



STUCK.

We're stuck on added sugar, and it **sticks us with all kinds of health problems**, like obesity, diabetes, tooth decay, heart disease, and much more. Food and drink companies add **sugars that occur naturally** (like fructose)

and/or **sugars that were created in the lab** (like high fructose corn syrup). No

matter which kinds of sugar are added by food processors, **the bad effects are pretty much the same**. And make no mistake: **added sugar is**

everywhere -- in our soda cans, ketchup bottles, cereal boxes, and on our ice cream sticks, too. The only sure way to avoid added sugar is to **choose mostly real, unprocessed "whole" foods** and to check any processed foods and drinks for **added natural sugars and any other ingredients that end in "-ose."**

the big number

355

The average American consumes 355 added-sugar calories every day, the equivalent of 22 teaspoons of sugar.

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

WELLNESS IS A WAY OF LIFE!™

This institution is an equal opportunity provider.

WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"STUCK"

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!

CLEMENTINES



Sugar that occurs naturally in whole foods like fruits and veggies are fine to eat. So, for a healthier diet, satisfy your sweet tooth with naturally sweet whole foods like juicy little clementine oranges!

LEARN EASIER

Only total sugar is listed on the Nutrition Facts label used on foods today. So it can be nearly impossible to know exactly how much added sugar is in a processed food. For example, you can't tell how much of the sugar in strawberry yogurt occurs naturally in the berries and how much was added. The new label proposed by the Food and Drug Administration would require that added sugar be listed separately.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per 2/3 cup	
Calories	230
% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	Trans Fat 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
10%	Vitamin D 2mcg
20%	Calcium 260mg
45%	Iron 8mg
5%	Potassium 235mg

* Footnote on Daily Values (DV) and calories reference to be inserted here.

Source: FDA.gov

LIVE HEALTHIER



There's ZERO nutritional benefit that comes from eating added sugar. Indeed, for most of our history on earth, people only ate sugar that occurred naturally in fruits and veggies, raw honey, milk, and very few other sources. An occasional sweet treat is fine, but a diet with as little added sugar as possible is healthiest.

PLAY HARDER

What's in your sports bottle? If it's a "sports drink," that's not much different than drinking soda. Endurance athletes -- people who do cardio exercise for two hours or more non-stop -- need to replenish the sugar burned during exercise. But the rest of us are better off eating a banana and drinking plain water!



First things First

BREAKFAST @SCHOOL
For first-class learning!

Featuring Healthy Fruits & Grains!

School Meals
We serve education every day

Over the last four school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers. For instance, we've established calorie maximums for our meals, which helps us cut added sugar from our offerings!

DON'T GET!
Take at least **ONE** **FRUIT** or **VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!

School Meals
We serve education every day

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