



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.**

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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

A few years back, only total sugar was listed on the Nutrition Facts label. So it was essentially impossible to know exactly how much added sugar was in something. For example, you couldn't tell how much of the sugar in strawberry yogurt occurred naturally in the berries and how much was added. The new label put in place by the Food and Drug Administration requires that added sugar be listed separately. Use it!!!

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	
0% 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!



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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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