

# Nutrition *Niblets*



September 2010

**It's a NEW School Year...**

**Welcome Back!!**

It is a new school year- and we are excited to welcome you back to school. We have a lot of exciting promotions and special events planned for you in the cafeteria this year. Your health and well-being is our #1 priority. As a result, it is our mission to serve you nutritious, well-balanced meals that you will all LOVE!!

Furthermore, we welcome all feedback – so please feel free to talk to your cafeteria staff and let us know how we are doing.

**Food Focus:**

**Peaches**



*Eat peaches for energy! Besides being a good source of vitamins A and C, this super sweet fruit fuels your body with potassium, fiber, and some energy releasing B vitamins.*

**Health Tip: Make eating healthy & physical activity fun!**

Take advantage of physical activities you and your friends enjoy doing together and eat the foods you like. Be adventurous -- try new sports, games and other activities as well as new foods. You'll grow stronger, play longer, and look and feel better! Set realistic goals -- don't try changing too much at once.

***Food Buzz***

Q – Why is it important to drink water?

A – The importance of drinking water properly boils down to this: it's the stuff of life! Without the right balance of water the body couldn't do amazing tasks like use and transport nutrients, digest foods, maintain body temperature, move metabolic wastes through sweat, urine, and feces, lubricate joints, give form to cells, help the immune system and conduct thousands of chemical reactions that take place in the body all the time.

The average person needs at least six to eight 8-ounce glasses of water per day to keep their body's systems running smoothly. When you feel that thirsty urge or dry mouth, that is your body telling you that you are already dehydrated and need to replenish fluids. So don't forget to raise that glass (of water) and drink to your health!

