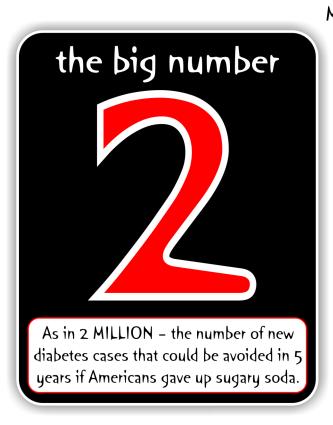
CAN IT.

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!

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

WELLNESS IS A WAY OF LIFE!

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!





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.

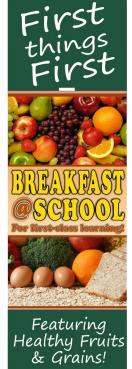
LEARN EASIER

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!



<u>chool Meals</u>

Over the last several school vears, 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!

