

FALLING FOR GOOD NUTRITION

NUTRITION NEWS
Abilene ISD
Student Nutrition Department

Happy Fall! As the Thanksgiving season approaches we want to remind you that food isn't just for fuel, it can also be for comfort and joy. Food is meant to be enjoyed and you can do so without compromising your health. Remember that one meal does not change the trajectory of your health.

Another important reminder is to refrain from making comments regarding weight and food choices. Our words matter and negative comments surrounding food can influence those around us, including children. Your relationship with food can set a foundation for the younger generation's relationship with food. You have the ability to help establish a positive association with food, and it can start with the holiday season. This can have a lasting impact from childhood that progresses into adulthood. In this edition, we hope you feel encouraged to make mindful decisions for your health and well-being that welcome peace and joy around food during the holiday season.

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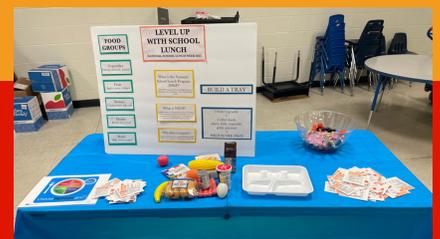
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NATIONAL SCHOOL LUNCH WEEK HIGHLIGHT

National School Lunch Week (NSLW) is an annual highlight about school lunch that occurs the second week of every October. This year, the AISD nutrition team visited a few elementary schools during lunch time to engage with the kids and teach them about the importance of school lunch and what components make up their plate. Children played hopscotch and had to identify what foods belonged in what food group, and some children even built a mock tray to meet school lunch standards. It was a blast for everyone!

LUNCH
TIME





NATIONAL DIABETES AWARENESS MONTH

The month of November is National Diabetes Awareness Month! This is a time where we shed light on the disease and we spread awareness, educate, and support each other. Diabetes is a significant public health concern, and it affects millions of lives worldwide. There are many types of diabetes (type 1, type 2, gestational, etc).

Regardless of the type, living with diabetes can be a journey filled with challenges. Despite the stigmas surrounding diabetes, diabetics are not limited to their diagnosis.

Carbohydrates are a normal and healthy part of a diabetic's diet. Exercise and movement are encouraged. It is important to stay up to date with regular follow-up appointments and collaborate with your providers to ensure necessary changes to improve your blood sugar levels and overall health. Remember that each day is a new opportunity to take charge of your well-being and live your best life!

MINDFUL EATING FOR THE HOLIDAYS

- Start the day with a balanced breakfast (protein, fiber, fat, and carbs)
 - A balanced breakfast can reduce the urge to overeat during the Thanksgiving meal.
 - Prevent feeling sluggish after a heavy meal.
- Add more protein and fiber to your plate
 - Protein and fiber help you feel full and stabilize blood sugar levels. They help combat blood sugar spikes when paired with food high in carbohydrates and sugar.
 - Be smart when adding starchy vegetables to your plate like sweet potatoes and corn as they can raise blood sugar due to high carb content. Pair them with a non-starchy vegetable such as green beans and Brussels sprouts that contain more fiber.
- Use your senses to help you be more mindful
 - Take small bites and chew your food slowly to savor the taste to fully enjoy your meal.
 - You have permission to go back for seconds. Getting second helpings is a better option than overloading your plate.
 - After a few bites, pause to assess how hungry or full you are feeling. Awareness of hunger and fullness cues can help you stop eating when you are comfortably satisfied.
- Take a walk
 - If you feel uncomfortably full after eating, take a quick stroll outside to improve your mood and digestion
 - Research has shown that taking a 15 minute walk helps the body be more sensitive to insulin which contributes to in-range blood sugar levels that has shown to have lasting effects over an entire day.



A TASTE OF FALL

Diabetes Friendly

Sweet & Savory Fall Vegetable Dish •

Serves: 6-8

- 1 – 2 tablespoons olive oil
- 1 lb. brussels sprouts
- 1 small butternut squash (about 4 cups)
- 1/3 cup dried cranberries
- 1/2 cup raw pecans
- 1/2 orange, juice of (about 1/4 cup)
- generous pinch of cinnamon
- salt & cracked pepper

Recipe By: <https://simple-veganista.com/roasted-brussels-sprouts-squash-w-cranberries-pecans/>

- Preheat oven to 425 degrees F. Line a rimmed baking sheet with parchment paper, a silpat, or lightly grease with oil.
- Prep veggies: Dice butternut squash into 1/2 inch cubes. Trim the bottom of the brussels sprouts and slice them in half lengthwise.
- Roast: Place the brussels sprouts (cut side down) and squash on the baking sheet in single layer, drizzle with a little oil, sprinkle with salt, and toss to coat. Place the baking sheet in the oven and roast for 40 minutes, stirring after 25 minutes. About 5 minutes before removing the vegetables, add the cranberries and pecans to the baking sheet. Remove and let cool slightly.
- Dressing: In a small bowl, squeeze the juice from 1/2 orange and add a generous dash of cinnamon, mix well.
- Assemble: In a large mixing bowl, add the roasted vegetables along with the orange-cinnamon dressing. Add salt and freshly cracked pepper to taste.
- Serve: Transfer to serving dish. Enjoy warm, at room temp or chilled.

Turkey Trot



Check out the annual Turkey Trot happening here in Abilene! Organized by Abilene Runner's Club, this 3.1 mile (5k) run takes you through the Lytle neighborhood and is a great way to spend time with family, friends, and other members of the community on the morning of Thanksgiving. There is even a 1 mile fun-run for the kiddos. The 5k starts at 8 am sharp and the fun-run starts at 9. Go to www.active.com and type in Turkey Trot and select Abilene as the location. Click on the event and find details and registration there. All proceeds benefit the West Texas Rehab Center.

“If you don't love it, don't eat it, and if you love it, savor it.”

-Evelyn Tribole, [Intuitive Eating: A Revolutionary Program That Works](#)