

# GET REAL.

Here's a simple rule for eating healthier: **keep it real.** In general, the more ingredients and chemicals used to "create" a food, the greater the chance that something (or many things) in the concoction **might not be good for you.** On the other hand, consider a fresh egg. Or a piece of lean meat or chicken. Or a strawberry. Or a stalk of broccoli. **These foods don't need an ingredient list, because they are what they are** - with nothing added or mixed together in a lab to bring them into existence. They are the foods that human beings have eaten for thousands of years and that we've evolved to digest and make use of. So get real. **As often as possible, try to eat fresh fruit, veggies, fish, whole grains, and other whole foods.** Cut back on processed food and other stuff that doesn't exist in nature.



the big number

# 16

There are at least 16 ingredients in one popular brand of "juice drink." 100% orange juice has 15 fewer.

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

**WELLNESS IS A WAY OF LIFE!™**

*This newsletter is provided as a wellness resource by the West Allegheny School District Food Services.*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO

“GET REAL”

## 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!

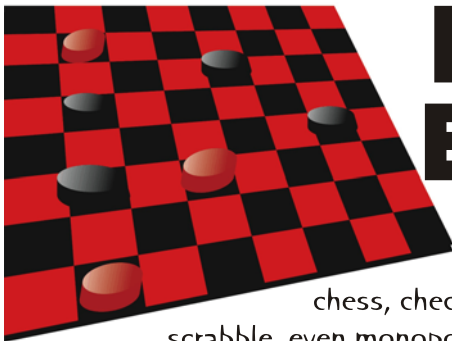
### BROWN RICE

Unlike white rice, brown rice is a whole grain food – and brown rice is more flavorful and healthier, too! It has more fiber, nutrients, and minerals than white rice and is the only form of rice that contains vitamin E.



## LIVE HEALTHIER

The summer sun's golden rays bathe your skin in more than just warmth. You're also soaking up ultra-damaging ultraviolet radiation – the leading cause of both skin cancer and premature wrinkles. Always use sunscreen that's at least SPF 15. No exceptions!



## LEARN EASIER

Old-fashioned board games – chess, checkers, backgammon, scrabble, even monopoly – help develop thinking and planning skills. Plus they give us a good excuse to spend some time with one another!

## PLAY HARDER

Make yourself a promise right now to spend as much time as you can on a bike this summer, and then make yourself another promise to wear your helmet whenever you ride!



## Food for thought? You do the math.

The very first computers weren't machines -- they were people. We were putting two and two together long before the microchip was invented, and the most powerful computer of all is still the human brain.

But just as a computer needs the right amount of processing speed, storage space, and memory to work best, kids in school need the right fuel to absorb millions of bits of new information every day. Kids who regularly eat balanced, nutritious meals learn better. It's just that simple.

Simple, yet beautiful. Convenient, economical, healthy School Meals help make educating our kids easier and more effective. When you crunch the numbers, School Meals add up to educational success!

