

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"GOING NATURAL"

## 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!

### FRUITS & VEGGIES

No labels here (except for that annoying little sticker on your apple!), so feel free to eat all you wish!



## LEARN EASIER



It's almost impossible to consume too much sugar eating a diet rich in whole, unprocessed foods. But sugar (in its many guises, including various syrups and all ingredient words ending in "-ose") is perhaps the most extensively added "natural" substance of all. Too much added sugar can negatively affect kids' learning and behavior and should be avoided.

## PLAY HARDER

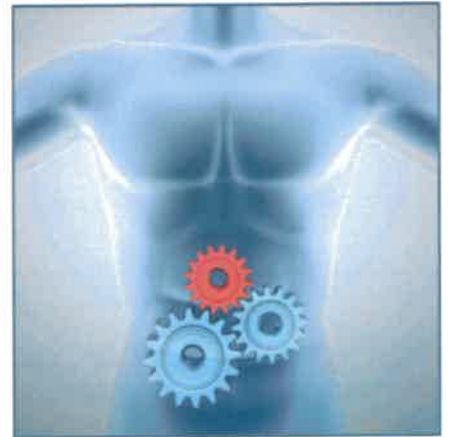
Physical activity, working out, or just playing hard can stress the body and cause inflammation, even if there's no obvious acute injury.

One common food additive, a seaweed-derivative called "carrageenan" has been shown to actually cause inflammation, so it's the last thing an active person needs to eat more of. But, then again, it's "natural"!



## LIVE HEALTHIER

As more and more ingredients have been added to our food through processing, some common additives have been implicated in health problems -- and others, we're not really sure about, but we keep eating them anyway! Recently, for example, the emulsifiers and gums that are routinely added to processed foods have come under scrutiny for possibly contributing to intestinal disorders, metabolic syndrome, and obesity by disturbing the bacteria that live in our gut.



### First things First



### BREAKFAST @SCHOOL



Featuring Healthy Fruits & Grains!

School Meals  
We serve education every day

Over the last decade or so, we've put in place a number of changes to make our lunches and breakfasts (in schools that serve breakfast) even more nutritious for our customers. We'll continue to use the Wellness Newsletter to keep you posted on these changes and much more!



### DON'T GET! Take at least ONE

FRUIT or VEGGIE

and at least THREE items total so your meal counts as a complete lunch!

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This newsletter is provided as a wellness resource by our GUSD Food Service Program