

CHEW ON THIS.

Sometimes old adages are true -- turns out an apple a day **DOES** help keep the doctor away! For one thing, the "polyphenols" in apples can **prevent spikes in blood sugar** by decreasing the amount of glucose your body absorbs from the digestive tract. The apple produces one of these beneficial polyphenols only in the skin to act as a kind of sun screen for the fruit -- **so be sure to eat the skin!** That's where a lot of the fiber is,



too, which also **aids your digestive health.** New research is also showing that apples even **protect against lung cancer and asthma**, mainly due to their antioxidant and anti-inflammatory benefits. **WOW!** But if you want to realize all these amazing apple advantages, **be sure to eat the actual whole fruit** -- applesauce and apple juice don't provide the same benefits.

the big number

93

A medium apple (about 7 ounces) contains 93 calories, making it nature's own perfect one hundred calorie snack!

**EAT BETTER. PLAY HARDER.
LIVE HEALTHIER. LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!™

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WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"CHEW ON THIS"

EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

ROSES



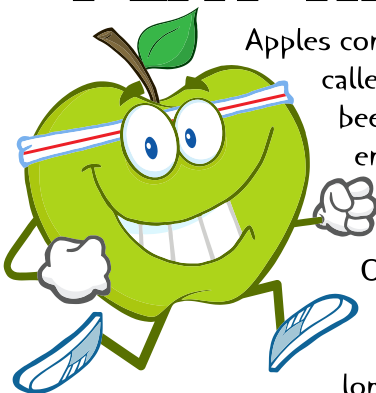
You wouldn't eat a rose, would you? Well, believe it or not, apples are part of the rose family -- as are pears, peaches, plums, strawberries, blackberries, raspberries, cherries, and even almonds. Maybe we should all think about eating "roses" more often!

LEARN EASIER

File this one under "you learn something new every day." We throw away an average of 25% of every apple we eat -- but we don't have to, if we eat our apples a new way. Start at the top and eat down to the seeds, then do the same thing from the bottom. You'll toss away just a tiny part of the middle of the apple!



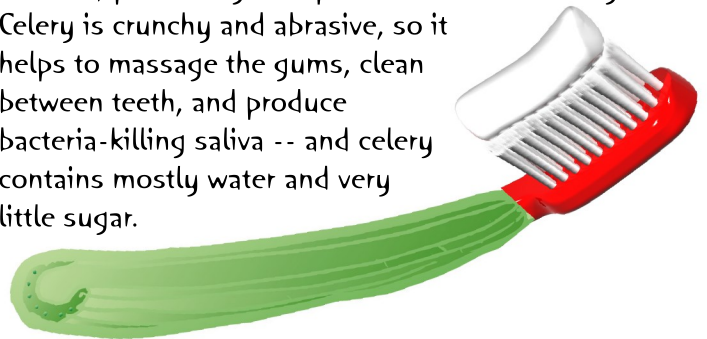
PLAY HARDER



Apples contain an anti-oxidant called "quercetin," which has been shown to aid exercise endurance by helping to make more oxygen available to the lungs. One study found that bikers given quercetin could pedal 13 percent longer before they felt tired.

LIVE HEALTHIER

The apple has long been touted as "nature's toothbrush," but unfortunately it's simply not true. Apples are acidic and contain a lot of natural sugar (which, while not bad for your basic health like added sugar, is still not good to coat your teeth in!) So what can you eat or drink to improve your dental health? Water (especially fluoridated water) cleans your teeth and helps prevent cavities. Green tea kills plaque bacteria, preventing the spread of tooth-attacking acid. Celery is crunchy and abrasive, so it helps to massage the gums, clean between teeth, and produce bacteria-killing saliva -- and celery contains mostly water and very little sugar.



First things First



Featuring
Healthy Fruits
& Grains!

School Meals
We serve education every day

Over the last decade or so, we've put in place a number of changes to make our lunches and breakfasts (in schools that serve breakfast) even more nutritious for our customers. We'll continue to use the Wellness Newsletter to keep you posted on these changes and much more!



DON'T GET!
Take at least
ONE
FRUIT
or
VEGGIE
and at least
THREE
items total
so your meal counts
as a complete lunch!



School Meals
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