CAN IT.

Research continues to show that drinking regular soda has zero upside for your health and plenty of down-side. In fact, one study found that even thin or normal-weight people run a 13% greater risk of developing diabetes if they drink an average of just one sugar-sweetened beverage a day, like soda, sweetened tea, or full-sugar energy drinks.

Most of these drinks are really nothing BUT sugar, water, and flavorings – they're exceptionally "nutrient poor," even in comparison to other sweetened foods like some cereals and a lot of baked goods. So why not make this the year you and your family "can" your sugary soda habit? And satisfy your sweet tooth with healthier options!

the big number

2

As in 2 MILLION – the number of new diabetes cases that could be avoided in 5 years if Americans gave up sugary soda.

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

WELLNESS IS A WAY OF LIFE!™

This institution is an equal opportunity provider.

WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL! "CAN IT"

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!

BELL PEPPERS

We don't tend to think of veggies as sweet, but some are fairly high in natural sugar, including sweet potatoes, pumpkin, peas, and sweet corn. As a snack, perhaps no veggie is as delightfully sweet and crunchy as bell pepper strips. Plus they're nutritionally powerful, full of vitamins A and C, beta-carotene, fiber, and more!

LIVE HEALTHIER

OK, so what are some of these healthier options for satisfying your sweet tooth? The list begins and ends with fresh fruit, which is loaded with naturally-occurring (as opposed to added) sugar, the way nature intended it. A serving of fresh berries, perhaps with a little Greek yogurt or a splash of fresh cream, has it all over soda!

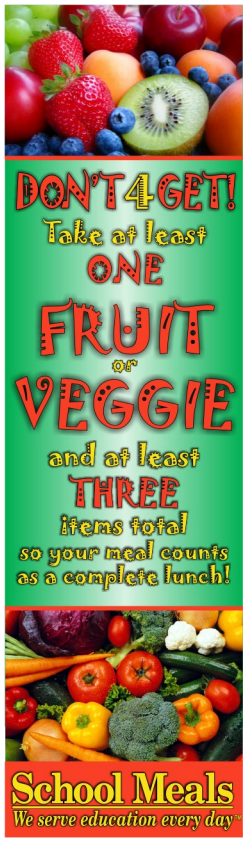
PLAY HARDER

To get to where you want to go, don't slow yourself down with sugary drinks. The caffiene and sugar soon wear off, leaving you feeling sluggish and drained of good energy.

LEARN EASIER

For kids to be able to learn at their best, they need to eat well. And too much sugar interferes with memory and other key learning functions. So even if that apple is for the teacher, maybe the student should skip the drinks and snacks with added sugar – and eat the apple instead! Teacher won't mind!

Over the last several school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers. For instance, we've established calorie maximums for our meals, which helps us cut added sugar from our offerings!



This newsletter is provided as a wellness resource by Rush-Henrietta Food Service Department.