



AUGUST-SEPTEMBER 2019

## NUTRITION NEWS

Abilene ISD

STUDENT NUTRITION  
DEPARTMENT

IN THIS ISSUE:

### WELCOME BACK AISD!

How crazy is it that we are already entering into the 2019-2020 school year?! It is wild and questionable as to what is happening to time and the way it doesn't plan on slowing down. I hope this past summer served everybody well and we are all ready to kickoff this new school year prepared to learn, grow, prosper and capture all the memories.

With how fast paced life can be, it is important to slow down and absorb more parts of our day. One way this concept can be applied is by practicing mindful eating. What is mindful eating?

Mindful eating is based on mindfulness to reach a state of full attention to one's experiences, cravings, and physical cues when eating.



- ❖ Welcome Back!
- ❖ Mindful Eating



- ❖ Back to School Workout
- ❖ Recipe of the Month
- ❖ Motivational Quote of the Month

## More about Mindful Eating

Mindful eating involves:

Eating slowly without distraction (so not on the go, while driving, or on the way out the door), listening to physical hunger cues and only eating until sated; distinguishing between true hunger and emotional eating; engaging the senses by paying attention to colors, smells, sounds, textures, and flavors; eating for general health and well-being; and appreciating one's food.

## Mindful Eating Benefits

Eating has become a mindless task done too quickly which can serve as a problem, as it takes the mind time to process when one is actually full or satisfied. By that point, one is already past being full. By practicing mindful eating, acts such as binge eating, emotional eating, external eating (eating in response to environment, ex. the sight or smell of food), and eating in response to food cravings can be diminished, therefore, establishing a healthy relationship with food. Mindful eating allows you to learn to eat when you're hungry and stop once sated. You learn to really enjoy and appreciate food more. You are able to hone in on emotional issues you have around food and eating. All of which can send you on a journey towards maintained weight loss.

## How to Practice Mindful Eating

- Eliminate distractions, turn off TV, put down electronic devices
- Eat slowly and don't put yourself in a situation where meal time is rushed
- Chew thoroughly
- Eat in silence
- Focus on how the food makes you feel
- Quit eating once point of satisfaction is reached, definitely stop eating once full
- Focus on if your food choice was healthy and ask yourself why you are eating, whether you were truly hungry or if the choice was based on emotions or environment

# LET'S GET MOVING



## Teriyaki Chicken with Jasmine Rice

### Sauce Ingredients:

- ¼ cup of soy sauce
- 1/3 cup freshly squeezed orange juice
- 3 Tbsp honey
- 1 tsp finely grated fresh ginger

- 1 tsp sesame oil
  - 1 ½ to 2 lbs boneless skinless chicken thighs
  - 1 Tbsp olive oil
  - 1 ½ Tbsp unsalted butter
  - Green onion and sesame seeds for garnish
- Prep time: 30 min  
Cook time: 8 min  
Servings: 4

### Instructions:

- 1) In a large bowl, whisk together all marinade ingredients
- 2) Cut chicken into 1 inch sliced pieces and place in marinade. Stir and cover with plastic wrap and let sit for 20 min.
- 3) Heat large non-stick pan over medium-high heat. Add 1 Tbsp of olive oil. Remove chicken from marinade with slotted spoon, reserving marinade in bowl. Add chicken to hot pan and sauté, stirring occasionally until golden and cooked through.
- 4) Remove pan from heat and transfer chicken to a bowl.
- 5) Pour reserved marinade into the pan, add 1 ½ Tbsp butter and place back over medium-high heat. Bring to boil, stirring constantly until slightly thickened then remove from heat. Serve over hot buttery rice, garnished with fresh green onion and a sprinkle of sesame seeds.

**"Accept where you are and the responsibility to take yourself where you want to go."**