



## Benefits of Healthy Eating

Healthy eating can help individuals achieve and maintain a healthy body weight, consume important nutrients, and reduce the risk of developing health conditions such as:

- High blood pressure
- Heart disease
- Type 2 diabetes
- Cancer
- Osteoporosis
- Iron deficiency
- Dental cavities

Source: [www.cdc.gov/healthyschools/nutrition/facts.htm](http://www.cdc.gov/healthyschools/nutrition/facts.htm)

## The Buzz on Energy Drinks

### What is an energy drink?

- A beverage that typically contains large amounts of caffeine, added sugars, other additives, and legal stimulants such as guarana, taurine, and L-carnitine. These legal stimulants can increase alertness, attention, energy, as well as increase blood pressure, heart rate, and breathing.
- These drinks are often used by students to provide an extra boost in energy. However, the stimulants in these drinks can have a harmful effect on the nervous system.

### The Potential Dangers of Energy Drinks

In 2011, 1,499 adolescents aged 12 to 17 years went to the emergency room for an energy drink related emergency.

Some of the dangers of energy drinks include:

- Dehydration (not enough water in your body).
- Heart complications (such as irregular heartbeat and heart failure).
- Anxiety (feeling nervous and jittery).
- Insomnia (unable to sleep).

Source: [www.cdc.gov/healthyschools/nutrition/energy.htm](http://www.cdc.gov/healthyschools/nutrition/energy.htm)

## Dietary Guidelines

The Dietary Guidelines for Americans 2020-2025 recommend that people aged 2 years or older follow a healthy eating pattern that includes the following:

- A variety of fruits and vegetables
- Whole grains
- Fat-free and low-fat dairy products
- A variety of protein foods
- Oils

Source: [www.cdc.gov/healthyschools/nutrition/facts.htm](http://www.cdc.gov/healthyschools/nutrition/facts.htm)

Image source: [https://www.cdc.gov/healthyschools/nutrition/images/The\\_Buzz\\_on\\_Energy\\_Drinks\\_infographic.jpg](https://www.cdc.gov/healthyschools/nutrition/images/The_Buzz_on_Energy_Drinks_infographic.jpg)

## Fun Fact:

Eating a healthy breakfast is associated with improved cognitive function (especially memory), reduced absenteeism, and improved mood.

**Recommended caffeine consumption**  
American Academy of Pediatrics recommends

Adolescents aged 12–18 should not exceed **100 mg/day** or an average cup of coffee.

**What can schools do?**

- Teachers can educate students about the potential harms of consuming too much caffeine.
- Coaches can educate athletes about the difference between energy drinks and sports drinks, and potential dangers of consuming highly caffeinated beverages.
- School nutrition staff can ensure that only healthy beverages such as fat-free/low-fat milk, water, and 100% juice are sold.

**CDC**  
[www.cdc.gov/healthyschools/nutrition](http://www.cdc.gov/healthyschools/nutrition)

## PUMPKIN PIE YOGURT PARFAIT

### Ingredients

- 1 cup of low fat vanilla yogurt
- 4 oz. of canned pumpkin (without salt)
- ½ tsp. of ground cinnamon
- ½ cup of Nature Valley Oats 'n Honey granola (or a similar type)

### Directions

In a separate bowl, mix the cinnamon and the canned pumpkin. Then, using a mason jar or similar-sized glass or plastic cup, build the parfait by layering some of the pumpkin mixture on the bottom and topping with yogurt and granola. Repeat the layers of pumpkin, yogurt and granola. Eat once done.



Source: Health-e Pro

## Healthy Swaps

<b>SHIFT FROM:</b> High-Calorie Snacks		<b>SHIFT TO:</b> Nutrient-Dense Snacks
		
<b>Fruit Products with Added Sugars</b>		<b>Fresh Fruit</b>
		
<b>Refined Grains</b>		<b>Whole Grains</b>
		
<b>Snacks with Added Salt or Sugars</b>		<b>Snacks Without Added Salt or Sugars</b>
		
<b>Solid Fats</b>		<b>Oils</b>
		

Source: <https://www.nia.nih.gov/health/smart-food-choices-healthy-aging>

## HOMEMADE BROCCOLI AND CHEESE SOUP

### Ingredients

- 1/4 cup butter, unsalted
- 4 1/2 cups carrots, fresh, chopped
- 4 1/2 cups celery stalks, chopped
- 2 1/4 cups onion fresh, chopped
- 18 cups broccoli cuts
- 1 gallon water
- 106 oz cheese sauce, white blend
- 3 cups corn starch
- 1 tbsp garlic powder
- 1 tbsp spice pepper black
- 2 1/4 cup cheese cheddar mild shredded



### Directions

Finely chop carrots, celery and onions.

Melt butter in large pot or steam kettle and sauté carrots, celery and onions.

Add broccoli and water to pot and bring to a boil.

Blend cheese sauce into vegetables and heat till warm.

Add pepper and garlic powder. Based on scaling of recipe, pepper may need to be adjusted to taste.

To thicken soup: In a separate bowl, whisk equal amount of corn starch in the same amount of some of the cooled soup broth. Then pour corn starch mixture into the main pot. This prevents the starch from clumping and helps it dissolve into the soup evenly. Heat and stir until soup starts to thicken.

Serve 1 cup of soup, garnished with 1 tablespoon of cheddar cheese.

Source: FIG