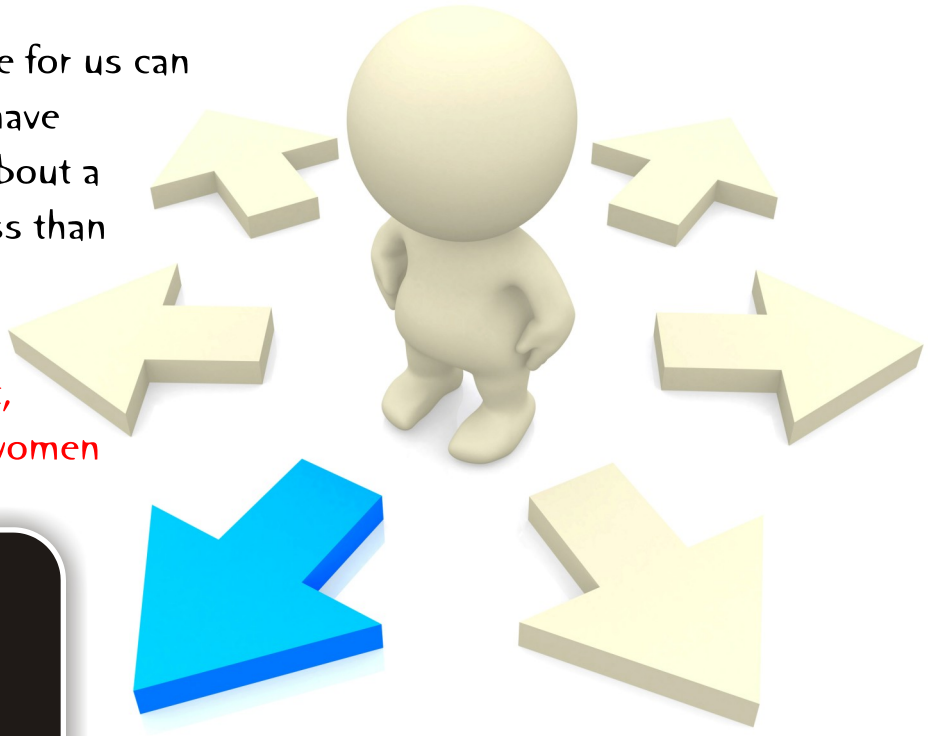
HEALTHIER BY DEFAULT.

Sometimes, choices that are made for us can help make us healthier. Studies have shown that most of us eat only about a third of the 2 cups of fruit and less than half of the 2.5 cups of vegetables recommended in the Dietary Guidelines for Americans. In fact, only 2.2% of men and 3.5% of women



regularly eat enough fruits and veggies to meet the recommendations. These habits begin when we're children. That's why we've made a subtle change in our school menus this year. Before, we did not require students to take a fruit or vegetable, as long as they took enough other items. Now, they must choose at least one fruit or veggie, and they can take more if they like. So now the "default choice" for our kids is even healthier meals at school!

the big number

84

84% of American children ages 6-11 do not eat the recommended amounts of fruits and vegetables.

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

WELLNESS IS A WAY OF LIFE!™

This newsletter is provided as a wellness resource through the Food, Nutrition and Wellness Program of the School Board of Levy County. For more information, please contact (352) 486-5244.

WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL! "SNACK WELL?"

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!

ZUCCHINI



Zucchini is the familiar green summer squash. The name means "little pumpkin" in Italian. These veggies are 95% water, so they are very low in calories. They're excellent sliced thick and grilled with a little olive oil.

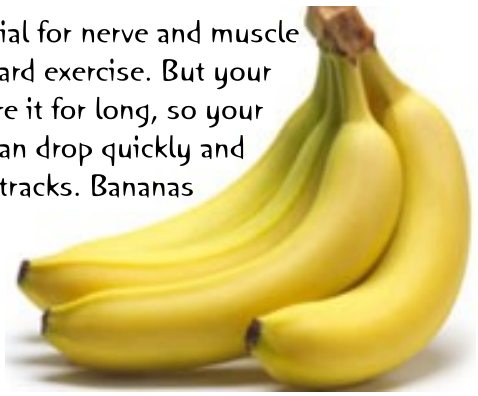
LEARN EASIER



Researchers studied 1200 elementary school kids who were given lunches with more whole grains, fruits, and vegetables and found "significant increases in math scores." Eating healthier helps make learning easier for kids!

PLAY HARDER

Potassium is crucial for nerve and muscle function during hard exercise. But your body doesn't store it for long, so your potassium level can drop quickly and stop you in your tracks. Bananas are loaded with potassium, making them a perfect, portable food for exercise!



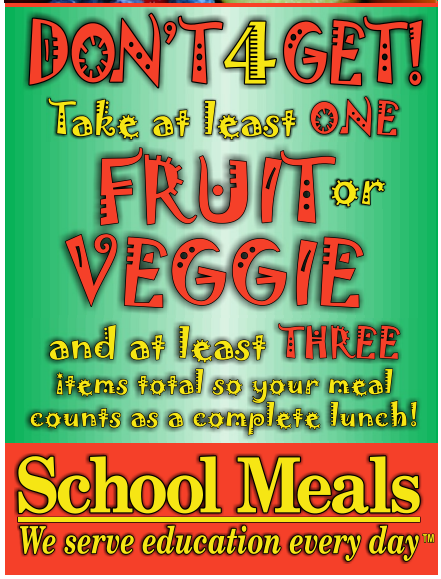
LIVE HEALTHIER

You don't have to eat a TON of fruits and vegetables to get to the recommended 2 cups of fruit and 2.5 cups of vegetables per day. One small apple equals about a cup. Same for a large banana, 8 large strawberries, 12 baby carrots, a large ear of corn, 24 large grapes, 10 broccoli florets, or a medium potato. In the course of a day, we should be able to eat WAY MORE than the recommendation, and that would be WAY HEALTHIER!



The requirement described on the front page that students take at least one fruit or vegetable serving 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!





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