



NUTRITION NEWS

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STUDENT NUTRITION
DEPARTMENT

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IN THIS ISSUE:

What does believing mean to you?

According to Encyclopedia Britannica, “belief is a mental attitude of acceptance or assent toward a proposition without the full intellectual knowledge required to guarantee its truth.” Interesting concept... Everyone has their own beliefs, typically stemming from their childhood and how we were raised and our past and present experiences. The mind is a very powerful tool and how we use it matters. Beliefs are part of what make people unique, as well as offer that common ground between/among individuals. We as humans are going to believe differently to a certain degree, or realistically, all degrees, but having the ability to hold space and respect for those with differing beliefs is the key.

Believing in yourself and your capabilities and having the confidence to follow through with decisions, whatever they may be, is an important component to navigating everyday life.

As for me, I believe in the power of prayer. I believe in the power of kindness. I believe where there is a will, there is a way.

I believe in the power of nutrition and moving your body to some extent every day. I believe in positivity. I believe that the price of anything is the amount of life and time you exchange for it. I believe this life is a true gift and our time here on earth is very limited. I believe in the power of self-worth and self-love. I believe in loving thy neighbor, despite differences. I believe in myself. I believe in YOU.

What are some things you believe in?



- ✚ Food for Thought: BELIEVE
- ✚ Breast Cancer Awareness: Tips and Healthy Habits



- ✚ Healthy People are the Biggest Threat to Our Healthcare System
- ✚ Recipe of the Month
- ✚ Motivational Quote of the Month

CORRELATION BETWEEN NUTRITION AND BREAST CANCER

There are plenty of studies that show a direct relationship between diet and chronic diseases, such as hypertension, diabetes, heart disease, and obesity. But did you know that a balanced diet can also positively affect the risk of breast cancer? In the U.S. approximately 1/3 of cancer deaths can be associated with nutrition in adulthood. Each year, about 1 in every 8 women will be diagnosed with breast cancer. And although rare, more than 2,000 men in the U.S. are expected to be diagnosed with breast cancer each year.

There are healthy habits to adopt in order to lower the risk of breast cancer or help breast cancer progression or reoccurrence. Studies have found that certain foods contain compounds, vitamins, minerals, fiber and a myriad of cancer-fighting phytonutrients that have inhibitory effects on breast cancer cells. Below are some healthy tips to incorporate and make daily habits:

- ✚ Eat 8-10 **colorful** fruits and vegetable servings daily
- ✚ Consume 30-45 grams of fiber daily
- ✚ Avoid processed and refined grains, flours, and sugars
- ✚ Eat lean protein with every meal; plant protein daily
- ✚ Limit fatty and processed meats and dairy
- ✚ Include healthy fats like fish, chia seeds, flax seeds, walnuts, soybeans, olive oil and avocados
- ✚ Consume herbs and spices
- ✚ Limit alcohol consumption
- ✚ Ask your doctor about having a vitamin D blood test. Maintain level above 40 ng/ml through diet or supplementation
- ✚ Drink plenty of fluids; water
- ✚ Engage in daily physical activity



1 IN 8 WOMEN
in the United States will develop
breast cancer in her lifetime.

**MAKE SURE YOU ARE
SCREENING AND SEEING
YOUR DOCTOR. EARLY
DETECTION SAVES LIVES!**

Unfortunately this depiction on the right is a sad reality here in our country. How does it makes sense that the U.S. healthcare system spends the most money on healthcare, yet has the poorest health outcomes? A study finds that the U.S. ranks last among 11 wealthy countries for healthcare. In 2019, the U.S. spent \$3.8 trillion on healthcare, but it ranked worst in total health outcomes of 11 other countries. The leading causes of death in the U.S. are chronic diseases (heart disease, stroke, diabetes, arthritis, cancer) that stem from nutrition and poor lifestyle/wellness choices. Until we become our own best advocates and realize that the quality of our food choices and lifestyle should be our first line of intervention, we will prevail down a scary path and continue to run our country into debt from unfathomable, unfair healthcare costs! "People are fed by the food industry, which pays no attention to health, and are treated by the health industry, which pays no attention to food." – Wendell Berry

HEALTHY PEOPLE ARE THE BIGGEST THREAT TO OUR HEALTHCARE SYSTEM

PHARMACIES VS. HEALTH FOOD STORES



@lostbookofherbalremedies

SWEET CARROT BREAKFAST PATTIES



Ingredients:

MAKES 8 SMALL PATTIES

- 2 shallots, diced (about $\frac{3}{4}$ cup)
- 2 tablespoons avocado oil, divided
- 2 large carrots, shredded (about 1 cup)
- $\frac{3}{4}$ teaspoons salt, plus a pinch for vegetables
- 1 pound ground chicken
- $\frac{1}{2}$ teaspoon ground black pepper
- 1 teaspoon ground cinnamon

Instructions:

- Preheat oven to 350 degrees F.
- In a skillet set over medium heat, simmer the shallots in 1 tablespoon of the avocado oil for 3 minutes.
- Add carrots to skillet, plus a pinch of salt. Continue simmering vegetables for 5 minutes, stirring occasionally.
- Transfer carrots and shallots to a bowl and set them aside. Allow them to cool.
- Place chicken in a second bowl and use your hands to gently add the $\frac{3}{4}$ Teaspoon salt and black pepper.
- Once carrots and shallots are cool enough to handle, add the cinnamon to them with your fingers. Then combine carrot and shallot mixture with the chicken mixture and form it all into 8 small patties.
- Heat a cast-iron over medium-high heat and add the remaining tablespoon of avocado oil. Sear the chicken patties in the skillet, 1 minute on each side. Cook them in batches if necessary.
- Put the skillet in oven and allow patties to finish cooking for 10 minutes.
- Remove skillet from oven and place chicken patties on plate to cool.

Recipe Credit: Dr. Brighten

"You can't wait until life isn't hard anymore before you decide to be happy."