

# FUZZY MATH.

Your body needs fat, and unsaturated fats can actually be good for you. But not trans fat -- Doctors say **we should try not to eat any trans fat at all**. But if a food serving has less than .5 grams of trans fat, the label can **CLAIM** the food has **zero grams**. And if you eat 4 or 5 servings of chips or crackers

or pastry  
or some  
other  
food  
that may

contain hidden  
trans fat, **suddenly**  
you're eating 3 or 5  
or 10 grams of a

**substance that you should avoid altogether!** Indeed,

Americans eat an average of nearly 6 grams of trans fat a day, much of it from products that can claim to have "0 trans fat."

Want to be sure you're not getting ANY trans fat? Look at the fine print below the label. **If the ingredients list any kind of "partially hydrogenated" oil or vegetable shortening, then the**

**food definitely contains trans fat.** And avoid fast food and deep-fried restaurant food, too – these foods don't have labels, but many are cooked in oil that contains trans fat.

49 = 0



the big number

5

One doughnut can contain five grams of trans fat. Doctors tell us that no amount is safe to eat.

**EAT BETTER. PLAY HARDER.  
LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!™**

*This newsletter is provided as a wellness resource by our school system's School Meals Program*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

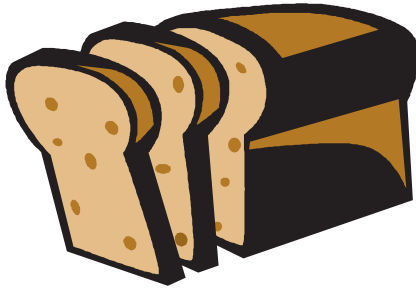
"FUZZY MATH"

## EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

### WHOLE WHEAT

Whole wheat bread is one of the healthiest everyday choices you can make! It has more flavor than white bread, and it's loaded with natural fiber and nutrients. To get all of these great benefits, make sure it says "100% whole wheat"!



## LEARN EASIER



Most kids who do well in school don't just read what their teachers assign for homework – they also like to read for fun. Ask a librarian or teacher to recommend a book to give your child as a gift this holiday season.

## PLAY HARDER

Skating is a fantastic winter outdoor activity in colder parts of the U.S. Live in a warmer climate? Find an indoor skating rink or get outside and try rollerblading!



## LIVE HEALTHIER



You can find a lot of information by reading the nutrition label on packaged foods. But not all foods come in a package that contains a label. Some come in a peel . . . or a bunch . . . or even a skin! In fact, many of the healthiest foods are so-called "whole foods" that don't have any ingredients at all – they come just the way nature made them. And many of the most nutritious and tastiest whole foods are found in the produce aisle at the grocery store or at the farmer's market – fresh fruits and vegetables. Eat more of these and you can't go wrong!

## Nobody scores without the proper feed

Ever notice all of the food images we use to describe the games we play? The batter steps up to "the plate." The tennis player "serves" an ace. The basketball guard "dishes off" a "perfect feed" for the easy lay-up underneath. You have to be "hungry" to win.

Actually, that last one has it backwards. Because the surest way to do poorly in sports or in school is to play without the proper feed. Kids who regularly eat balanced, nutritious meals play harder and learn better. That's why we're here for our students.

Convenient, economical, healthy School Meals. The perfect assist for good education!

**School Meals**  
*We serve education every day™*