step in the right direction.
- ✦ Be mindful of portions- this is what gets most people, use smaller plates that hold less food if you have to.
- ✦ Find a style of eating that works for you- there is no 'one-size fits all' diet. Everybody is unique and requires different energy needs. What works for your friend or family member may not work for you, and that's okay. When you find what works for you, the easier it will be to see success in your health journey.
- ✦ Log your food- yes this can be tedious and not the most exciting part of your day, but you will find enjoyment in the benefits that come with it. Seeing on paper what you are consuming in a day to day basis will help keep you accountable.
- ✦ Cook more at home- this way you know exactly what you are eating and you can be in control of ingredients and portion sizes. Constantly eating out or on the go can cause you to eat too many unnecessary calories, sugars, sodium, etc.
- ✦ Add lean meats and minimize sugar- protein is necessary for building muscle, weight loss and recovering from tough workouts. As for the sugar, we are all aware of the havoc this satisfying sweetness can wreak on our bodies. Less means more for our health.
- ✦ Look for support- find an accountability partner, someone or something that is going to help you push through your tough days when your motivation is slim to none. Find like-minded individuals who are going to encourage you to meet your goals.
- ✦ Rethink the scale- that number on the scale is not everything, in fact, it's encouraged not to even be part of the equation. It can be deceiving, because when you are working out and eating right, you will be gaining muscle and stripping away fat. Muscle weighs more than fat so you may not even see a difference in the scale, or may even see a bigger number and get discouraged. Instead, look for differences in the way your clothes fit and how you feel!
- ✦ Don't beat yourself up after eating something less nutritional; tomorrow is a new day for new and improved choices. The only way you defeat yourself is if you give into the deceiving mentality that you have already ate too many "bad" foods that you might as well continue eating poorly.

### Down to the Basics



Let's talk macronutrients. First of all, what are they, what are their values and why should we refer to them in working towards our health and fitness goals? Macronutrients consist of carbohydrates, fats and protein. A certain percentage of each should make up our total energy consumption. They are the three components that essentially contribute to the progress we make in body composition. One gram of carbohydrate equals 4 calories, one gram of fat equals 9 calories, and one gram of protein equals 4 calories. The recommended daily allowance (RDA) for carbohydrates is 45-65%, which makes up the majority of our calories. For example, when following a 2,000 calorie diet, this means that 225-325 grams of carbs should come from our diet each day. The RDA for fats is 20-35% of our total calories. This percentage converts to 44-77 grams of fat each day. Lastly, according to the RDA, our protein intake should consist of 10-35% of our diet. Therefore, allowing us 50-175 grams of protein per day. Depending on one's health and fitness goals as well as their muscle mass, activity level, and age determines the number and amount for each macronutrient. Let's focus on protein for this segment. Below are examples of healthy protein sources and the amount of grams of protein offered for each.

- 3 oz. skinless, baked chicken = 26 grams
- 3 oz. lean ground beef = 22 grams
- 3 oz. grilled/baked salmon = 21 grams
- 1 cup plain low fat yogurt = 12 grams
- 3 oz. tofu = 9 grams
- 1 cup cooked quinoa = 8 grams
- 1 cup low-fat milk = 8 grams
- ½ cup cooked lentil = 9 grams
- 2 Tbsp peanut butter = 8 grams
- ½ cup cooked black beans = 7 grams
- 1 large egg = 6 grams
- ½ cup low-fat cottage cheese = 14 grams

## Exercise and Protein Intake

When trying to build or maintain muscle, proper protein intake is essential. Actually, let's rephrase that, no matter the goal, proper protein intake is essential. Protein is the key component in forming and repairing muscle tissue. It is also responsible for allowing metabolic reactions to take place, maintaining proper pH and fluid balance, keeping your immune system strong by helping form antibodies and immunoglobulins, and acting as an energy source, just to name a few. Depending on your goals in relation to fitness, determines the amount of protein needed. The RDA for protein and amino acids is 0.9 grams of protein per kilogram of body weight in sedentary populations. The average American diet easily provides this amount, but those who are more active and engage in physical activity have higher protein requirements. The highest recommended intake for protein is 2.0 grams per kilogram of body weight, but unless you are a bodybuilder or competitive power lifter, this higher intake won't pertain to you. Regular protein intake above the highest recommended amount can place added stress on the kidneys and liver and the excess is either converted and stored as fats and carbohydrates, or excreted in the urine. Therefore, any extra is not utilized for muscle growth or repair like it would be if it were undergoing protein synthesis.

Let's establish appropriate protein intake for a 150 lb. sedentary female who is 5 ft. and 4 in. tall and 35 years old with some math. First, her resting energy expenditure (REE) is needed. This is the amount of calories she burns at complete rest. Her weight will need to be converted to kg and height to cm. **REE equation for women:**  $10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (y)} - 161 = \text{REE}$ . **REE equation for men:**  $10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (y)} + 5 = \text{REE}$ .

**Ex.**  $10 \times 68.1 \text{ kg} = 681 + 6.25 \times 162 \text{ cm} = 1694 - 175 - 161 = 1358 = \text{REE}$ . This means that this particular woman expends **1358** calories at complete rest with no movement. The next step would be to establish her activity level and calculate her total daily energy expenditure (TDEE). This is the total number of calories she burns each day when exercise is taken into account. The following are numbers to go off of based on activity level: **Sedentary- (REE x 1.2)** normal everyday activity like walking, eating, talking, taking the stairs, etc. **Light Activity- (REE x 1.375)** any activity that burns an additional 200-400 calories for females or 250-500 calories for males more than your sedentary amount. **Moderate Activity- (REE x 1.55)** working out 3-4x a week, any activity that burns an additional 400-650 calories for females or 500-800 calories for males more than your sedentary amount. **Very Active (REE x 1.725)** working out 5+ days a week, any activity that burns more than about 650 calories for females or more than 800 calories for males in addition to your sedentary amount. In this case, the individual is sedentary so we would take her REE, which is **1358** and multiply it by **1.2** which gives us **1630**. This number is her **TDEE**. So this is about how many calories this woman burns per day, activity and all.

With the RDA for protein intake set at 0.9 grams per kg of body weight in sedentary populations, we then multiply her weight in kg by the number of grams of recommended protein,  **$68.1 \times 0.9 = 61.3$  grams of protein**. This means **245** of her calories would need to come from protein (245 g x 4 kcal).

This same method would be followed to obtain protein intake for different goals and activity levels. Proper calculation of macronutrients and abiding by them, can set you up for health and fitness success.



## REFRESHING GREEN PROTEIN SMOOTHIE

### Ingredients:

- ❖ 1 cup almond milk
- ❖ 1 banana
- ❖ 1 cup spinach
- ❖ 1 Tbsp peanut butter
- ❖ 1 Tbsp chia seeds
- ❖ 1 serving of protein powder of choice
- ❖ Handful of ice

### Directions:

- 1) Blend ingredients in blender.
- 2) Enjoy!

**“ONE REASON PEOPLE RESIST CHANGE IS BECAUSE THEY FOCUS ON WHAT THEY HAVE TO GIVE UP, INSTEAD OF WHAT THEY HAVE TO GAIN.”**