

# ADDITION BY SUBTRACTION.

Perhaps the single best way to **ADD** to your good health is to **SUBTRACT** one item from your diet: **ADDED SUGAR**.

Nutritionists recommend that we get **no more than 5-10% of daily calories from added sugar** -- about 25-50 grams per day or



the big number

# 35

Estimates vary, but Americans under 18 eat an average of about 35 teaspoons of sugar a day, or 140 grams daily.

6-12 teaspoons. Sound like a lot? A single 12-oz. soda contains 40 grams. **That's like eating 10 sugar packs!** And you'll also find added sugar in lots of places you might not expect -- **ketchup, BBQ sauce, bread, cereal (even those marketed as "healthy"), vitamin water, protein and granola bars, sports drinks -- even spaghetti sauce.** Recent new regulations now require that added sugar be listed on nutrition labels, so you can see where that stuff might be lurking. Better still, try to choose whole, unprocessed food when you can.

**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!

"ADDITION BY SUBTRACTION"

## 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!

### BERRIES



For a delicious, healthier alternative to bottled syrup and as a topping for plain yogurt, heat a cup of fresh berries with a teaspoon of cinnamon and/or a teaspoon of maple syrup. YUM!

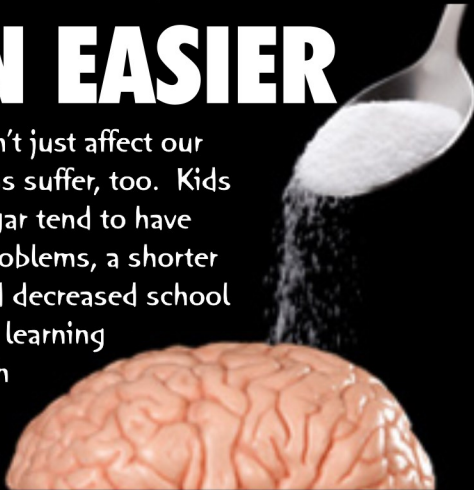
## LIVE HEALTHIER

Some sugar occurs naturally in whole foods, like fruit, vegetables, and white milk, and that's OK -- eat all the whole fruits and veggies you want! The sugar in fruits and veggies is delivered in a natural "package" that includes lots of fiber and other nutrients that help slow down the release of the sugar as your body digests the food. So try to substitute the natural sweetness of nature for the kind that gets added to processed foods.



## LEARN EASIER

Added sugar doesn't just affect our bodies -- our brains suffer, too. Kids who eat lots of sugar tend to have more behavioral problems, a shorter attention span, and decreased school performance. Isn't learning challenging enough without making it MORE difficult?



## PLAY HARDER



The name "Sports Drink" suggests that the product helps your sports performance. In reality, they're akin to soda -- loaded with added sugar. Athletes of any age who exercise or train VERY vigorously or for hours at a time might benefit from such drinks. For the rest of us, sports drinks are no more than extra calories and sugar.

First things First

**BREAKFAST @SCHOOL**  
For first-class learning!

Featuring Healthy Fruits & Grains!

**School Meals**  
We serve education every day

Over the last decade or so, we've put in place a number of changes to make our lunches and breakfasts (in schools that serve breakfast) even more nutritious for our customers. We'll continue to use the Wellness Newsletter to keep you posted on these changes and much more!

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