THROW THE SWITCH.



At night, it's "lights out." It's peaceful. Quiet. Your eyes are closed. Not much happening, right? Well, you may be asleep, but your mind and body keep the lights on all night long -- dreaming, repairing muscles, and burning fuel that needs to be replenished. To get fired back up and ready for action again after hours without food, you need a good breakfast -- think fruit, lowfat dairy, whole grains, and lean protein. And what if you skip breakfast or maybe just gobble some stuff full of fat and sugar? Then, your mind and body can't make up that overnight energy deficit -- and you might as well be walking around in the dark all day. When it comes to learning well and performing at your best -- in the classroom, on the playground, on the field, at the office, or at home -- if you don't eat a good breakfast, it really is "lights out" for you!



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

WELLNESS IS A WAY OF LIFE!

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

WELLNESS IS A WAY OF LIFE!

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL! "THROW THE SWITCH"

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!



beets

ere is a group of
ostances in beets called
s" that are unique to this
getable. Several of these
lains have been shown to
ide antioxidant, anti-
flammatory, and even
letoxification benefits.
So try a beet salad soon!

LEARN EASIER

Here's another reason to choose whole grains: they help you think more clearly. Your brain needs a steady supply of energy t
and focus. Whole
release their gluco
your system slowl
helping you stay
mentally alert and
ready to think long



PLAY HARDER



You don't want to eat too much immediately before exercising, but the best choices are foods rich in carbohydrates and low in fat: a slice of whole wheat toast, a banana or other fruit, half a whole-grain bagel, even a boiled potato!

LIVE HEALTHIER

As far back as the Aztecs, Native Americans prized pumpkin seeds for their nutritional and medicinal qualities. These tasty seeds are rich in healthy mono-unsaturated fats and high quality protein. They're a great source of vitamin E and a host of B vitamins and essential minerals. They even contain tryptophan and glutamate, which help promote healthy sleep and relieve stress, respectively. Pumpkin seeds are a fantastic snack alternative, and they're also great sprinkled on salads, hot or cold cereal, or healthy sauteed vegetables.





Over the last two school years, 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 this year to keep you posted on these changes!

