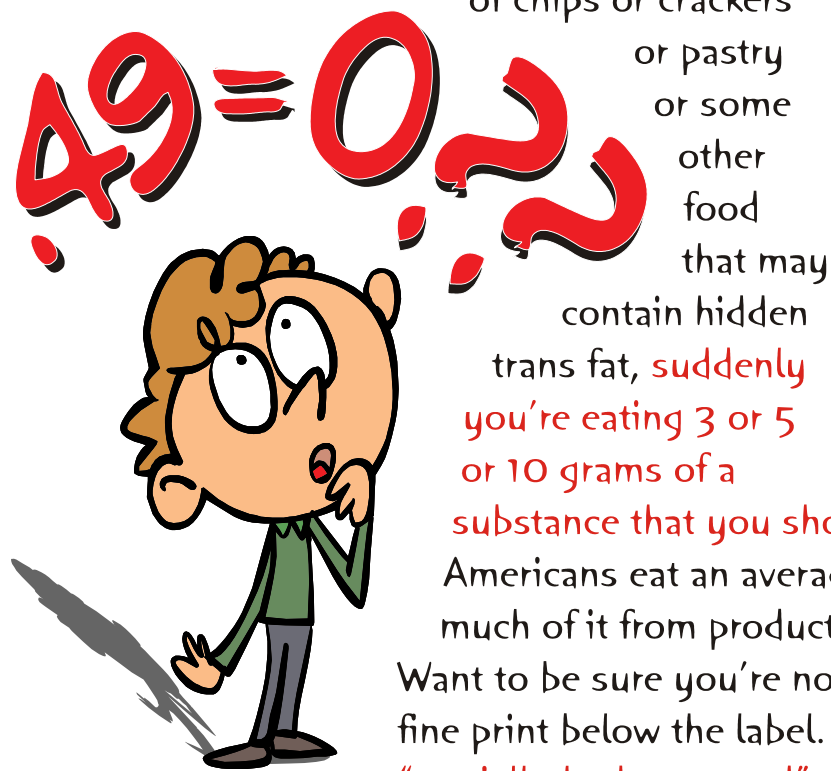


# FUZZY MATH.

Your body needs fat, and unsaturated fats can actually be good for you. But not trans fat -- Doctors say **we should try not to eat any trans fat at all.** But if a food serving has less than .5 grams of trans fat, the label can **CLAIM** the food has **zero grams.** And if you eat 4 or 5 servings



of chips or crackers  
or pastry  
or some  
other  
food  
that may  
contain hidden  
trans fat, **suddenly**  
**you're eating 3 or 5**  
**or 10 grams of a**

**substance that you should avoid altogether!** Indeed, Americans eat an average of nearly 6 grams of trans fat a day, much of it from products that can claim to have "0 trans fat." Want to be sure you're not getting ANY trans fat? Look at the fine print below the label. **If the ingredients list any kind of "partially hydrogenated" oil or vegetable shortening, then the food definitely contains trans fat.** And avoid fast food and deep-fried restaurant food, too - these foods don't have labels, but many are cooked in oil that contains trans fat.

the big number

# 5

One doughnut can contain five grams of trans fat. Doctors tell us that no amount is safe to eat.

**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.*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

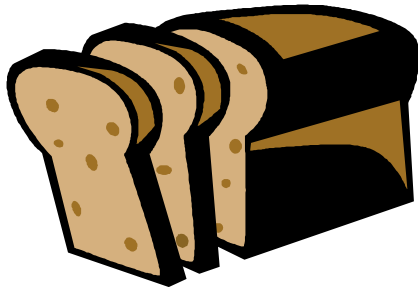
December 2009

## 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!

### WHOLE WHEAT

Whole wheat bread is one of the healthiest everyday choices you can make! It has more flavor than white bread, and it's loaded with natural fiber and nutrients. To get all of these great benefits, make sure it says "100% whole wheat"!



## LEARN EASIER



Most kids who do well in school don't just read what their teachers assign for homework – they also like to read for fun. Ask a librarian or teacher to recommend a book to give your child as a gift this holiday season.

## PLAY HARDER

Skating is a fantastic winter outdoor activity in colder parts of the U.S. Live in a warmer climate? Find an indoor skating rink or get outside and try rollerblading!



## LIVE HEALTHIER



You can find a lot of information by reading the nutrition label on packaged foods. But not all foods come in a package that contains a label. Some come in a peel . . . or a bunch . . . or even a skin! In fact, many of the healthiest foods are so-called "whole foods" that don't have any ingredients at all – they come just the way nature made them. And many of the most nutritious and tastiest whole foods are found in the produce aisle at the grocery store or at the farmer's market – fresh fruits and vegetables. Eat more of these and you can't go wrong!

### Breakfast

**\$1.35**

### Lunch

**\$2.15**

We provide free and reduced-price meals (\$.30 for breakfast, \$.40 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 lunch menus and elementary breakfast menu. 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 on the menus are based on standardized HSNS recipes and are dependant upon the portion served. All cafeteria staff is trained to follow the recipes as written. The total carbohydrate grams will be continually monitored and updated by a Registered Dietitian.



BON SECOURS GOOD LIFE CENTER  
Bon Secours Richmond Health System

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