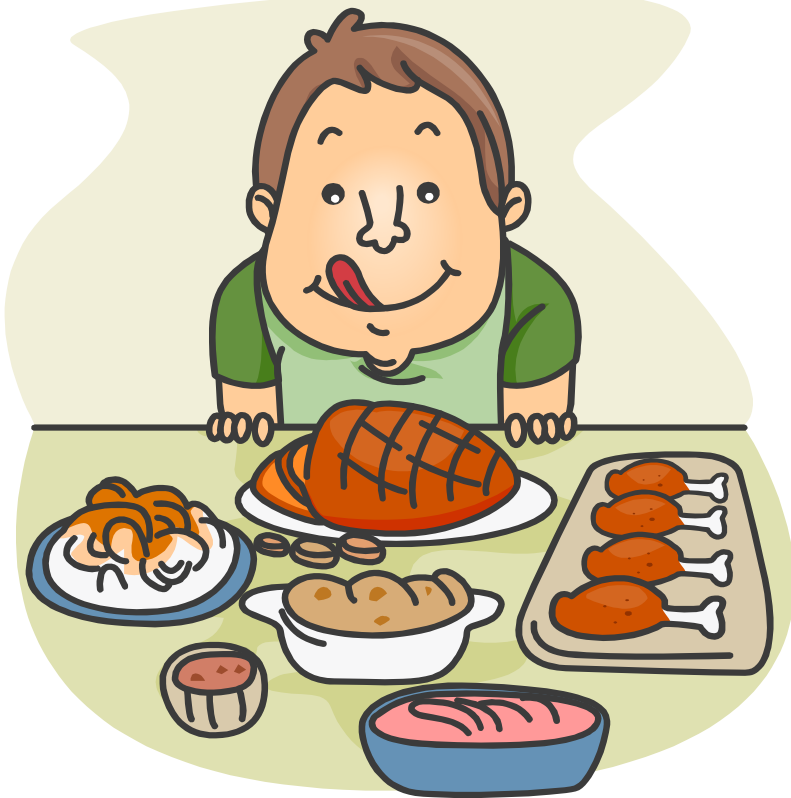


# SEASON'S GR(EAT)INGS.



the big number

# 229

The average Thanksgiving dinner contains 229 grams of fat (four days worth) and up to 4,500 calories.

Overeating spikes for a lot of us during the “holiday season” -- which now **starts in November and runs into January!** Think about all the opportunities for (over)indulging. Halloween candy. Football viewing parties. Thanksgiving visiting. **Leftovers.** Work events. Holiday get-togethers. **Leftovers.** Buffets. Open houses. New Year’s Eve dinner. **And more leftovers!** You **SHOULD** enjoy special treats and meals during this time **without feeling guilty**, but be aware of what you’re eating. At the traditional **BIG** events like Thanksgiving dinner, try to **eat slowly and enjoy your food**, and be especially mindful of the **steady unconscious snacking** that also spikes during these 10 weeks.

**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!

“SEASON’S GR(EAT)INGS?”

## 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!

### WALNUTS

Nuts make a great occasional snacking choice for the holidays! Walnuts contain healthy omega-3 fats, anti-oxidants, fiber, and lots of other healthful nutrients. Plus, cracking them open is fun -- and it slows down your snacking!



## LIVE HEALTHIER

The food you choose at the holiday meal can make the difference between a healthy feast and having to let your belt out a notch when you’re done! Choose white meat turkey and avoid the skin. Load up on veggies like broccoli, asparagus, and sweet potatoes (without the marshmallow). Start with about half as much mashed potatoes as you’d normally pile on. Have stuffing or a roll instead of both (and if you choose the roll, just have one). Choose a small slice of pumpkin pie instead of a whopping piece of pecan. And give yourself some time to feel full before diving in for seconds.



## LEARN EASIER



Feel free to load up on some holiday meal favorites. Broccoli, for example, is a good source of vitamin K, which improves cognitive function (that means learning!) and boosts brainpower. Just avoid smothering it in butter or sauce.

## PLAY HARDER

Ok, so you had too much to eat on Thanksgiving Day. Don’t be too hard on yourself -- happens to the best of us! But make up for it on Friday by getting off the couch for a little exercise. Why not head to your local skating rink (indoor or outdoor) for some family fun?



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**School Meals**  
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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 example, all of the milk we serve must be either nonfat (flavored or unflavored) or lowfat (unflavored only).

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

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