



October 2018

# FALL IS HERE Y'ALL

Welcome to the AISD and Student Nutrition Family!

It is my pleasure to introduce you to our newest member of the Student Nutrition team, Chelsea (Johnston) Diaz. Chelsea will be serving and supporting Abilene ISD as the Nutrition Coordinator and Summer Feeding Coordinator. Chelsea is from Early, Texas and received her Bachelor of Science in Nutrition from Abilene Christian University. Chelsea will oversee a variety of programs that will focus on Nutrition Education Outreach, Nutrition News and special diets for our students. Chelsea is a nutrition enthusiast and a fitness enthusiast where she has worked as a personal trainer and has competed in fitness competitions.

Welcome Chelsea, we are glad to have you!

With autumn upon us, this means a different season offering numerous changes, as well as chances to adopt healthy habits. It means transformation fills the air as we welcome cooler temperatures and beautiful scenery filled with deep, radiant colors. There is another color, though, that holds significant meaning throughout the month of October. This multifaceted pastel pink you see worn on t-shirts, covering banners, or serving as the theme of high school pep rallies, represents all the moral support for the ones who have fought or are fighting the evils of breast cancer. It's symbolic of the ongoing fight for a cure to stop what is responsible for being the most commonly occurring cancer in women and the second most common cancer overall, according to the American Institute for Cancer Research.

## NUTRITION NEWS

Abilene ISD

Student Nutrition Department

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- New Member Introduction
- Breast Cancer in Relation to Nutrition
- Let's Get Moving  
*Trick or Treat Style*
- Nutritious Monthly Recipe
- Monthly Inspirational Quote





## NUTRITION AND BREAST CANCER ARE RELATED?

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 y'all 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.

Be of good cheer, for there are ways and 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.

### Healthy Breast Cancer Tips

- 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
- SCREENING; early detection saves lives!

### More Healthy Breast Cancer Tips

- Eat chia seeds and ground flax daily
- Consume herbs and spices on a daily basis
- Limit alcohol consumption
- Drink at least 1 cup of green tea daily
- Ask your doctor about having a vitamin D blood test. Maintain level above 40 ng/ml through diet, if needed then supplements
- Drink plenty of fluids; water
- Engage in daily physical activity

[http://cancer.ucsf.edu/\\_docs/crc/nutrition\\_breast.pdf](http://cancer.ucsf.edu/_docs/crc/nutrition_breast.pdf)



# LET'S GET MOVING!

Running low on time in the mornings?

Have your way with some **SAVORY OVERNIGHT OATS!**



## TRICK OR TREAT Create Your Own Bootcamp Workout

Instructions: Select 3 exercises from Upper and Lower, 2 from Core and 7 exercises from cardio. Mix and match so that 1 cardio move follows each strength-training exercise. Perform each exercise for 1 minute before moving onto the next. Complete 15 minute circuit twice if you dare. Mu hahaha!

### Upper: (Choose 3)

1. Push-ups
2. Biceps Curl
3. Triceps Dips
4. Triceps Extension
5. Upright Standing Row
6. Reverse Fly
7. Shoulder Press
8. Lateral Raise
9. Ball Chest Press
10. Renegades

### Lower: (Choose 3)

1. Pulsing Squats
2. Plie Squats to Calf Raise
3. Wall Squat
4. Reverse Lunges w/ dumbbells
5. Walking Lunges w/ dumbbells
6. Deadlift
7. Kettlebell Swings
8. Donkey Kicks (alternate)
9. Single-leg Squat Touchdown
10. Step-Ups

### Core: (Choose 2)

1. Plank
2. Walking Plank
3. Supermans
4. Side Plank (alternate)
5. Crunches on Bosu Ball
6. Reverse Crunch
7. Russian Twist
8. V Sit-Ups
9. Bicycle Crunches
10. Stability Ball Jackknife

### Cardio: (Choose 7)

1. Burpees
2. Mountain Climbers
3. Jumping Jacks
4. Jump Squats
5. Front Kicks
6. Plank Jacks
7. High Knees
8. Side Lunges
9. Jump Lunges
10. Speed Skaters
11. Box Jumps
12. Tuck Jumps

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### WHAT YOU WILL NEED:

- Mason jar
- ½ cup of whole grain oats
- ¾ cup of almond milk or liquid of preference
- 1 tbsp peanut butter
- 1 tbsp of chia seeds
- 1-2 tbsp of raw honey
- Dash of cinnamon
- Fruit of choice

IN THE END, HAVE FUN AND BE CREATIVE!

### DIRECTIONS:

- 1.) Add oats then liquid to mason jar
- 2.) Add the rest of listed ingredients
- 3.) Stir product
- 4.) Prep any desired fruit and add to jar
- 5.) Cover and store in the refrigerator
- 6.) Eat cold or hot
- 7.) ENJOY!

**“YOU CAN HAVE RESULTS OR EXCUSES, NOT BOTH.”**

**WHICH WILL YOU CHOOSE?**