

# THE SIMPLE TRUTH.

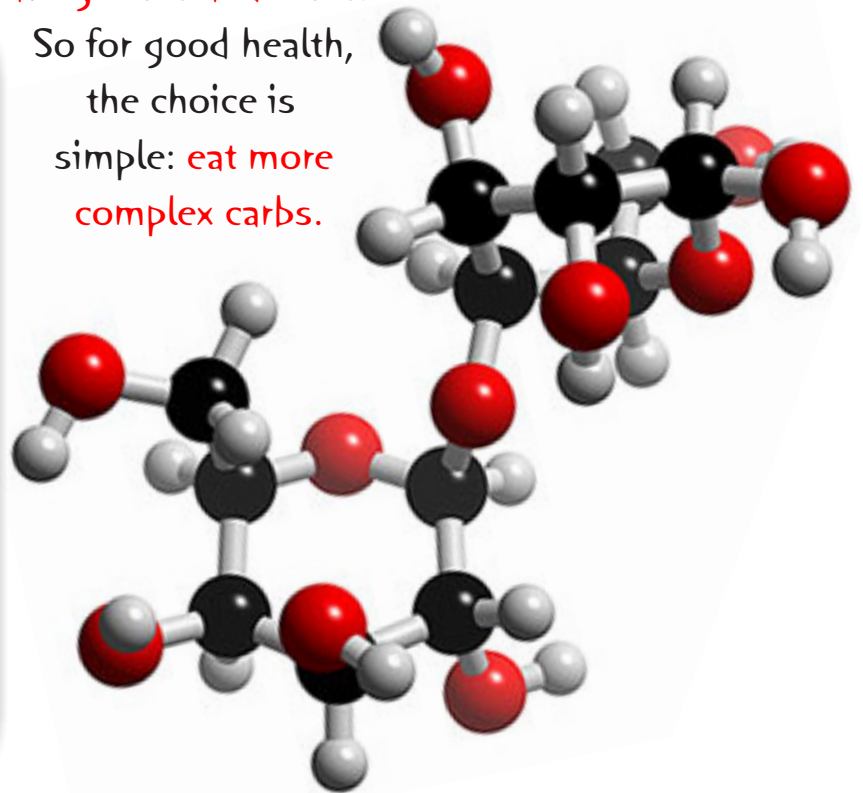
The model shown here for a complex carbohydrate molecule is, well, pretty complex. But deciding which carbs are best for your health is actually pretty simple. “Complex” carbs, found in fresh fruits, vegetables, whole grains and rice, nuts, seeds, and beans, come from nature. Complex carbs aid digestion because they’re high in fiber. They deliver long-lasting, steady energy and help you feel full longer. They’re loaded with vitamins and minerals. But “simple” carbs (like the sugar in soda, candy, and many processed foods) are mostly refined in factories. Your body absorbs these sugars very quickly and the energy you get from simple carbs doesn’t last very long, leaving you craving more and more.

the big number

# 50

Nutritionists say we should get about 50% of our calories from carbs, most of which should be complex carbs

So for good health,  
the choice is  
simple: eat more  
complex carbs.



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

**WELLNESS IS A WAY OF LIFE!™**

*This newsletter is provided as a wellness resource by our school system's School Meals Program*

# WELLNESS IS A WAY OF LIFE!™

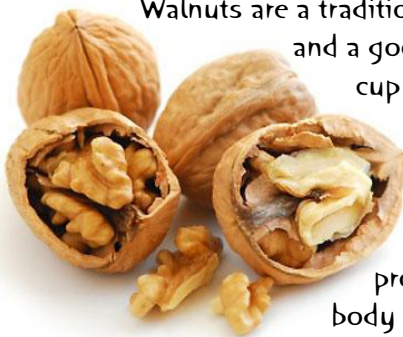
HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"THE SIMPLE TRUTH"

## EAT BETTER

Try lots of different fruits, veggies, nuts, and whole grains for a healthy diet. You're bound to find a few you really like!

### WALNUTS



Walnuts are a traditional holiday snack – and a good choice, too. Just ¼ cup of these crunchy nuts provides nearly a day's worth of omega-3 essential fatty acids, a special type of protective fat that the body can't make on its own.

## PLAY HARDER

If possible, give kids gifts that encourage them to get sweaty and out of breath! A football, tennis racket,

Frisbee, snowboard, horseshoe set, ball rebounder, baseball and glove – anything that requires movement and exercise! Video games that include vigorous physical activity are good, too, but don't neglect the good, old-fashioned outdoor stuff!



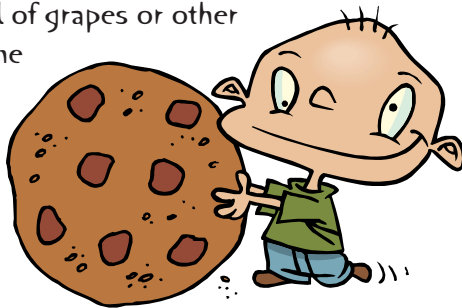
## LIVE HEALTHIER



Eating is a big part of holiday get-togethers, so savor that good food! Sure, try not to overdo it, and get a little exercise if you can, but cherish your precious time with family and friends!

## LEARN EASIER

Resist the urge to let kids munch on a lot of holiday sweets while doing homework! The best snack for studying is a bowl of grapes or other fresh fruit. Save the cookies or other treats for after dinner, when they will be part of a complete, healthy meal.



## Added bonus for parents with every meal we serve.

The meals we serve aren't just for kids – they're for parents, too. Because every one of our meals comes with a heaping helping of peace of mind. Every day, you can rest assured that we will provide your children with a full, nutritious meal they'll enjoy, at a price that can't be beat. And that means convenient, economical, healthy School Meals are good for your kids *and* for you. We invite all students to join us often!

**School Meals**  
*We serve education every day™*