

## Student Nutrition May 2016



On April 21<sup>st</sup>, students who came to hot lunch at Allen elementary school had the opportunity to learn about a variety of delicious fruits and vegetables as part of our “Eat the Rainbow” special event.



We first explained to the students the many benefits of eating fruits and vegetables and how each color provides different nutrients and hence different health benefits to our body.

Students were then invited to go to the jumbo salad bar containing fruits and vegetables within each of the five color groups:

**Red:** red bell pepper, watermelon, radish

**Orange/Yellow:** pineapple, yellow squash, mango

**Green:** zucchini, edamame, kiwi

**Blue/Purple:** blueberries, beets, eggplant

**White:** cauliflower, white nectarine, jicama

Students were encouraged to sample as many items as possible and build a rainbow in their tray.



It was amazing to see how excited students were and how much they put in their tray; much more than the minimum required by Federal regulations! We plan to organize this type of events in all schools on a regular basis. We are committed to continue to improve the quality of the food we provide to our students and educate them about good nutrition so that they can form healthy eating habits for the rest of their life.

### Breakfast

The results of the parent survey regarding the expansion of the breakfast program were overwhelmingly positive. Consequently, we will bring breakfast to El Crystal, John Muir, Portola, and Rollingwood. The implementation schedule still needs to be determined since it is dependent on the addition of food storage capacity. Hopefully a new freezer will be built on Belle Air premises by the end of the summer.



### Tip of the month: added sugars

To build a healthy eating style and stay within your calorie needs, choose foods and beverages with less added sugars. Added sugars are sugars and syrups that are added to foods or beverages when they are processed or prepared. This does not include natural sugars found in milk and fruits. Most of



us eat and drink too many added sugars from the following foods:

- beverages, such as regular soft drinks, energy or sports drinks, fruit drinks, sweetened coffee and tea
- candy
- cakes
- cookies and brownies
- pies and cobblers
- sweet rolls, pastries, and donuts
- ice cream and dairy desserts
- sugars, jams, syrups, and sweet toppings

You can limit your intake of added sugars by:

- drinking water, unsweetened tea or coffee, or other calorie-free beverages instead of sodas or other sweetened beverages
- choosing beverages, such as low-fat or fat-free milk and 100% fruit juice, that will boost Dairy Group and Fruit Group intake to meet recommendations
- choosing fruit as a naturally sweet dessert or sweet snack instead of foods with added sugars
- making sweet desserts and snacks, such as cookies, cakes, pies, and ice cream, a once-in-a-while treat and choosing a small portion when you enjoy them
- choosing packaged foods that have less or no added sugars such as plain yogurt, unsweetened applesauce, or frozen fruit with no added sugar or syrup

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