

Spring Into Great Health!



April 2024

Food for Thought

“If you think wellness is expensive, try illness.”

What kind of mindset do you have when it comes to your health? Do you have an investment mindset or a cost mindset? One of the determining factors when it comes to investing in one's health is money. We all want to be smart with our money, but let's be real, we are going to spend that money one way or another, so might as well be on our health and in a way that is going to help us feel and look good, right? Unfortunately though, those with a cost mindset won't see it that way. Instead they look at money being spent through a short term and scarcity lens, and sadly these are the same people that are in debt to medical bills, surviving on medications, missing work due to consistent illness, or lacking energy and motivation to do the enjoyable things that matter in life. An investment mindset leaves room for added value in one's life because this requires that you look at the bigger picture and see things through a long term lens. Spending money on a coach, splurging on the supplements, paying for a gym membership, signing up for healthy meal subscriptions (if time does not permit for cooking up fresh meals on the daily), etc., are all investments in health now that will add quality to one's life later down the road.

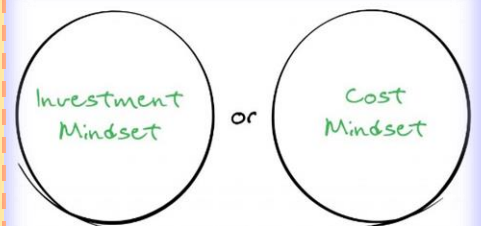
Which mindset do you have?

NUTRITION NEWS

Abilene ISD

STUDENT NUTRITION
DEPARTMENT

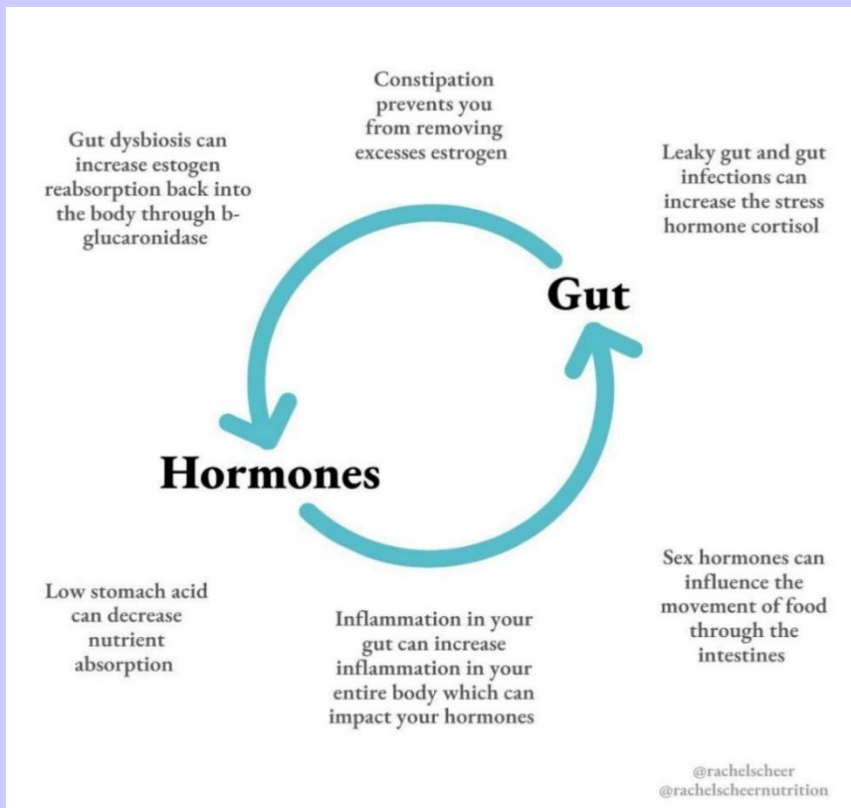
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Let's Talk Gut- Hormone Connection

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, environmental 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 YOUR BEAUTIFUL BODY!

Try this 20 Minute Full Body Workout! No equipment needed!

Set your timer and complete as a circuit.

Exercise 1: 10 Burpees (with push-up for challenge)

Exercise 2: 20 Mountain Climbers (from plank position)

Exercise 3: 10 Side Lunges (each leg)

Exercise 4: 10 Walking Front Lunges (each leg)

Exercise 5: 15 Jumping Squats

Rest for 1-2 minutes and go again!

INSTRUCTIONS: Serves 2

1. Preheat oven to 425 degrees F. Prepare a baking sheet with foil and cooking spray.
2. Roast the vegetables. Trim zucchini ends, halve lengthwise, and cut into ½" half-moons. Place zucchini and broccoli, cauliflower, carrot medley on prepared baking sheet and toss with 2 tsp. olive oil and umami seasoning. Spread into a single layer. Roast in hot oven until tender, 15-20 min. While veggies roast, continue recipe.
3. Prepare ingredients and make sauce. Coarsely crush peanuts. Combine dressing, soy sauce, and a pinch of salt in a mixing bowl. Set aside.
4. Cook the quinoa. In a microwave-safe bowl, combine quinoa, 3 Tbsp. water, a pinch of salt, and garlic, ginger, & Chile seasoning (to taste). Cover with a paper towel and microwave covered until warmed through, 2-3 min.
4. Finish veggies and finish dish. Carefully remove baking sheet from oven. Transfer veggies to bowl with sauce and gently toss to coat. Top quinoa with veggies and any excess sauce. Garnish with sesame seed and peanuts. Enjoy!

Mixed Vegetable and Quinoa Bowl



INGREDIENTS:

- Olive oil
- Salt
- 12 oz. broccoli, cauliflower, carrot medley
- 8 oz cooked quinoa
- 1 zucchini
- 1 ½ fl. oz. creamy roasted sesame dressing
- 1 oz. honey
- roasted peanuts
- Soy sauce to taste
- 2 tsp. umami seasoning
- 1 tsp. sesame seeds
- 2 tsp. garlic, ginger, & Chile seasoning

"Sometimes health looks like realizing the weight you need to lose isn't on your body..."

"This institution is an equal opportunity provider."