



NUTRITION NEWS

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IN THIS ISSUE:

TAKE CARE OF YOUR HEART!

Now more than ever, it is crucial to eat and do the things that are going to love your heart right back. It is all about creating the habits that work best for YOUR life. We are seeing an alarming increase in obesity and heart disease rates, not just in adults, but our kiddos as well. There are longitudinal studies that show “children who are overweight or obese have an increased risk of becoming overweight or obese adults. Overweight or obesity during childhood has been linked to an increased likelihood of hypertension in adulthood. High blood pressure and cholesterol in childhood have also been associated with poor cardiovascular outcomes in adulthood. These few longitudinal studies indicate that there are significant long-term consequences of childhood overweight and obesity, many of which currently may yet be fully understood as the rate of overweight and obesity has rapidly increased over the past few decades.” It is past time for us to be that positive advocate and role model for not only ourselves, but our children, and not stand around and watch the increase of processed foods and sugar intake be normalized. See below for some practices to incorporate to help live out a heart healthy lifestyle.



- Take Care of Your Heart
- Practices for a Heart Healthy Lifestyle
- Social Media and Boundaries



- Give Your Body Some Love!
- Recipe of the Month
- Motivational Quote of the Month

High blood pressure, also known as hypertension, is a “silent killer.” Do you know where your blood pressure stands? Does it fall under a healthy or unhealthy range? Checking your blood pressure consistently is important to know and assess on a consistent basis.

Blood Pressure Category	Systolic mm Hg (upper number)	Diastolic mm Hg (lower number)
Normal	LESS THAN 120	LESS THAN 80
Elevated	120-129	LESS THAN 80
High Blood Pressure (Hypertension) Stage 1	130-139	80-89
High Blood Pressure (Hypertension) Stage 2	140 OR HIGHER	90 OR HIGHER
Hypertensive Crisis (consult your doctor immediately)	HIGHER THAN 180	HIGHER THAN 120

“An ounce of prevention is worth a pound of the cure.”

-Eliminate stress: Creating and sustaining a loving/comforting/stress free environment goes a long way. In fact, elevated stress levels is one of the leading cause of inflammation in the body. And inflammation is a marker for pretty much all chronic illnesses.

-Eat a balanced diet: This looks different for everybody, as every person's nutritional needs are different and there is no one size fits all when it comes to one's diet. But eliminating or controlling the amount of highly processed junk food that contains an overly abundant amount of salt is the way to go. This is not to say that consumption of salt should be cut completely, as salt is an essential nutrient for the human body. The Dietary Guidelines for Americans for salt consumption is less than **2,300 mg of sodium per day**, for reference, this is equivalent to 1 teaspoon.

-Control blood sugar: The human body is not capable of metabolizing processed sugars well. And our blood sugar levels impact EVERYTHING. **Refer to December Nutrition Newsletter for support of glucose and blood sugar levels.

-Exercise: Just get up and move your body. Get that heart rate up and lymphatic system going. Moving your body and breaking a sweat is not only good for your heart and body, but does the mind and mood wonders! All you need is 30 minutes a day! Regular physical activity makes the heart stronger and a stronger heart means less effort to pump blood throughout the body, therefore lowering blood pressure.

-Limit alcohol and quit smoking: Moderation is key when it comes to alcohol. Over consumption is linked to high blood pressure. Smoking and exposure to secondhand smoke increases the risk for the buildup of fatty substances (plaque) inside the arteries, not to mention that every time one smokes, it causes a temporary increase in blood pressure. Smoking is one of the preventable causes of premature death in the U.S. Quitting this habit can add quality years of life for you and others.

Consistently leading the way towards a sustainable healthy lifestyle paves a positive path for you and your family. Every day is a fight for our health in terms of rising rates of chronic illnesses, new diseases and sicknesses surfacing, poor/expensive healthcare systems, the normalizing of overconsumption of processed foods and sugars, the list can go on... There is so much power in taking control of your health where you can, so start there and give your best.

It is no secret the pronounced influence social media has on just about everybody with a phone these days. Too much of anything is bound to make us sick. Yes, social media can have its benefits and serve good, intentional purposes if we allow it to be used that way. But when you take a look at what is happening to the overall status of mental health, especially in our youth, it might strike some urgency and will to put in intentional practices to try and protect the health and stability of the mind.

Try not to use social media first thing in the morning upon waking up. This psychological habit of observing other people's lives before checking in on your own, is not healthy and if you do this every single day for a while, you are subconsciously reinforcing to yourself that other people's lives are more important than your own. This is how it becomes so easy to fall into the ugly trap that someone else's highlight reels is an accurate representation of their whole life and make you believe the lie that their life is perfect, when in reality everyone is human with real lives that come with challenges and flaws, just as yours do. You have no idea what someone else's life truly looks like behind all the highlight reels, so don't play the comparison game, aka the thief of joy. If your phone and social media is a problem at night time, try setting a limit or time for which you will put your phone away. Instead, pick up a book to read at night before bed, or practice journaling.

Try investing in an actual alarm clock, instead of using your phone as one. This way to avoid even having your phone in the same room as you when it is time to sleep. There is some pretty nifty alarm clocks out there now that emit a more natural light (better to wake up to) and have a variety of pleasant sounds to choose from and hear first thing in the morning.

There are a handful of practices to put in place when it comes to you controlling your phone time rather than social media and your phone controlling you. In the end, it is up to us the kind of balance we are wanting and the work we are willing to put in to achieve a healthier mindset.

GIVE YOUR BODY SOME LOVE WITH THIS 20 MINUTE BODY WEIGHT WORKOUT!

Set timer for 20 minutes and get moving!

Aim for 5 rounds

- ✚ Jumping jacks- 20 reps
- ✚ Squats- 15 reps
- ✚ Standing lunges- 10 reps each leg
- ✚ Glute bridges- 15 reps (squeeze those glutes at the top)
- ✚ Side lunges- 10 reps each leg

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

Pina Colada Cleanser Smoothie

Ingredients:

- 1 lime
- 2 romaine lettuce leaves or 1 cup spinach leaves
- ½ cup full-fat coconut milk
- ½ cup coconut water

- 1 cup frozen pineapple chunks
- 1 tablespoon hemp seeds
- 1 serving favorite protein powder
- ¼ cup fresh cilantro leaves



Instructions:

- 1) Zest the peel of the lime straight into a high-speed blender. Then peel the lime with a knife, cut the flesh into quarters, and add it to the blender
- 2) Add to the blender the romaine lettuce (or spinach), coconut milk, coconut water, pineapple chunks, hemp seeds, protein powder, and cilantro, and blend the mixture until it is smooth.

Discipline leads to habits.

Habits lead to consistency.

Consistency leads to growth.

"This institute is an equal opportunity provider."