



# FUEL for SCHOOLS

September 2023 • Nutrition News & Activities from your Gonzales ISD Food Service Dept.



## Healthy Gut, Healthy You!

The foods we choose feed both our body and our helpful microbe friends

The human gut contains trillions of microbes, including bacteria, viruses, fungi and even parasites! Known as the microbiome, the bugs living in our intestinal tract promote digestion and a healthy immune system. Eating a variety of whole, nutritious foods nourishes both our bodies and the good critters that reside in our gut!

On the other hand, eating too much junk food feeds pathogenic (disease-causing) microbes. Sugar, unhealthy fats and ultraprocessed foods can cause problems for our digestive and immune systems, making it harder to battle illness.

While the microbiome is complex and continues to be a very active area of research, we do know that eating both prebiotic and probiotic foods every day can encourage a healthy gut.

### Prebiotics

Whole plant-based foods such as fruits, vegetables, whole grains, beans, nuts and seeds contain fiber and other compounds which function as prebiotics. Prebiotics feed the healthy microbes living in our intestinal tract and discourage the unhealthy bugs.

### Probiotics

Probiotics are actual living organisms present in fermented foods. Examples of foods with probiotics include yogurt, kefir, kombucha, kimchi, miso and sauerkraut.

Source: <https://www.hsph.harvard.edu/nutritionsource/microbiome/>

### TRUE OR FALSE?

The number of microbes in your intestinal tract is greater than the number of cells in your body.

### True!

Scientists estimate that an average adult has about 30 trillion body cells and 38 trillion microbes living in the intestinal tract.

## Take Five for Fitness

### Stretch Out the Stress!

Stretching is an essential component of fitness and provides a number of benefits. In addition to improving flexibility, posture, and circulation, stretching is also a great way to reduce stress. Paired with relaxing music, simple stretching and yoga moves can recharge both the body and mind. To get started with some simple stretches, visit <https://tinyurl.com/4rca46x3>.



## Nutrition Know-How

### Sugar Sense

Keeping added sugars in check is a great goal to pursue for the new school year. An excess of added sugar in the diet can lead to inflammation, poor gut health, chronic disease and tooth decay.

Nutrition Facts	
Serving Per Container: 1	
<b>Serving Size:</b>	<b>1 bottle (20 oz)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>260</b>
	<b>% Daily Value*</b>
Total Fat 0 g	0%
Sodium 50 mg	2%
Total Carbohydrate 65 g	22%
Sugars 65 g	
Incl. 65 g Added Sugars	130%
Protein 0 g	
INGREDIENTS: WATER, SUCROSE, GLUCOSE, HIGH FRUCTOSE CORN SYRUP, NATURAL FLAVORS, ARTIFICIAL COLORS, PHOSPHORIC ACID.	

This bottle of soda has more added sugar than you should have in one day.

While whole foods such as fruit, some vegetables and milk contain natural sugars, most of the sugar in our food supply comes from added sugars. Examples of added sugars include high fructose corn syrup, sucrose, glucose, fructose, honey, molasses and brown rice syrup.

For most of us, the goal is to keep added sugars below 50 grams each day. You can find the amount of added sugars in food and beverages by reading the Nutrition Facts label.



# FUEL for SCHOOL

September 2023 • Nutrition News & Activities from your Gonzales ISD Food Service Dept.

## Fruit & Veggie Spotlight: Grapes and Cucumbers

### Grapes

Delicious, healthy and portable, table grapes have been grown by humans for over 8000 years! Red, green or black, all colors are terrific choices for meals or snacks. Grapes are a good source of vitamin K, which is important for blood clotting and bone health. Grapes also contain antioxidants known as polyphenols, which protect body cells from damage and lower the risk of chronic diseases. For grape lessons and activity sheets, visit <https://tinyurl.com/b76x5bfh>.



### Cucumbers



Because cucumbers are 95% water, they are a great source of hydration. Cucumber slices are also a delicious addition to fresh water, whether added to a cold pitcher or chilled in a water bottle. Tasty and refreshing, cucumber water will appeal to young athletes practicing in the late summer heat.

A good source of vitamin K, cucumbers also provide smaller amounts of several nutrients. The cucumber peeling is a source of a compound known as Cucurbitacin, a known cancer fighting chemical.

Cucumbers can be used many ways and can even form the basis of an edible art project! There are numerous YouTube videos that demonstrate fun cucumber art projects - <https://tinyurl.com/5c4zzk2s>.

## Recipe Roundup

### Greek Cucumber Yogurt Salad (Tzatziki)



*This is a simple, healthy recipe that kids can help create. For use as a sauce or dip, finely chop the cucumbers. Tzatziki works well as a dip for other vegetables or as a sauce for grilled chicken or fish.*

#### Ingredients

- 2 medium cucumbers, peeled and thinly sliced (optional: leave peeling on for more fiber)
- 1 clove garlic, minced
- 1 cup plain yogurt
- 1 teaspoon dried dill (or 1 tablespoon chopped fresh dill)
- Salt and pepper to taste

#### Directions

Combine all ingredients and chill for at least 1 hour.  
Serves 4.

## Scrambled Fruit

Unscramble the words to learn more about how different fruits grow.

#### 1. Grows on trees like these:

PAPELS \_\_\_\_\_  
ECHPAES \_\_\_\_\_  
SRAEP \_\_\_\_\_

#### 2. Develops just fine on a vine:

PGARES \_\_\_\_\_  
WIKIRTIUF \_\_\_\_\_

#### 3. Hangs around on the ground:

TWMLAREEON \_\_\_\_\_  
ENPPPAELI \_\_\_\_\_  
RBSWARTESIER \_\_\_\_\_

#### 4. Feels pushed to hang on a bush:

SIRBUBLEERE \_\_\_\_\_  
RSBRISEREPA \_\_\_\_\_

**Word bank:** Apples, Blueberries, Grapes, Kiwifruit, Peaches, Pears, Pineapple, Raspberries, Strawberries, Watermelon