



## NUTRITION NEWS

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Well folks, summer is just around the corner! It's about time for some sun kissed tans, long nights, all the tasty, fresh fruit, memory-filled vacations, water park adventures, and every other fun activity summer entails! Summer is a time to come out of our shell after being a hermit all winter and engage in everything this toasty season has to offer. So let's get out and sweat our bums off.

Scared of a little sweat? Well how about some benefits of sweating to help rid you of that fear.

First of all, one of the primary functions of sweat is to cool the body down. So you're hot? Well let's cool off with some refreshing sweat. Another major function of sweating is to detox the body. Sweating rids the body of unwanted and harmful toxins, such as mercury, lead, arsenic, and BPA, found in plastics. Sweating also promotes healthier skin.

Deep sweating can improve skin cell turnover and rids pathogenic bacteria from the skin to help with acne. What's more, sweating has also been shown to slim down our chances of getting the flu! Sweat contains some antimicrobial proteins that help flush out toxins and attack germs. Feeling stressed? Let's sweat it out. Sweating triggers the parasympathetic response in the body that helps us to relax, recover and digest food properly. So breaking a sweat relieves stress and even depression by boosting our happy hormones. And who doesn't like being happy?



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## Physical Activity in Relation to Heart Disease

The Center for Disease Control (CDC) identifies heart disease and stroke as the most common cardiovascular diseases leading the way in death rates in the United States. According to research, 1 death every 35 seconds from cardiovascular disease occurs every year. Physical activity has a dramatic effect on reducing the risk of developing cardiovascular disease. With the highly processed foods sweeping across the U.S. and the increased consumption of foreign ingredients, the need for physical activity is at an all-time high. Research has shown that benefits of physical activity begin at moderate levels and increase consistently with intensity and duration. Therefore, the more exercise, the less risk of developing cardiovascular disease.

**Recommended physical activity for adults:** 1) At least 150 min/week, so 30 min/weekday of moderate-intensity aerobic activity or 75 min/week of vigorous aerobic activity, or a combination of both. 2) Add moderate-to-high intensity muscle-strengthening activity, like weights, at least 2x per week. 3) Spend less time sitting. 4) Increase amount and intensity over time

**Recommended physical activity for kids:** 1) Children 3-5 years should be physically active and have plenty of opportunities to move throughout the day. 2) Kids 6-17 years should get at least 60 min/day of moderate-to-vigorous intensity, mostly aerobic. 3) Include muscle-and-bone-strengthening activities at least 3 days/week. 4) Increase amount and intensity over time.

## Why Fats Get a Bad Rap but Shouldn't

Fat is an essential nutrient necessary for our health. Not only is it responsible for providing energy to the body, fatty acids also transport molecules in the blood, store and help with nutrient absorption, serve as conduction canals in the nervous system, form hormones, protect organs, help regulate temperature, and form cell membranes. For years fat was a dirty, four letter word that we were told to avoid at all cost, switching to 'no fat, low-fat' foods. In the end, there weren't really any benefits to be reaped from it. Why? Because even though those foods were 'no fat or low-fat' they were still being replaced with other additives, like refined sugar, which is not the way to go. One of the benefits of fat mentioned earlier was that it helps with nutrient absorption. Without fat, or if it was taken out of all foods, fat soluble vitamins such as vitamin A, D, E, and K wouldn't be able to be absorbed into the body. Fat does not make you fat. Fat actually helps to keep you lean and energized when consumed according to your energy needs.

Although fats are a necessity for our health and wellness, they should be eaten in moderation and chosen wisely because not all fats are the same.

**Unsaturated Fats:** are the "good" fats found mainly in vegetables, nuts, seeds, and fish. These fats are liquid at room temperature and are classified as either monounsaturated or polyunsaturated fats.

Polyunsaturated fats contain omega-3 and omega-6 fatty acids, which our bodies need for cell growth and brain functions. Examples of unsaturated fats: avocados, peanut butter, nuts and seeds, cooking oils, fish, such as salmon, tuna, and mackerel.

**Saturated Fats:** are the "bad" fats found in meat and other animal products, like butter, cheese and milk products. They are also found in coconut and palm oils and are solid at room temperature. It is generally recommended that about 30% of an individual's diet come from fat sources, with less than 7-10% from saturated fat.

**Trans Fats:** are the worst type of dietary fat and in fact was deemed no longer Generally Recognized as Safe (GRAS) in human food by the FDA in 2013. The molecular manipulation, known as hydrogenation, changes the way the lipids act in the body, therefore, making trans fats detrimental to our health. CDC estimates that trans fatty acids account for 30,000 deaths a year from heart disease. Stay away from margarines, vegetable shortening, certain bakery products and packaged foods. Look at nutrition labels!

## Exercise and Fat Intake

Fats, also known as lipids, are the other primary source of energy the body uses to fuel biological work. Fat is essential for the body, as it is necessary for normal functions. Although fat is viewed negatively by most, due to its skewed link to certain diseases, it is actually an essential component of a healthy diet. For instance, it provides energy for muscle contractions during physical activity. Fat is used during rest and low-intensity training, by the process of lipolysis. Lipolysis is the breakdown of triglycerides into a glycerol and three fatty acids to produce ATP for energy. The result of three fatty acids and one glycerol of a single triglyceride can produce 457 ATP molecules. How crazy is that?! Muscles relying on lipolysis for energy are using fat. Therefore, adding low-to moderate-intensity or steady-state exercise (walking/jogging on treadmill, bike riding, elliptical, swimming/water aerobics, walking up stairs) to your regimen will use fat for energy, aka burning fat. So instead of deeming fats as the enemy, look at them as a way to energize the body and be used as fuel during exercise and the movement of our amazing bodies!

### Ingredients:

- ✚ Whole grain toast
- ✚ ½ medium avocado
- ✚ 1-2 eggs
- ✚ Vegetable oil
- ✚ Salt
- ✚ Pepper



### Directions:

- \*Have avocado toast with a sunny side up egg or scrambled eggs, either way, you're in for a savory treat.
- 1) Cook eggs to desired consistency in small frying pan.
  - 2) While eggs cook, throw bread in toaster and make your guacamole.
  - 3) When toast is done, spread guacamole over toast and add eggs on top, finish with salt and pepper to taste. Viola!

*"You define what is important to you by what you dedicate your time to."*