



NUTRITION NEWS

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WELCOME BACK AISD!

It's been a while! And it's always time for an uplifting and positive ambience! What an interesting time we're living in, nonetheless, I am here to tell you we are not our current circumstances and we shall rise above any bleakness or despair TOGETHER. In a time of so much apprehension and reservation, a couple of things are for certain and that is this: we are all human and we are all in this together. I want to encourage us all to be that beacon and ray of hope to everyone we encounter this brand new school year. Unfortunately, all you have to do is turn on the news to recognize how much hate, darkness, and division is ever so present, so I challenge all of us to wake up with a mind full of gratitude and ready to extend all the kindness our hearts have to offer. Leo Buscaglia said it best, "too often we underestimate the power of touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the power to turn a life around." Our mental state is such an important part of our health and well-being and if we are not nurturing our minds and our hearts, we are truly doing ourselves, this world, and everybody in it a disservice. I want to dive into some food for thought and acts to practice in everyday life, but especially in those disheartening moments that seem inevitable.

In a world
where you can
be anything,
be kind.



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KINDNESS
- + What is Collagen and
Why is it Important?



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the Month

Food for Thought: KINDNESS and SELF-LOVE

- ❖ **Be kind to unkind people**, for they are the ones who need it most. If you can't be kind, be quiet. Realize that sometimes when someone is just flat out rude, it doesn't mean it has anything to do with you. More times than not, it is a reflection of where they're at in their own life and some challenges they may be facing. So don't always take somebody's rudeness or hateful ways personal.
- ❖ **Be kind to YOURSELF**: Hold space for yourself and be patient. You will never speak to anyone more than you speak to yourself, so be kind to yourself. You know the saying, "if you wouldn't tell your mom or your friend they are fat, or dumb, or incompetent, then why would profess those things to yourself?" What we tell ourselves on a daily basis, we end up believing, so be careful and make sure it's kind. Your mind is a muscle, train it to work FOR you, not against you.
- ❖ **Spend time in meditation, prayer, or thought/devotion**: Taking time to yourself to decompress and let go of any negative built-up energy by spending time in prayer, meditation, or devotion can help transform mind, body, and spirit. A fresh outlook works wonders!
- ❖ **Be so full of gratitude** that you don't have time to bask in all the things that might be wrong, but instead be too busy looking at the grander scheme of things, which is this: life is too short and there is too much to be thankful for, whether you want to see it that way or not. Did you wake up this morning with breath in your lungs? Then your purpose on this earth is not complete and that is blessing enough. Here's a challenge: upon waking up, before your feet hit the ground in the morning, in your head name 3 things you are thankful for! Do this every morning.
- ❖ **Golden rule**: And if all else fails, for goodness sake, abide by the sacred, golden rule and "treat others the way you want to be treated."

WHAT IS COLLAGEN AND WHY IS IT IMPORTANT?

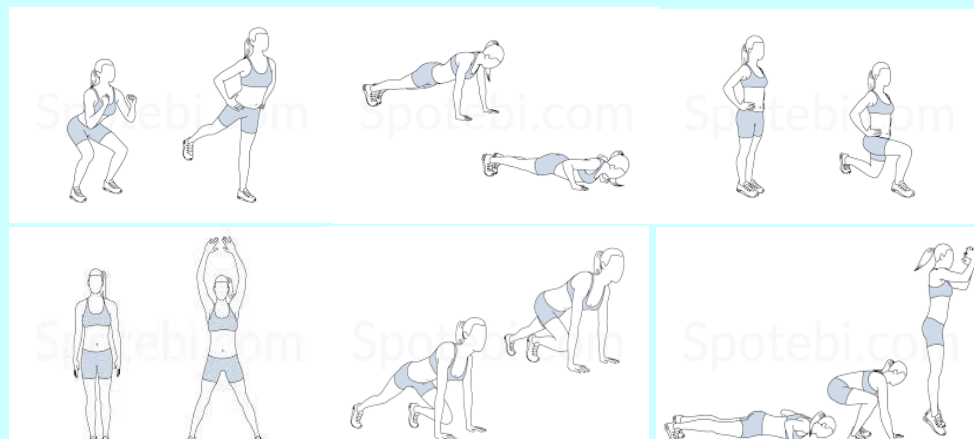
Collagen is the most abundant and plentiful protein in the body. It is what gives structure to our skin and is the building blocks of bones, tendons, ligaments, organs, and muscles. Collagen also contributes to helping blood clot and plays a role in the formation of DNA. There are different types of collagen, but the four main types are I, II, III and IV. And they all have important roles in the body.

- 📌 **Type I**: This collagen makes up 90% of our body's collagen and its fibers are densely packed and give structure to skin, bones, cartilage, connective tissue, tendons, and teeth.
- 📌 **Type II**: This one is made of more loosely packed fibers and is found in elastic cartilage; cushioning joints.
- 📌 **Type III**: This collagen supports the structure of muscles, arteries, and organs.
- 📌 **Type IV**: This one is found in layers of our skin and supports filtration.

As we get older, our bodies produce collagen at a lesser rate and at a lower quality. This becomes apparent in our skin with wrinkles and skin that turns less firm. Cartilage, bones, and tendons also weaken with aging. So things to avoid that damage collagen? **Sugar and refined carbs, too much sun exposure, and smoking**, all of which reduce collagen production and interfere with its ability to repair itself. What are some vitamins and nutrients that help the body's ability to synthesize new collagen you may ask? Pairing collagen with vitamin C, biotin, folate, or vitamin E will help our bodies to synthesize collagen internally and are all beneficial for hydrated skin, strong nails, and healthy hair. Some **collagen-rich foods** or foods that boost collagen production are as followed: bone broth, chicken, fish, egg whites, citrus fruits, berries, tropical fruits, garlic, leafy greens, bell peppers, beans, tomatoes and cashews. Supplementing with a high-quality collagen powder could be beneficial too! A good sourced collagen powder has been known to help clear up skin conditions such as eczema, psoriasis, and keratosis pilaris.

MOVE YOUR BEAUTIFUL BODY!

Even if it's only 20-30 min out of your day! Exercise has the capacity to change the chemical balance in your brain! You are just one workout away from a better mood and lifted spirits! Try this 20 minute HIIT (high intensity interval training) workout to get that blood flowing and good mood going!



6 exercises – 4 rounds—30 seconds each exercise—1 minute rest between rounds

(Pictures are named top row, left to right to bottom row, left to right)

- Air squats to leg kick back
- Push-ups
- Walking lunges
- Jumping jacks
- Mountain climbers
- Burpees

Who likes oatmeal or a hot cereal? Well here is something satisfying for your taste buds! Packed with all the nutrients like iron, calcium, potassium, omega-3 fatty acids, high in protein and all the fiber!

Introducing to you a **WARM TRIPLE SEED PUDDING!**



Ingredients:

- 1 Tbsp ghee or coconut oil
- 2 cups coconut or almond milk
- 2 Tbsp chia seeds
- 2 Tbsp ground flax seed
- 3 Tbsp hemp hearts

Optional Toppings:

- pecans
- mixed berries
- -hemp seeds
- sweetener of choice (stevia drops, raw sugar, serving of collagen or protein powder)

Instructions:

1. In a medium ceramic nonstick fry pan on medium heat, add ghee, 1 cup milk, chia seed, hemp hearts and flax meal.
2. With a silicon spatula or wooden spoon, continuously stir all ingredients until pudding is thick, about 3-4 minutes. Add more liquid if needed and continue stirring.
3. Pour warm pudding into a bowl, option to stir in sweetener of choice.
4. Top with nuts, seeds and berries. VOILA!

"WHAT YOU GET IS DIRECTLY PROPORTIONAL TO WHAT YOU PUT IN!"