



Health Info from Your Webb School Nurses: Healthy Choices Edition 2



Your Webb School Nurses are here for you!

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Tips for Making Better Beverage Choices

What you **drink** is as important as what you eat. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Here are some tips to help you make better beverage choices.

Drink water- it's typically free and convenient!

Fill a clean, reusable water bottle and take it with you on the go! Drink water instead of sugary drinks. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed. Try adding fruit (lemon slices, berries, orange slices) to your water to infuse some added flavor!

How much water? Let your thirst be your guide. Water is an important nutrient for the body, but everyone's needs are different. The American Academy of Pediatrics suggests about 6-8 cups per day! Be sure to drink plenty of water if you are very active or during warmer weather to avoid dehydration.

Don't forget your dairy

When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same key nutrients such as calcium, vitamin D, and potassium, but the number of calories are very different.

Enjoy your beverage

When water just won't do- enjoy the beverage of your choice but select smaller cans, cups, or glasses instead of large or supersized options.



Fun Food Facts!

- ***Strawberries** are the only fruit that has seeds on its outer skin
- ***Cherries** are a member of the rose family
- ***Orange** does not rhyme with any other word
- ***An apple** is made of 25% air which is why it can float
- ***Chocolate** is actually a fruit! It's made from cocoa beans that grow as fruits of the cocoa tree

FREE RESOURCE!

"How to Survive a Pandemic" Webinar

The Nutrition Facts website <http://www.nutritionfacts.org> is offering a free webinar on May 27, "How to Survive a Pandemic." The website is the brainchild of physician Michael Gregor. Normally, he posts bite-size videos explaining the scientific research around popular health topics. The first webinar will be released as a series of smaller videos on the Nutrition Facts website. Here is a description of topics covered in the first webinar: how we can best keep ourselves and our families safe from the coronavirus; tips for optimal respiratory and hand hygiene; surface disinfection; proper mask usage; how to make a DIY sanitizer solution; sheltering-in-place; and what to do if you come down with the disease.

FREE APP ALERT!

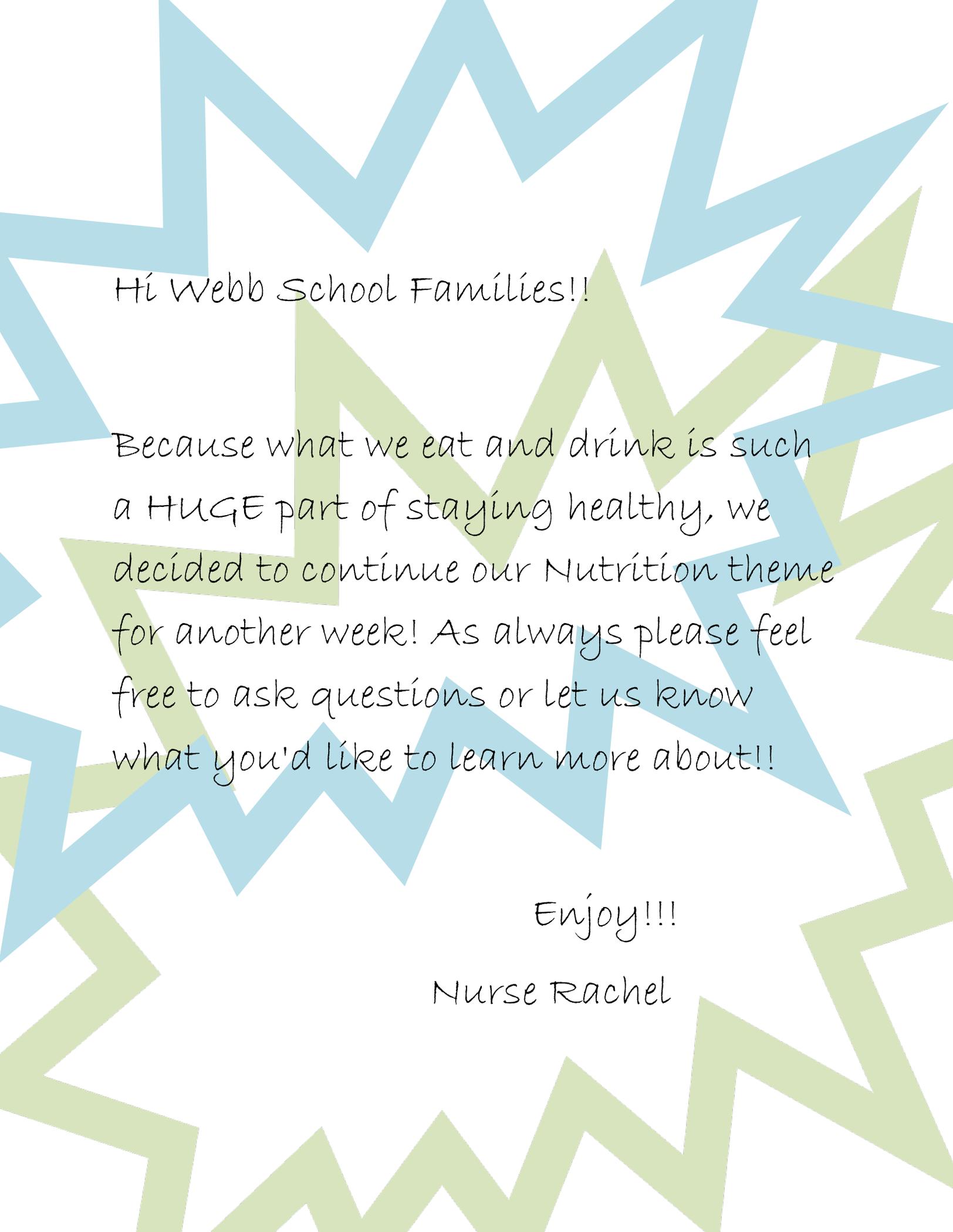


The CDC (Center for Disease Control) has developed this fun and educational app that will help you make smart food choices to stay powered up. Decide which foods give you more energy and powerful muscles and which ones are better to eat only sometimes. **(BAM! Dining Decisions)**

FREE RESOURCE!

Myplate.gov is a great site that includes games, songs, activities, and tips for making good food choices. Visit <https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/kids>





Hí Webb School Families!!

Because what we eat and drink is such a HUGE part of staying healthy, we decided to continue our Nutrition theme for another week! As always please feel free to ask questions or let us know what you'd like to learn more about!!

Enjoy!!!

Nurse Rachel