



NUTRITION NEWS

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STUDENT NUTRITION DEPARTMENT

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HI! LET'S TALK SUPPLEMENTS FOR A BIT!

Too many people are concerned with what supplements they 'should' be taking, when they are just that; they help supplement what your body might be lacking from what should be a well-balanced diet. First and foremost, your daily diet should consist of real, whole foods, after that supplements can be added based off of goals and deficiencies in the body. Nutritional requirements vary for every individual because of the many factors that affect the nutritional needs of a person. Something to also keep in mind is "more is not always better." For most individuals, taking additional supplements, like vitamins and minerals, above the recommended dietary upper limit required by the body will cause any excess to be excreted in the urine or become processed by the liver and add to the risk of toxicity in the body. It's important to know the RDA (recommended dietary allowance) for supplements. Recommended vitamin and nutrient intakes were first developed in the 1940s and are always being looked over and revised. They were designed to meet the needs of the extensive majority of healthy people in certain age and gender groups, with a little wiggle room. Another important notion when it comes to supplements is quality. Because the supplement industry is a "buyer beware" market, it is crucial to know where the supplements are coming from and the content in which they are made.



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RUNNING IS MY SUNSHINE.



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SUPPLEMENTS AND THEIR CREDIBILITY

The supplement industry is a loosely controlled, billion dollar industry where basically almost anything goes, so long as the label of the product does not make any medical claims or advocates that the product can cure or prevent disease. The FDA regulates dietary supplements under different standards and regulations than those covering food and drug products, like prescriptions and over-the-counter. Manufacturers do not have to pass their products through the FDA or even get FDA accreditation before producing and selling dietary supplements. This is why there is a plethora of different supplements out on the market. Even more concerning... the labels. A lot of well-controlled studies have found inconsistencies in the potency and concentrations of listed active ingredients on supplement labels. Therefore, quality control is not regulated or taken serious, making it too easy for labels to lie. Be cautious of advertising and marketing that use testimonials, celebrity endorsements, guarantees of quick results, "independent research" trials, and "secret" ingredients. Other attention-grabbing words to look out for on labels are "physician approved," "doctor approved," free trial give-away, or amazing results. Make sure purchased supplements come from reputable companies.



HOW TO CHECK FOR PRODUCT QUALITY AND CREDIBILITY

When choosing accredited supplements, there are a few things you can look into to make sure you are buying and consuming quality products.

Check to see if the company's products are manufactured in an FDA compliant and certified facility. Make sure the company is testing in an ISO accreditation lab, where it meets the management and technical requirements and is qualified to operate and produce calibration and testing results. Another major quality check is looking into the COA (certificate of analysis) to validate the safety of products. This is a true rarity in the supplement industry and those companies who are proud of the products they bring to the market will offer their COA to prove their standards for heavy metals, toxins, and contaminants.

These are the obvious "red flag" claims to be cautious of. Deception and inconsistencies also happen in the ingredients and their concentration.

Certificate of Analysis			
... certifies that the material, BOW Collagen Unflavored 1 serving , meets the specifications indicated below.			
Product Name:	Collagen Unflavored 1 serving		
Formula ID:	51222	Product ID:	56519
Lot No.:	643992		
Physical / Sensory Properties:			
Identification	≥ 90.0 % Match	Method	FTIR
Color	Cream		Organoleptic
Form	Powder		Organoleptic
Odor	Characteristic		Organoleptic
Taste	Characteristic		Organoleptic
Assay:			
Protein Content	≥ 17.1 g/serving	Method	Dumas Combustion
Heavy Metals:			
Arsenic	≤ 0.500 ppm	Method	ICP-MS
Cadmium	≤ 0.205 ppm		ICP-MS
Lead	≤ 0.500 ppm		ICP-MS
Mercury	≤ 0.100 ppm		DMA/ICP-MS
Microbiological Testing:			
Aerobic Plate Count	≤ 10,000 cfu/g	Method	USP/AOAC
Yeast & Mold	≤ 1,000 cfu/g		USP/AOAC
Coliforms	≤ 100 cfu/g		AOAC 966.24
E. coli	Negative/25g		USP/AOAC
Salmonella	Negative/25g		AOAC 2003.09
Staphylococcus aureus	Negative/25g		USP/AOAC
Additional Information:			
Customer:	Bowmar Nutrition		
Date of Manufacture:	01/2020		
Expiration Date:	01/2022		
Lot Quantity:	39,474 units		
Manufactured by:			
Approved by:			Date: June 15, 2020



LAST STRETCH OF SUNSHINE AND WARMER WEATHER, GET OUT AND ENJOY IT WHILE YOU CAN!



Get your heart rate up with this 30 min cardio workout!

What you will need: open space ((The Lunsford around ACU offers pretty scenery, Redbud park is a good option, or any open field/street), a watch/phone to keep time, a willing and positive attitude!

Warm up:

Brisk walk or jog for 5 min, incorporating high knees/seat kicks, etc.
Finish warm up with knee tuck stretches and lunge stretches, etc.

Workout:

Set timer for 15 min.

Sprint or jog for one minute

Jog or walk for the following minute

(So for one minute you are focusing on getting your heart rate up with a higher intensity pace and the next minute is to focus on getting your heart rate back down with a lower intensity pace to recover. Depending on fitness level: if you sprint one minute, then you jog the next. Respectively, if you jog one minute, you will walk the next minute).

Stretch GOOD- spend the last 10 minutes stretching and cooling down

Broccoli and Cream Cheese Stuffed Chicken Breast



Ingredients:

- Two 6 oz thick cut chicken breasts
- One 8 oz package of cream cheese
- 2 cups chopped broccoli florets
- Salt, pepper, onion powder, garlic powder, paprika, Chicken Rub seasoning

Instructions:

1. Set oven to 400 degrees F.
2. In a medium size bowl, mix cream cheese with chopped broccoli and season it to taste
3. Cut a slice down the middle of chicken, not cutting all the way through, and stuff chicken with desired amount of broccoli cream cheese
4. Place in non-stick glass pan, season chicken and bake for 35 min or until chicken is done!

"THE TIME IT MAY TAKE TO ACCOMPLISH
SOMETHING IS IRRELEVANT! IF YOU WANT
IT, WORK FOR IT!"