

NUTRITION NEWS

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Happy Fall Y'all!

Another season has come and gone and while each season has its own goodness to offer, it's always refreshing stepping into a new one. This fall season, let's 'fall' in love with our vegetables! Why is it that these vibrant colored, nutrient dense foods are dreaded so much by a number of individuals? Why can't we crave big bowls of veggies or, why do we find difficulty in consuming the daily recommended amount of veggies per day? Well folks, we have all the highly processed foods to thank for that. These delicious tasting, cheap foods are taking up all the aisles in grocery and convenient stores. The more processed foods (anything packaged really, with a long shelf life) we eat, the more we crave. The more sugar we eat, the more sugar we crave. Ever wondered why it's so easy to eat a whole bag of chips and not feel full? Instead they only leave us wanting more. It's quite simple: chips are not real food and contain addicting additives. Processed foods consist of a lot of addicting filler ingredients poor for our health and actually foreign to our digestive system, meaning our bodies do not even know how to digest some of the ingredients put into these processed foods. How do we steer clear of these addicting processed foods? Eat more real food, aka VEGETABLES!

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Daily Recommended Serving of Vegetables: 4-5 servings (based on 2,000 calorie/day eating pattern, as daily recommendations vary based on age, activity level, weight, etc.)

What counts as a serving?

-1 cup of raw leafy vegetables

-1/2 cup fresh, frozen or canned vegetable

-1/2 cup vegetable juice

Tips to Eat More Vegetables:

- Make more dishes that consist of vegetables. Or when eating out, instead of getting a side of French fries, opt for some steamed vegetables instead.
- Before grocery shopping, make a list. Aim for at least one serving of vegetables per meal, if not, try to prepare for some snacks that consist of vegetables in between meals, ex. baby carrots/snap peas/broccoli/radish with hummus, or the ever so popular ranch (just be cautious of serving size for ranch, cause calories)
- "If you fail to plan, you plan to fail." Prep, prep, prep. Preparing in advance sets anyone up for success. The night before, cut up and bag or put into containers any meals or veggie snacks for the next day/days. That way it is as simple as grabbing and going, because we all know how "busy we are" or "how we do not have enough time."
- Go for the seasonal vegetables! The veggies that are not in season can be expensive, whereas seasonal veggies are more appealing to the pocket book. October seasonal veggies include: pumpkins, winter squash, sweet potatoes, broccoli, spinach and lettuce.

Some Benefits of Eating Your Veggies:

- Centers for Disease Control and Prevention (CDC) conduct studies that show a lack of nutrients found in vegetables is linked to chronic health issues, such as Type 2 diabetes, heart disease, and some cancers. It is important to eat a variety of different vegetables and aim for 'eating the rainbow.' Each color category offers different benefits and plays vital roles in disease prevention.
- veggies are naturally low in fat, calories and cholesterol.
 - veggies are a vital sources of nutrients, like potassium (good for blood pressure), fiber (important for proper bowel function, helps make you feel full=eat less), folic acid/folate (helps body form red blood cells and crucial for pregnant women), vitamin A (good for health of eyes and skin and helps fight infections), vitamin C (helps heal cuts and wounds, good for health of gums and teeth, also aids in iron absorption), vitamin K (essential for strong bones, helps the body absorb calcium)
 - veggies contain phytochemicals and antioxidants=cancer fighting nutrients

Importance of Stretching and Staying Flexible

Stretching and keeping flexibility of muscles is a lot more important than most are aware of. Daily stretching allows for mobility and range of motion of the joints. Without this range of motion, the muscles become tight and when called upon for activity, they are weak, unstable, and not capable of extending all the way. In turn, this is what causes strains, pulls, joint pain and muscle damage. Regular stretching keeps muscles long, lean and mobile, which means less risk for over exertion and injury when performing activities.

<https://www.health.harvard.edu/staying-healthy/the-importance-of-stretching>



Flexibility takes time, effort and consistency. If it took months to get tight muscles, then you can't expect for flexibility to magically happen overnight. The older we get, the more important flexibility is for our bodies.

Some Pointers: Struggling with some stretches? Try using a resistance band (as shown in picture to the left) for assistance to get deeper into stretches and for effectiveness.

For proper execution, you want to make sure your muscles are warm before stretching. It used to be taught that stretching before exercise was necessary to warm up muscles, but in fact, it has been proven that it is the opposite. Cold muscle fibers, means less range of motion which can lead to injury. An easy jog or brisk walk will do, to allow blood flow to lower extremities making muscles more receptive and pliable to bend.



Roasted Vegetable Quinoa Bowl



Ingredients:

For the vegetables:

- 1 large sweet potato chopped into ½ in pieces
- 2 c broccoli florets
- 2 c cauliflower florets
- 2 c Brussel sprouts cut in hal
- ½ red onion sliced
- 1-2 Tbsp olive oil
- Salt & pepper to taste
- 3 c chopped kale

For the quinoa:

- 1 c quinoa
- 2 c water
- Pinch of salt

Prep time: 20 min Servings: 4

Cook time: 40 min

Instructions:

- Preheat oven to 400 degrees F. Spread vegetables on two baking sheets. Drizzle with olive oil and toss until the veggies are coated. Season with salt and pepper.
- Place pans in oven and roast for 20 min. Remove from oven and toss the vegetables. Place back in oven and roast for 15-20 min or until veggies are tender and slightly crisp.
- While veggies are roasting make the quinoa. In a medium saucepan, combine water, rinsed quinoa, and salt. Bring to a boil. Reduce heat to low and cover with a lid. Cook for 15 min. Remove from heat and let stand for 5 min, covered. Remove lid and fluff quinoa with a fork.
- Serve veggies over quinoa in a bowl, voila!

"Train your mind to see the good in everything. Positivity is a choice. The happiness of your life depends on the quality of your thoughts."