



NUTRITION NEWS

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SPRING IS UPON US!

Say hello to brighter, warmer, and sunshiny days! This is your reminder to get out when you can and soak up them rays. Everybody needs their daily dose of vitamin D! Sunshine is a sure way to give you that good mood boost and is the best source of vitamin D. When your skin is exposed to sunlight, it makes vitamin D from cholesterol. Just by getting 15-20 minutes of direct sunlight exposure, your body has the ability to create energy for vitamin D synthesis, which sets you up for a multitude of benefits.

Vitamin D is needed for calcium and phosphate absorption, which is important for strong bones, teeth and muscles. Vitamin D also supports your immune system and fights inflammation.

So get out there and enjoy a little sunshine, your body and mind will thank you for it!

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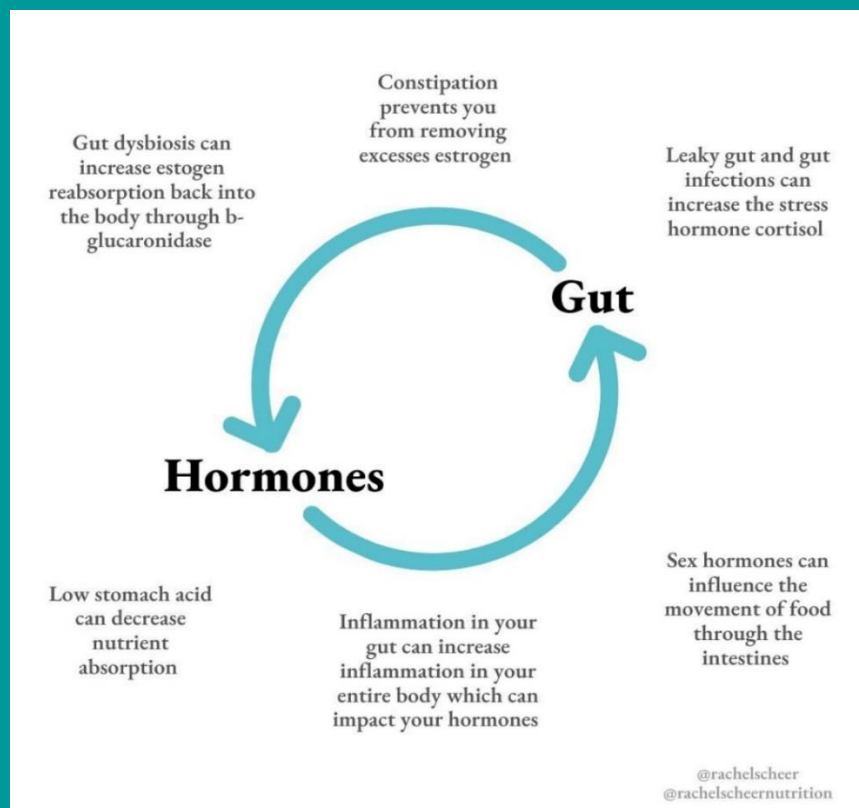
- Spring, Sunshine and Vitamin D!
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Let's Talk Gut- Hormone Connection

It's not by chance to have digestive issues as well as hormone imbalances. The two are intertwined, where one affects the other. An unbalanced gut microbiome is one of those things that doesn't just happen overnight, but rather with years of poor nutrition and environmental factors.



Did you know that being born C-section, taking antibiotics/medications, not being breast-fed, chronic stress, toxins, as well as consistently eating processed foods are all factors that can affect and take a toll on your gut microbiome and hormones?

In fact, your gut microbiome affects pretty much every hormone in the body. Gut issues can be linked to bloating, gas, food intolerances, constipation, acid reflux, diarrhea, and skin issues like acne, eczema, or psoriasis. Some other signs of an unbalanced gut and hormone issues include mood swings, fatigue, headaches, depression, sugar cravings, brain fog, autoimmune disease, anxiety and more. It is important to heal your gut first when trying to heal your body and balance those hormones.

Below are a few ways on how hormone imbalances are linked to your gut:

- 1) Good bacteria in the gut can metabolize and recycle hormones, like estrogen in the body, so if your bacteria is unbalanced, you won't be able to eliminate hormones effectively. This can lead to conditions such as PCOS, endometriosis, and breast cancer.
- 2) Scientists and researchers know that 95% of serotonin (happy hormone) is produced and stored in the gut. Hence why people with unbalanced gut microbiomes experience feelings of depression and anxiety.
- 3) If you are deficient in stomach acid or not digesting properly, you will lack nutrients to create adequate hormones. An imbalanced gut microbiome makes it difficult for vitamins and hormones to be absorbed by the body, thus leading to deficiencies and more problems.
- 4) An imbalanced gut is also a cause of slow-performing thyroid, known as hypothyroidism. Symptoms of this would be weight gain, hair loss, and chronic fatigue.
- 5) Leaky gut (a compromised gut lining) causes toxins, proteins, food, and bacteria to get into the blood stream causing inflammation, autoimmune conditions, and also an increase in your stress hormone, cortisol.
- 6) Insulin is partly regulated by a bacteria stored in the gut, so if you have a lot of inflammation and low on good bacteria, this makes it even worse on your insulin regulation.

MOVE THAT BEAUTIFUL BODY!

Grab some dumbbells and set timer for 20 minutes and get moving!

Aim for 5 rounds

- 🏋️‍♀️ Curtsy lunges- 20 reps (10 each leg)
- 🏋️‍♀️ Jumping squats- 15 reps
- 🏋️‍♀️ RDLs (Romanian deadlift)- 15 reps
- 🏋️‍♀️ Hip thrusts- 15 reps
- 🏋️‍♀️ Leg raises- 15 reps

****Complete all exercises and rest for 1 minute, then go again.**

****Not sure about an exercise, just google or youtube it 😊**

Thai Zoodles with Citrus Almond Sauce



- 4) Place all the citrus almond sauce are just combined and creamy. Alter
- 5) Pour the sauce over the zoodles
- 6) Distribute the mixture between two

Ingredients: Serves 2

Salad

- 2 large zucchini
- 1 small head broccoli
- 1 large carrot, peeled into long strips
- 1/8 small red cabbage, thinly sliced
- 4-6 button mushrooms, sliced
- 1 red bell pepper, cored and thinly sliced

Citrus Almond Sauce

- 1/4 cup coconut aminos
- 1/4 cup almond butter
- 2 Tbsp fresh orange juice
- 1 tsp orange zest
- 2 tsp fresh lime juice
- 2 Tbsp extra-virgin olive oil
- 1/2 tsp grated garlic
- 3 tsp freshly grated ginger

Toppings

- 2 green onions, thinly sliced
- 2 Tbsp toasted sesame seeds

Instructions:

- 1) Use a spiral slicer to transform the zucchini into noodles. Alternatively, use a peeler to julienne the zucchini into long strands, similar to spaghetti noodles.
- 2) Use a knife to cut off the top florets of broccoli. Reserve the stalks for another use (like stir-fry or roast).
- 3) Combine the zucchini noodles, broccoli florets, carrots, red cabbage, mushrooms, and red bell peppers in a bowl. ingredients in a blender, and briefly process them until they natively, whisk the ingredients in bowl. and vegetables, and toss until everything is well combined. bowls, and top each serving with green onions and sesame seeds.

Recipe credit: Dr. Jolene Brighten

"Most of what we worry about doesn't even end up happening. You're not guaranteed tomorrow; don't spend your last day worrying about things you can't control."