



January 2019
January 2019



MAKE A RESOLUTION TO MAKE HEALTHY CHOICES!
Make Healthy Choices using the Food Pyramid as your guide. School Lunch provides choices from each of the five groups in the right proportion & serving size for good health.



Nutrition Programs for Healthier Students

Did you know?
Products which are used in the lunch program are enriched & fortified with vitamins & minerals to meet the United States Department of Agriculture (USDA) guidelines, have no trans fats & have lower sodium than most lunches brought from home.
When compared to most lunches from home, school lunches have less than 30 of the calories from fat & less than 10 of the calories from saturated fat.

Grains	Vegetables	Fruits	Milk	Meats & Beans
Start smart with breakfast. Look for whole grain cereals. <i>Eat 6 oz. every day</i> At least half should be whole grain	Color your plate with all kinds of great tasting veggies. <i>Eat 2 1/2 cups every day</i> Try carrots and sweet potatoes!!	Fruits are sweet and delicious. Go easy on juice and make sure it's 100%. <i>Eat 1 1/2 cups every day</i>	Milk gives you calcium for strong bones. <i>Get 3 cups every day</i> Make sure your milk, yogurt or cheese is low fat or fat-free.	Eat lean or low fat meat, chicken, & fish. Ask for it baked, not fried. <i>Eat 5 oz. every day</i> Nuts, seeds, peas, & beans are all great sources of protein.

After school snacks ???
Yes, having a snack after school is a good idea & it won't spoil your dinner...IF it's the right snack & not less than one hour before the evening meal.
Veggie sticks, low fat cheese cubes, wheat crackers or other whole grains in kid-sized portions are perfect.
Go easy on the sugared beverages like soda & sports drinks.
Water is the best choice!



Get up and Move!
What are you doing for exercise this winter? Even if you just build a "snowperson", get out & get some fresh air & exercise. It will do you & your body good...and it's FUN!

