



November 2009

Food and Nutrition Services has developed monthly Energy Zone articles that schools are welcome to use in your monthly parent newsletters. Below, you will find an article for your November newsletter.

HEALTHY SNACKING TIPS

The rise in overweight children means that parents need to take an active role in providing healthy snacks for their children.

- Keep snacks small.
- Don't eat snacks straight out of the package.
- Snack only when hungry, not bored.
- Limit sweet snacks such as brownies, cookies, and candy because they are often loaded with calories and sugar.
- Offer fruits and vegetables.
- Offer low fat cheese with whole grain crackers or pretzels.
- Select snacks from MyPyramid.
- Quench thirst with water, fruit juices or low fat milk, not soft drinks.
- Read food labels carefully – if first ingredient is sugar **AVOID IT.**

Use www.fcps.edu/fs/food/ nutrition calculator to evaluate your snacks at home.

Source: Energy Zone

Healthy Tips for the Holidays

- Choose a variety of foods from MyPyramid-Steps to a Healthier You.
- Start the day with breakfast.
- Eat plenty of fruits and vegetables.
- Eat lighter meals at night.
- Limit portion sizes of favorite holiday foods, especially desserts.
- Eliminate night-stress-related gorging, especially in front of the TV.
- Go to bed feeling light, not "full".
- Enjoy your feast, family, and friends.
- Remember to exercise 60 minutes per day.

Visit the USDA Food Guide Pyramid at MyPyramid.gov for your personal plan