

NUTRITION NEWS

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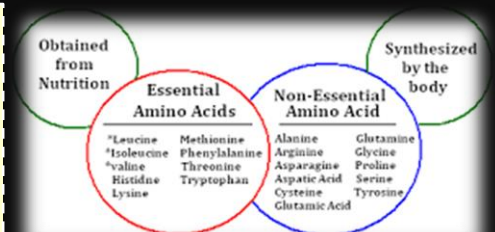
STUDENT NUTRITION
DEPARTMENT

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HAPPY NEW YEAR! HERE'S TO A BLESSED, PROSPEROUS 2021!

Let's just dive right into this! Did you know that 70-80% percent of our immune system is housed in our gut? You will even hear some doctors refer to your gut as your "first brain." Now if that doesn't scream just how important your gut flora really is, I am not sure what will. The gut lining actually has a really high turnover, meaning we grow a new gut lining every 3 to 4 days. That lining is made out of protein for the most part. If you are amino acid deficient (not consuming enough protein), your gut lining isn't going to turn over every 3 to 4 days. Instead, it might turn over once a week or every 10 days. This means the membrane isn't going to be a healthy barrier, potentially leading to leaky gut. Your stomach will not absorb the important vitamins and minerals that it needs to, and instead is prone to absorbing things that it isn't supposed to absorb. Now you have a membrane for a gut lining that is allowing things in your body that should never get into your body. Once these foreign invaders get into your body, you can bet your body will react to it. This is because your body is absorbing whole proteins, or bacterial cell walls, or whole bacteria, or parasites, and now your body is with a big immune reaction against these unwanted invaders. That immune reaction can cross over to where those antibodies actually attack your own body and tissues.
Hello autoimmune diseases.

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Amino acid in human body

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LEAKY GUT, AUTOIMMUNE DISEASES, AND IMPORTANCE OF AMINO ACIDS (PROTEIN)

Virtually all autoimmune diseases are linked back to leaky gut. Some examples of common autoimmune diseases are rheumatoid arthritis, reactive arthritis, Addison disease, Celiac disease, type 1 diabetes, Hashimoto thyroiditis, Graves' disease, multiple sclerosis, systemic lupus erythematosus, Sjogren syndrome, myasthenia gravis, pernicious anemia, etc. So let's nerd out here for a little bit. Here's an example of how an autoimmune disease can manifest: Say you eat some seafood or a steak, the proteins in these foods are very close to our own and if those whole proteins come across and get through the barrier of your intestines before being broken down and absorbed, your body can make an immune attack antibody against that protein. There is a very high chance it is going to start reacting against your own similar muscle tissue, or cartilage, or brain cells, and then you are going to have an autoimmune condition where your joints hurt, or your muscles hurt, or your brain is inflamed and you are depressed, or anxious, or can't sleep, or can't remember. All of this originates in your GUT. Which is why it is important to have enough essential amino acids so your tissues can replenish themselves as they need to, so you can have high gut turnover, and so you can recover quickly after a hard workout, and you can reap the benefits of that workout.

There are 22 amino acids and if you combine them in different sequences, you get different proteins. There are roughly 50,000 different proteins in our body and all of them are made up of different combinations of these 22 amino acids. Of the 22, eight of them are essential. This means you have to get them through your diet because your body cannot produce or manufacture them. If you get the eight, your body is capable of making the other 14 to give you the 22 amino acids. I'll spare you the whole 22 of them, but the essential amino acids are: tryptophan, isoleucine, leucine, methionine, lysine, valine, threonine, and phenylalanine. A perfect amino is a mixture of the eight essential amino acids and the proportions of them is very important so they can best be utilized. Utilization of protein is just as important as consumption. This means your gut needs to be healthy, optimal, and working properly in order to absorb and best utilize macro/micronutrients, vitamins and minerals, and all the good things your body needs.

How would you treat a sick fish?



THEORY ONE:
medicate the fish



THEORY TWO:
clean the tank

Sadly, the first theory depicted is how our society operates... Spend trillions of dollars on medications/healthcare that only put a band aid on the root causes of our murky water (stress, highly processed foods, macro/micronutrient deficiencies, food sensitivities, toxic exposures, industrialized farming practices, etc). It doesn't matter how many pharmaceuticals you take, if you don't clean out your fish bowl (your one and only unique, beautiful body), your body will not function at its optimum. This is not to say, "do not take pharmaceuticals," but instead focus on cleaning out your fish bowl FIRST."

Here are a few tips for an optimal gut:

- Always start with whole foods and then add supplementation as needed.
- Aim to eat lean, organic protein every meal (fish, chicken, buffalo, bison, lentils, nuts)
- Aim to eat a variety of colorful vegetables with every meal (color = phytonutrients and antioxidants which help reduce inflammation)
- Don't be afraid to eat healthy fats as your body NEEDS them!
- Aim for 7-9 hours of sleep every night (practice dimming and turning off lights and putting your electronics down, get that melatonin flowing and those cortisol levels down)
- Consume quality prebiotics and probiotics and feed the good bacteria in your gut! (prebiotics = apple cider vinegar, garlic, apples, onions, asparagus; probiotics= sauerkraut, kombucha, yogurt, kefir)

What is so good about high intensity interval training (HIIT)? Well who wants to continue to burn calories even after you are done working out? Who wants to get many of the same health benefits in half or a third of the amount of time it may take to do other forms of exercise? Well this is what you get with HIIT workouts! Opt for HIIT workouts 2-3x a week to really reap the benefits! So let's get that heart rate up, that lymphatic system going, and those toxins out of your body! First warm those muscles up!

Try this 15 minute HIIT workout! (Any movements you are unsure of, youtube them to see proper form and all). Set a timer and get after it! Do as many rounds as possible.

10 Dumbbell power clean

10 Dumbbell push press

10 Atomic sit-ups

10 Burpees

STRETCH!!

**MOVE
YOUR
BEAUTIFUL
BODY!**

Carrot & Cabbage Buffalo Stir-Fry



Serves 4

INGREDIENTS:

- 1 Tbsp coconut oil
- 1 cup chopped onions
- 2 tsp freshly grated ginger
- 2 cloves garlic, minced
- 1 lb ground buffalo
- 3/4 tsp sea salt
- 2 Tbsp coconut aminos
- 2 Tbsp apple cider vinegar
- 1/4 green cabbage, thinly sliced
- 2 large carrots, peeled and shredded
- 1/4 cup sliced scallions
- 1 Tbsp toasted sesame seeds

INSTRUCTIONS:

1. Heat the coconut oil in large skillet over medium heat, then add the onions. Cook them for 5 min, or until they are translucent. Add the ginger and garlic and continue sautéing, stirring frequently.
2. Add the buffalo to skillet and break apart the meat with a wooden spoon. Sprinkle the mixture with salt as the meat is browning.
3. When the meat is still pink, add the coconut aminos and apple cider vinegar, tossing everything together. Also add the cabbage and carrots, then cover the pan, leaving the lid slightly ajar. Simmer the mixture for 3-5 minutes, or until the carrots have softened and the cabbage has shrunk.
4. Turn off heat and remove skillet from burner. When ready to serve, top with sesame seeds and scallions.

"There is so much you cannot control, but the power of what you always can is the most formative force in your life." Your attitude, your actions, and your perspective are the things you have control over and are also what make the biggest difference.