

## NUTRITION NEWS

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NOVEMBER 2020

IN THIS ISSUE:

### THE SEASON OF GIVING THANKS!

There truly is always something to be thankful for. It is easy to cultivate gratitude when you are looking to do so. Too often we take for granted that waking up each day is already enough to be grateful for. It's also easy to count all your blessings when everything is going blissfully.

Good health, happy relationships, successful career, financial stability... But what about when there is discord and all things screaming disharmony are knocking at your door? Are you still the type of person that looks for and sees the good that is still very present around you?

That's the thing about gratitude, you don't just count your blessings when all is well. It speaks a lot of character when you are still able to treat others with kindness and look for the good in the small things, despite the strife that may be happening within or around you. This does not mean you pretend or act like everything is okay when it's not, or ignore your feelings when situations are tough, but rather about analyzing what is important for you to focus on that will keep you grounded, centered, calm and filled with gratitude.



- ❖ The Season of Giving Thanks
- ❖ Cultivating Gratitude
- ❖ What is Leaky Gut?



- ❖ Move Your Beautiful Body
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## Cultivating Gratitude

Can you think back on a difficult situation or season in your life, whether that be a loss of a friend or family member, a devastating break-up, loss of your job or not getting that promotion? Times such as these are never easy, but when you are able to shift your perception a bit, a lot of good can come from it. Maybe you wouldn't have the strength, faith, hope and wisdom you have now. Maybe you wouldn't have the lovely spouse and full-of-life kiddos you have today. That job or promotion? Yeah you didn't get that because it would have only sucked the energy and joy from you and there was something way better for you on the other side.

And maybe you are living that grueling season right now... Having difficulty finding your purpose, an important life decision is at hand, an imminent break-up, whatever the case, you fill in the blank; it is during these times where it is so important to hold space for yourself. It is usually in these moments where you have to find it within to be completely honest with yourself, no matter how unpleasant this may be. Most of the time you will find that you know deep down, there is something bigger, better, and greater awaiting you. Sometimes it is as simple as having grace and appreciation for how you handled a worrisome conversation or being thankful for food on your table, clothes on your back, and a roof over your head.

### Let's exercise the mind for a minute:

Visualizing and engaging all your senses can help you navigate through difficult moments and practice gratitude.

- Find a peaceful, quiet space.
- Turn off all devices and settle in and get comfortable.
- Close your eyes and take deep, slow breathes. Be still...
- Feel your body relax, all the way from the top of your head, down through your whole body to your feet.
- Now think back on a time that was challenging, a time where you felt pain, betrayal, confusion, or heartbreak.
- Acknowledge what happened and what all was felt during this particular time.
- Now move forward in this experience and focus on the person that you were during this time and how you handled this situation.
- Give credit and acknowledge that you did the best you could at this time with the resources at hand.
- Next, recognize and appreciate that you are not the same person you were then and realize how far you have come since.
- Ask yourself what valuable lesson was learned? What gift was subconsciously obtained? What wisdom, knowledge or insight was gained? You couldn't see it or feel it at the time, but there was a reason for this very event that happened in your life.
- Now ask yourself, what are you thankful for that came out of this experience?
- Take some last deep breathes and open your eyes.

## WHAT IS LEAKY GUT?

Let's talk leaky gut! What is it and why is it something you want to know more about? Leaky gut, also known as intestinal hyperpermeability, is the condition in which the tight junctions between the cells of the intestinal lining in your stomach are compromised. This leads to widespread inflammation and hormonal disruption and imbalance throughout the whole body! The body is always trying to find homeostasis and regulate itself. And these tight junctions in your gut regulate what is allowed in and out of the intestinal wall. The gut is naturally absorbent to very small particles needed, such as nutrients the body requires. This is what the gut was made to do. But when you put your body through stress, and when you're taking medications like antibiotics or ibuprofen or hormonal contraceptives, if you're eating foods you are sensitive to, or you have gut infection, then larger proteins and molecules can make their way through the intestinal wall that shouldn't be allowed in. When you expose your body and your gut to things that affect your hormones (such as what was just listed), you are compromising the integrity of your gut each time. When this happens and toxins, microbes, and undigested food particles get through your intestinal lining, your immune system is being set off. Your immune system goes on the "defensive" because it does not recognize these foreign critters. What is the result of all this? Inflammation and all sorts of uncomfortable symptoms. That is not all. Leaky gut syndrome is how you develop food allergies and sensitivities and immune disorders, autoimmune disorders like Celiac disease, to be more specific. More on leaky gut and inflammation in a later newsletter...

## GIVE THIS HIGH INTENSITY 20 MINUTE AMRAP WORKOUT A TRY!

First! Warm-up! If you want to reap the maximum benefits from a workout, then warm-up those muscles! Warm-ups help get the blood flowing to the muscles you will be working!

### WORKOUT DETAILS:

Set timer for 20 minutes

AMRAP (as many rounds as possible)

4 different exercises, no rest in between exercises; minimum rest in between rounds

Once you complete all 4 exercises, repeat until timer goes off.

**Exercise 1:** 20 hand release push-ups (regular push-up, but when you go down, your body lays on the ground and your hands come off the ground, youtube if still not sure)

**Exercise 2:** 15 burpees (without the push-up)

**Exercise 3:** 10 inchworms (from the standing position, go down to the ground and crawl out with your hands into push-up form, then come back in and stand up, that is one rep)

**Exercise 4:** 30 Russian twists

### **STRETCH!**

**MOVE  
YOUR  
BEAUTIFUL  
BODY!**



## Let's spice things up with some Flax and Pumpkin Balls!

**Makes about 16 balls**

**Serving size: 2 balls**

### INGREDIENTS:

- ¾ cup raw pumpkin seeds
- ¼ cup flaxseeds
- 1 tablespoon chia seeds
- ¼ cup toasted coconut flakes
- ½ teaspoon salt

### INGREDIENTS CONT'D:

- ¼ cup plus 2 tablespoons cashew butter
- 2 tablespoons coconut oil, melted
- ½ teaspoon vanilla extract
- 2 tablespoons honey
- ¼ cup currants

### INSTRUCTIONS:

- 1) Grind the pumpkin seeds and flaxseeds in a spice grinder or blender fitted with a milling blade.
- 2) In a food processor, add the ground seeds, chia seeds, coconut flakes, and salt. Pulse a few times to combine.
- 3) In a small bowl, stir together the cashew butter, melted coconut oil, vanilla extract, and honey. Gently mix until the cashew butter has thinned and is easily spreadable.
- 4) Add the cashew butter mixture to the food processor. Process the mixture until it starts to clump together or form a ball. Add the currants and pulse to combine. The ingredients should stick together when pressed between your fingers.
- 5) Line a baking dish with parchment paper. Use a Tbsp to scoop the mixture into 16 equal portions and roll each portion of "dough" between your palms into ball.
- 6) If you like, roll each ball in a small bowl of extra coconut flakes for garnishing.
- 7) Place the balls in the refrigerator and allow them to set overnight.

Recipe Credit: Dr. Brighten

*"Happiness doesn't depend on what we have, but it does depend on how we feel toward what we have. We can be happy with little and miserable with much."*