



# Health Info from Your Webb School Nurses: Intro to Healthy Choices



Your Webb School Nurses want you to know that eating a well-balanced diet can help keep your body healthy!

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## Healthy Snacks to Fuel our Active Kids!

- Celery & Peanut Butter
- Pear slices & cheese
- Mango & Greek Yogurt
- Frozen berries & milk = smoothies
- Banana & almonds
- Apple slices & peanut butter (One of our Faves!!)
- Carrots & Hummus
- Peaches & Cottage Cheese
- Cucumber & Turkey & crackers



### \*Limit the extras\*

Drink and eat beverages and food with less sodium, saturated fat, and added sugars.

Start with small changes that you can enjoy, like having an extra piece of fruit today.

### GOT JOKES??

**Q: Why is Spaghetti the smartest food?**

**A: It always uses its noodle!**

**Q: What do you call an apple that plays the trumpet?**

**A: A Tooty Fruity!**

**Q: Why did the banana go to the doctor?**

**A: It wasn't peeling well!**

CARRATE



Developing a healthy eating style is super important so that you can keep your body growing and developing in the best way possible. Everything you eat and drink over time matters and can help you be healthy now and in the future!

Some tips for healthy eating:

- Focus on whole fruits.



Focus on whole fruits and select 100% fruit juice when choosing juices.

Buy fruits that are dried, frozen, canned, or fresh, so that you can always have a supply on hand.

- Eat a variety of veggies.



Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.

Fresh, frozen, and canned count, too. Look for "reduced sodium" or "no-salt-added" on the label.

- Make half your grains whole grains.

### WHOLE GRAINS



Choose whole-grain versions of common foods such as bread, pasta, and tortillas.

Not sure if it's wholegrain? Check the ingredients list for the words "whole" or "whole grain."

- Vary your protein routine.



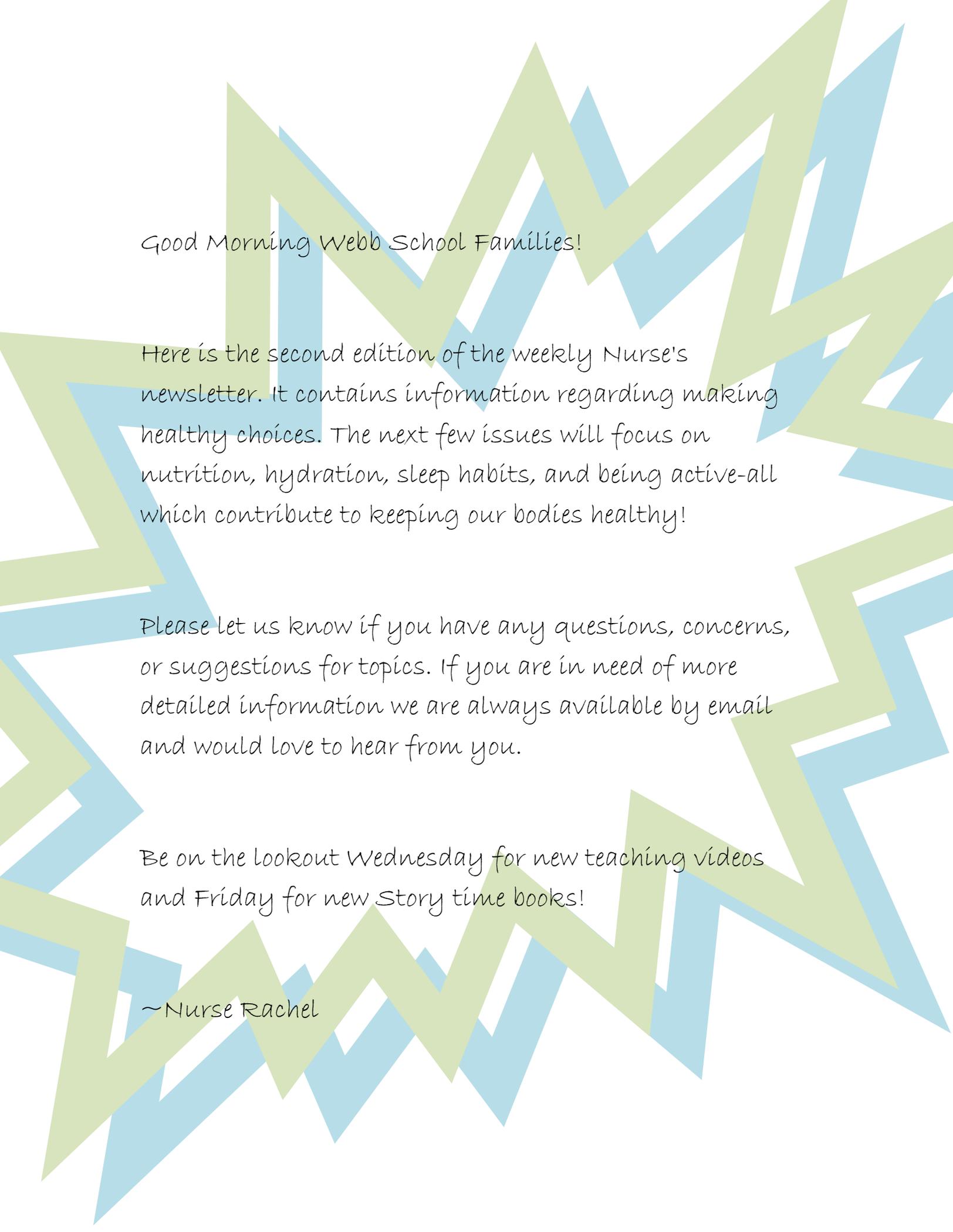
Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.

Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.

- Move to low-fat or fat-free milk or yogurt.



Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories. Lactose intolerant? Try lactose-free milk or a fortified soy beverage.



Good Morning Webb School Families!

Here is the second edition of the weekly Nurse's newsletter. It contains information regarding making healthy choices. The next few issues will focus on nutrition, hydration, sleep habits, and being active-all which contribute to keeping our bodies healthy!

Please let us know if you have any questions, concerns, or suggestions for topics. If you are in need of more detailed information we are always available by email and would love to hear from you.

Be on the lookout Wednesday for new teaching videos and Friday for new Story time books!

~Nurse Rachel