

# SNACK WELL?

Americans love snacks. And a lot of Americans are overweight. Connection? **You think?!** Our favorite snack foods tend to be loaded with **empty calories** from solid fats and added sugar. And we don't just eat snacks as treats -- a third of all of our daily calories, on average, come from **candy, chips, soda, pastries, and other junky snack foods**. Without even considering the snacks that kids eat, the average adult American man consumes 923 empty snack calories a day, and the average adult American woman eats 624. And a 30-year-old man who

is 6 feet

tall and

weighs 185 pounds only needs about 2200 calories for the entire day if he is moderately active. **That doesn't leave much room for healthier stuff.**

Luckily, there are convenient, portable, readily available snack foods we can all eat to our hearts' content and still stay healthy: **can you say fresh fruit?**



the big number

# 168

Since 1977, kids' intake of snack calories has gone up by 168 calories a day, or 60,000 calories per year

**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!

"SNACK WELL?"

## 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!

### SWEET BELL PEPPERS

For a great healthy snack, try pepper strips. They're colorful, crunchy, and sweet -- and they're very nutritious, without fat, sugar, salt, or a lot of calories!



## LEARN EASIER

Research shows that candy, snack cakes, cookies, and other sugary snacks can make your body feel sick, almost like it is fighting a virus, which may interfere with learning. Healthy snacks promote healthy learning!



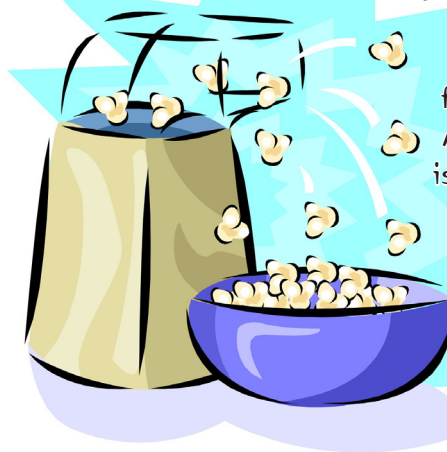
## PLAY HARDER



Excess snacking and television watching are directly related. Maybe our TV's should have a nutrition label. Or maybe we should turn the TV off, get outside, and get more active!

## LIVE HEALTHIER

Fresh fruits and vegetables are by no means the only tasty snacks that are good for you, too. Popcorn is a wonderfully nutritious, fiber-rich treat that's loaded with complex whole-grain carbohydrates. Pop your own, so you won't get any of the added chemicals and other mysterious ingredients of pre-popped or microwave popcorn. Plus, then you can control the salt and butter -- a little of each goes a long way. Add



a dash of grated parmesan cheese for a gourmet touch. Air-popped popcorn is healthiest -- about 30 calories per cup, before any add-ons -- but even oil-popped corn has only 55 calories per cup.

## Meanwhile, we just keep getting healthier.

A lot of kids' choices for snacks and other meals have gotten less healthy over the years, but the meals at school continue to get better for kids. Beginning in the 2012-2013 school year, the amount of fruits and vegetables we serve in our lunches will go up from 1/2-3/4 cup of fruit and vegetables combined to 3/4-1 cup of veggies and 1/2-1 cup of fruit every single day. That's more than double the healthful fruits and veggies with every lunch! Plus, we'll feature the healthiest dark green and red/orange fruits and veggies more often, and at least half of all grains will be healthful whole grains. We're on your side!

## School Meals

*We serve education every day™*

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