

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



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**.

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.

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

WELLNESS IS A WAY OF LIFE!

*This newsletter is provided as a wellness resource by Henrico School Nutrition Services
School Nutrition Association 'District of Excellence' 2011 Winner*



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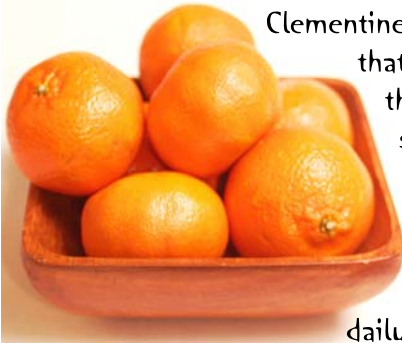
HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

December 2011

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.

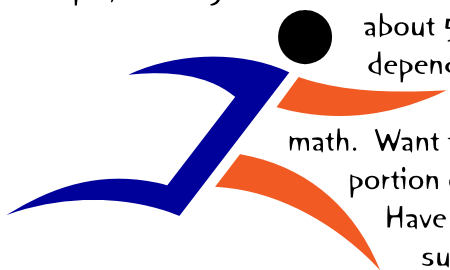
LEARN EASIER

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.



Breakfast

\$1.40

Lunch

\$2.30

We provide free and reduced-price meals (\$3.00 for breakfast, \$4.00 for lunch) for eligible students. Please call your school for details.

What Are Those Numbers On The Menu?

Henrico School Nutrition Services is now providing the total grams of carbohydrates in each food item on the monthly menus. Carbohydrate is the main nutrient in food that provides energy. One serving of a carbohydrate is 15g, according to the American Diabetes Association Carbohydrate Exchange List. Most children should eat about 45-75g of carbohydrates per meal for a balanced diet.

The grams listed next to each individual food item on this menu are based on standardized HSNS recipes, actual food labels and are dependent upon the portion served. All cafeteria staff is trained to follow the recipes as written. Occasionally, substitutions are made depending on availability of products. This may cause small discrepancies in the exact carbohydrate count of a menu item. The total carbohydrate grams will be continually monitored and updated by a Registered Dietitian.

This menu has been researched by
The RD for Bon Secours Good Life Center



BON SECOURS GOOD LIFE CENTER
Bon Secours Richmond Health System

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