



# FUEL for SCHOOL

May 2022 ♥ Nutrition News & Activities from your Gonzales ISD Food Service Dept.



## Eat to Win!

### Five Fueling Strategies for Active Kids & Teens

1. Skip the meal skipping. Start every day with breakfast and be sure to fuel up with a healthy lunch at school.
2. Healthy carbohydrates are the best kind of fuel for exercise or sports. Fruits, vegetables, brown rice, beans, whole potatoes with skin, and whole grain varieties of pasta, bread, bagels and tortillas contain the fuel you need to keep energized. Keep simple carbohydrates (sugars and refined grains) to a minimum.
3. Look in the mirror and you will see – protein! A big part of your body, including your skin, hair and muscles are made up of protein! Protein is important for growing teens because it is made up of amino acids, the building blocks that form new body tissue such as muscle. Meat, poultry, fish, dairy products, eggs, beans, nuts and seeds are all sources of protein. Active growing kids and teens should include a protein source at every meal and snack.
4. A diet high in unhealthy fats will weigh you down, especially right before a workout. Fat takes longer to digest than carbohydrate or protein, so avoid greasy foods such as chips, fries and candy bars before practice or games. At meals, focus on healthy fat sources such as vegetable oils, avocados, peanut butter, nuts and seeds.
5. The nutrient of most immediate concern is WATER! Drink enough water to keep your urine lightly colored. When exercising, drink before, during and after a workout.

## Take Five for Fitness



Create an obstacle course on a paved area of your playground at school or on a safe paved area near your home using **sidewalk chalk**.

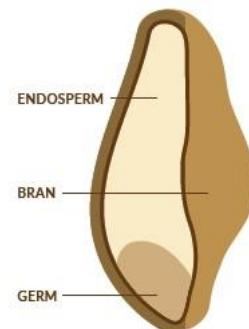
Draw straight or wiggly lines

to follow along. At certain points along the way, pick an activity such as hopping, jumping, twirling around, marching or running in place. The possibilities are endless!

## Nutrition Know-How

### Q. What exactly are whole grains?

A. Whole grains contain the entire grain kernel (rich in fiber and other nutrients) while refined grains have the nutrient-rich bran and germ portions removed, leaving just the starchy endosperm. Refined grains are often “enriched” with a few added B vitamins and iron. Even with enrichment, they still lack many of the minerals and fiber that you get from eating the whole unprocessed grain.



### Examples of whole grains:

- Breads, pasta, tortillas, bagels and other foods made from 100% whole wheat flour
- Popcorn
- Brown rice
- Oatmeal
- Whole corn grits, tortillas, chips (degerminated corn is not a whole grain)
- Ready-to-eat cereals made from wheat bran
- Quinoa
- Bulgur (cracked wheat)





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- 1 tomato, diced
- ½ cup bell pepper, chopped
- ½ cup onion finely chopped
- ¼ cup cilantro
- 2 tbsp. lime juice
- 1 tsp. garlic salt
- ¼ tsp. cumin

In medium bowl, combine all ingredients. Serve with whole corn tortilla chips.