

THE SIMPLE TRUTH.

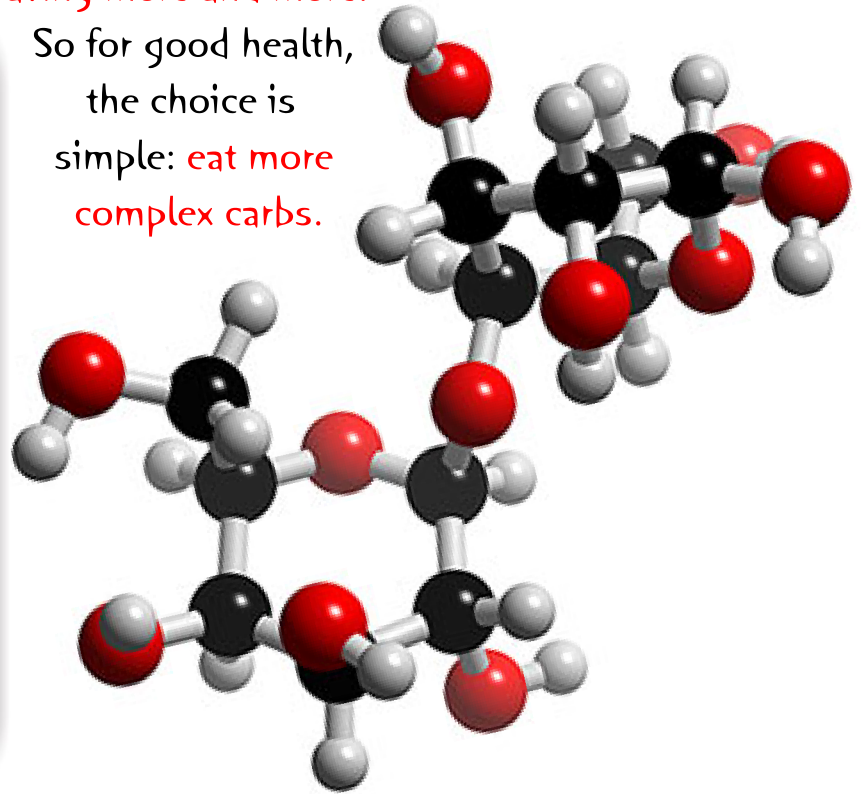
The model shown here for a complex carbohydrate molecule is, well, pretty complex. But deciding which carbs are best for your health is actually pretty simple. “Complex” carbs, found in fresh fruits, vegetables, whole grains and rice, nuts, seeds, and beans, come from nature. Complex carbs aid digestion because they’re high in fiber. They deliver long-lasting, steady energy and help you feel full longer. They’re loaded with vitamins and minerals. But “simple” carbs (like the sugar in soda, candy, and many processed foods) are mostly refined in factories. Your body absorbs these sugars very quickly and the energy you get from simple carbs doesn’t last very long, leaving you craving more and more.

the big number

50

Nutritionists say we should get about 50% of our calories from carbs, most of which should be complex carbs

So for good health,
the choice is
simple: eat more
complex carbs.



**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 District's Food Services Program

WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"THE SIMPLE TRUTH"

EAT BETTER

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

WALNUTS



Walnuts are a great anytime snack – and a good nutrition choice, too. Just $\frac{1}{4}$ cup of these crunchy nuts provides nearly a day's worth of omega-3 essential fatty acids, a special type of protective fat that the body can't make on its own.

PLAY HARDER

If possible, give kids gifts that encourage them to get sweaty and out of breath! A football, tennis racket,

Frisbee, snowboard, horseshoe set, ball rebounder, baseball and glove – anything that requires movement and exercise! Video games that include vigorous physical activity are good, too, but don't neglect the good, old-fashioned outdoor stuff!



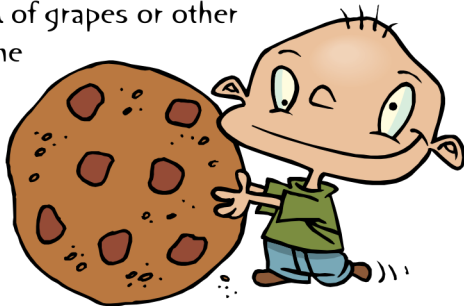
LIVE HEALTHIER



Eating is a big part of winter family get-togethers, so savor that good food! Sure, try not to overdo it, and get a little exercise if you can, but cherish your precious time – and meals-- with family!

LEARN EASIER

Resist the urge to let kids munch on a lot of Valentine's sweets while doing homework! The best snack for studying is a bowl of grapes or other fresh fruit. Save the cookies or other treats for after dinner, when they will be part of a complete, healthy meal.



LOVE.

Valentine's Day on February 14th is traditionally the "love" holiday. And if the last two years have taught us anything, it's the importance of that emotion, not just for one day, but all year round. With all of the loss and disruption we've all endured, let's hope we've learned that our routines and plans and expectations are fragile. Life is fragile. But love is strong. And love endures. We want you to know that we love our customers, and we encourage you to tell the people who are important to you that you love them, too!

School Meals
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