

Wolftrap Elementary Nutrition DID YOU KNOW Announcement Thursday Feb 17, 2011

Child 1: Did you know that there are three major food nutrients groups? That's right – carbohydrates, fats and proteins.

Child 2: And did you know that you need all three to be healthy?

Child 1: Carbohydrates are foods that provide your body with energy. The BEST carbohydrates contain fiber. Whole grains, fruits, and vegetables are all good sources of healthy carbohydrates.

Child 2: Fats are important to help your cells stay strong and to help move vitamins through your body. But you have to eat GOOD fats! Hydrogenated fats are BAD for you but good fats can be found in things like nuts, olive oil, and fish.

Child 1: Proteins are important for building your muscles and they also help your body feel full. Meat, eggs, beans, cheese, and nuts are all good sources of protein.

Child 2: So a good snack would have fiber and protein and NO hydrogenated fats! Like string cheese and Triscuit crackers!

Child 1: Or almonds and red peppers!

Both: (Take a bite of your snack and) say: **Yum!**

For info:

1 string cheese and 6 Triscuits = 200 calories, 9.5 g fat (3 g saturated, 0 g Trans Fats), 11 g protein, 3 g fiber, 20% RDA calcium.

½ med red pepper and 1 oz roasted (no salt) almonds = 194 calories, 16 g fat (1.5 saturated, 0 g Trans Fats), 7 g protein, 5 g fiber, 200 mg potassium, 127% RDA Vitamin C (substitute 14 baby carrots for red peppers if desired.)