SATURATION POINT.

"Low fat" or "non-fat" on the label doesn't automatically make a food healthy. Unsaturated fats are an essential part of a healthy diet. Saturated fat (in foods like meat, butter, cheese, and cream, among others) is unhealthy in the large doses that many of us eat, but a little butter on your baked potato or whole wheat bread can easily be part of a healthy diet. Just don't go overboard: the generally accepted limit is 20-25 grams of saturated fat a day, or about 10% of total calories. The third kind of fat, trans fat, isn't safe at any level. If one of the ingredients on a food label is "partially hydrogenated" oil, then that food definitely contains trans fat. In our schools, we're trying to use the latest research about food to craft healthier menus for our students. That's why the meals we serve average 10% or less calories from saturated fat, and every item contains zero grams of trans fat per serving.

the big number

35

For a healthy diet, we should limit all fat to no more than 30-35% of total calories, or about 60-80 grams.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!™

This newsletter is provided as a wellness resource of the SBLC Food, Nutrition and Wellness Program.

WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL! "SATURATION POINT"

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!

AVOCADO



Avocados are one of the few fruits that contain significant fat -- about 20 grams in a whole avocado. But only 3 of those fat grams are from saturated fat, and the rest are from the healthy, unsaturated fat.

LEARN EASIER

A recent Harvard study found that eating a lot of saturated fat hurts brain function and memory over time, while eating more mono-unsaturated fat helped.



PLAY HARDER



A gram of fat has more than twice the calories (9) as a gram of protein or a gram of carbs (4 each). That's why we should keep fats under 35% of our daily calories. But it's unhealthy to try to avoid fat altogether. Even athletes in training have been shown to prepare and perform better on a diet that contained a moderate amount of fat, rather than very low fat or high fat.

LIVE HEALTHIER

You probably wouldn't slather peanut butter on a piece of grilled salmon. But these two foods have more in common than you might think: among other healthy attributes, both are excellent sources of healthy fats. Salmon is chock full of unsaturated fat called "Omega-3 fatty acid," which is also the stuff that comes in those fish oil pills (tip: actual salmon tastes better!)



The fat in peanut butter is mostly unsaturated, too, and kids tend to like peanut butter a little more than salmon!



As part of the new USDA regulations for school meals programs, our meals will continue to feature less than 10% of total calories from saturated fat and zero grams of trans fat per serving. 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™

This newsletter is provided as a wellness resource of the SBLC Food, Nutrition and Wellness Program.