

# EAT WITH YOUR HANDS.

Just how big is a “serving”? Sometimes it’s easy to just **look at the label to find out** -- eleven chips might make a one-ounce serving, or a big candy bar might actually contain two or three servings. But other times, it’s harder to tell what makes a serving, especially when you’re eating at a restaurant or fast food

the big number

# 210

Today’s 5-6” bagel has 210 more calories than the 3-4” bagel that was the more typical size 25 years ago.



place. And that means **we sometimes eat WAY more than we think we do**. So look at it this way: a cup is about **the size of a fist**, an ounce of cheese is **as big as a thumb**, a teaspoon of peanut butter or mayonnaise is a dollop about **the size of your thumbnail** (and three teaspoons make a tablespoon), and a 3 ounce serving of meat, fish, or chicken **fills up your palm**.

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

**WELLNESS IS A WAY OF LIFE!**

*This newsletter is provided as a wellness resource by our school system’s School Meals Program*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

“EAT WITH YOUR HANDS”

## 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!

### CLEMENTINES



Clementines are small citrus fruits that are a winter favorite in the U.S. They're usually seedless and each juicy, easy-to-peel little orange contains 35 calories, a gram of fiber, and 60% of your daily vitamin C requirement.

## LEARN EASIER

One way to keep from eating too much is to eat more! Eating a healthy snack between meals can actually help keep us from overeating at mealtime. And when kids have a little something to eat after school -- apple slices and peanut butter, anyone? -- they can bear down and concentrate on their homework instead of their stomachs!



## PLAY HARDER

It's easy to find a chart on-line telling you how many calories you burn doing various activities. For example, running for an hour at a 6 mph pace burns about 500-900 calories, depending on your weight. The rest is math. Want to indulge in a big portion of a favorite food? Have at it! But then be sure to work it off.



## LIVE HEALTHIER

Just because something is called a "value," a "combo," or a "deal" doesn't mean it's saving you money. Studies show that most folks actually spend more ordering a so-called "value meal" than they would ordering smaller sizes off the menu. And wolfing down those ever-growing portion sizes also cost us plenty in health-related costs over time. The largest size of fries might contain 3 times the calories and fat of the smallest size, and a super-sized fast food meal might contain 1500 calories or more -- that's two-thirds of a day's worth of calories for most people.



## Just the right size.

Did you know that school meals have portion control built right in? USDA requires that our lunches, when averaged over the course of a week's menus, provide one-third of the recommended daily calories for kids. That's 550-650 calories on average for K-5 lunches, 650-750 for grades 6-8, and 750-850 for grades 9-12. Our lunches must also get fewer than 10% of their calories from saturated fat, and we can only serve items that have zero grams of trans fat per serving according to the nutrition label or supplier's specifications. And we are subject to regular inspections and reviews to ensure our meals are meeting these high standards.

Convenient, economical, healthy School Meals. A perfect fit for your kids!

**School Meals**  
*We serve education every day™*