CALORIES COUNT.

the big number 17

In 2010, nearly 17% of American children and teens and more than 35% of adults were obese.

All sorts of culinary culprits have been blamed for America's obesity epidemic, including fast foods, soda, carbs, and fat. But, bottom line, we simply tend to take in too many calories, in whatever form. Foods that are nutrient-dense -- think fresh fruits and veggies, whole grains, and lean protein -- give us more nutritional "bang for the calorie" than processed foods, which get most of their calories from added sugar and fat. So when we eat a diet rich in high-nutrient foods, we get all the nutrients we need, feel fuller, AND tend to eat fewer calories. That's why we're featuring more and more fruits and veggies and whole grains on our menus. And that's also why this year, for the first time, we have a maximum calorie range for our meals in addition to a minimum range.



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! "CALORIES COUNT"

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!

MANDARIN ORANGE



Most of the "little" oranges (including the popular clementines) are actually types of mandarins. A mandarin orange or two (or a serving of mandarins in fruit juice) makes a great, healthy snack, at about 35 calories and 1.5g of fiber per orange, plus lots of vitamin C!

PLAY HARDER

Kids who play a sport or are otherwise very active use a lot more calories than adults or more sedentary kids. That's the thing about exercise. If you want to eat more, fine -- as long as you work it off. It's all about finding the balance that's right for you.



LEARN EASIER

School Lunch in America started as a national security program -- too many recruits were unfit for service in WWII because of issues related to malnutrition. The problem today isn't as often lack of calories as it is the quality of the calories that kids eat. But School Meals are still about national security, because today we realize that what kids eat affects their ability to learn and contribute to our nation.



LIVE HEALTHIER

The amount of calories each of us needs depends on age, gender, AND activity level. The chart below gives approximate recommended daily calorie ranges based on these variables. School lunches now provide a maximum of 650 calories in grades k-5, 700 for grades 6-8, and 850 for high school kids.

		Physical Activity Level		
	Age	Less than 30 mins./day	30-60 mins./day	Over 60 mins./day
Child	2-3	1,000	1,000-1,400	1,000-1,400
Female	4-8	1,200	1,400-1,600	1,400-1,800
	9-13	1,600	1,600-2,000	1,800-2,200
	14-18	1,800	2,000	2,400
	19-30	2,000	2,000-2,200	2,400
	31-50	1,800	2,000	2,200
	51	1,600	1,800	2,000-2,200
Male	4-8	1,400	1,400-1,600	1,600-2,000
	9-13	1,800	1,800-2,200	2,000-2,600
	14-18	2,200	2,400-2,800	2,800-3,200
	19-30	2,400	2,600-2,800	3,000
	31-50	2,200	2,400-2,600	2,800-3,000
	51	2,000	2,200-2,400	2,400-2,800

As part of the new USDA regulations for school meals programs, we now follow guidelines for recommended maximum calorie amounts. Throughout the school year, we'll be using the menu and this newsletter to tell you more about all of the new regulations and what we're doing for your kids!



DON'T 4GET!
Take at least ONE FRUIT or VEGGIE and at least THREE items total so your meal counts as a complete lunch!

School Meals
We serve education every day™

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