HEALTHY COLORS.



It makes sense to eat the foods that are best for our health more often -- and sometimes color is the best indicator of healthfulness. In fact, fruits and veggies with intense, rich color are among the healthiest foods we can eat. Brightly colored fruit -- berries of all kinds, bananas, mango -- are nutrition superstars. Deep green leafy veggies (like broccoli, kale, spinach, vegetable greens, and romaine lettuce) and red/orange veggies (like sweet potatoes, red peppers, tomatoes, carrots and orange squash) are loaded with vitamins, minerals, fiber, and illness-fighting nutrients. Beans come in a wide array of colors, all full of protein and fiber, and all good for you. That's why we feature healthy dark green and red/orange vegetables on our menus every week, as well as beans and other legumes and lots of fresh fruit! So color our meals healthy for your kids!

the big number

234

A three-ounce serving of baby carrots contains 234% of the adult daily requirement for vitamin A.

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

WELLNESS IS A WAY OF LIFE!™

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

WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL! "HEALTHY COLORS"

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!

BUTTERNUT SQUASH



Butternut squash is one of those fantastic red/orange veggies! It makes a delicious soup and is also excellent cut into chunks and baked. That rich yellow-orange color comes from beta carotene, a powerful substance for good health.

LIVE HEALTHIER

For decades, Americans almost exclusively ate the familiar pale green iceberg lettuce -- the least nutritious lettuce type. If you opt for the darker green romaine lettuce instead in your salad and on your sandwich, you'll get six times more vitamin C, four times more calcium, and ten times more beta carotene than ordinary iceberg lettuce, and romaine is very high in folic acid, too. Best of all, it has more flavor!



LEARN EASIER

Good vision is crucial for good learning. That's why all kids should have an eye exam. And that's also another good reason to eat more of the red/orange and dark green veggies, which contain vitamins and minerals that are vital for good eye health.



PLAY HARDER

Elite African distance runners excel in international competitions. Of course, they train extremely hard, usually at high altitude, but they have another advantage, too: they tend to eat a lot of beans, which provide the perfect combination of carbohydrates and very low-fat protein for endurance athletes.



Our new policy to serve more deep green, red, and orange vegetables, along with beans, other legumes, and fresh fruit (described on the front page) is part of the new USDA regulations for school meals. We'll be telling you more about these new regulations and what we're doing for your kids on the menu and in this newsletter throughout the school year!



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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