

## Welcome Back To School

### **Eat Healthy Choose A Well Balanced Diet**

In the right amounts, all foods can be included in a well-balanced diet. Allow the Food Guide Pyramid to assist you in making healthy food choices. Eat lots of grain products, vegetables and fruits. Consume sufficient quantities of lean meats, non-meat sources of protein and low-fat dairy products, and keep your intake of fats, oils and sweets to a minimum. By learning good eating habits early, you will be on your way to a lifetime of better health. Visit MyPyramid on the home page to find steps to a healthier you.



### **MILK FOOD OF THE MONTH**

The 2005 Dietary Guidelines for Americans recommends 3 cups of low-fat or fat-free milk or equivalent amount of milk products every day for children 9-18 years of age. Children ages 2-8 need 2 cups. Only 25 % of boys and 5% of girls ages 9-13 received the calcium they need according to MyPyramid.gov. Calcium is critical for bone health, especially for growing children. Every cell in your body needs calcium. Your bones store calcium for you blood cells. If your body doesn't get enough calcium from milk and other products, it takes it from your bones. This makes bones weak and leads to osteoporosis, a disease where bones become fragile and break easily. Low-fat (1%) and fat-free (skim) milk provide calcium and other nutrients without a lot of saturated fat. A cup of whole milk has three times as much saturated fat as the same amount of low-fat milk. Students who eat school lunch drink more milk than those who don't. So, school lunch can make a real difference. Fulton County offers the choice of skim, 1%, and 2% milk.

### **NATIONAL SCHOOL LUNCH WEEK OCTOBER 13-17, 2008**

Vote for school lunch is back for the 2008 Presidential Edition. Who will the nation's students elect as 'President of School Lunch' - Pete Pizza, Biff Burger, Gloria Grilled Cheese? Stay tuned for more information about National School Lunch Week.



### **Know the Limits on Fats, Sugars, and Salt**

Make the most of your fat sources from fish, nuts, and vegetable oils. Limit solid fats like butter, margarine, shortening, and lard, as well as foods that contain these. Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low. Choose foods and beverages low in added sugars. Added sugars contribute calories with few nutrients.









