

# Why do we choose to include these foods



**Dried Fruit** can contain high amounts of sugar, but it is loaded with healthy micronutrients, fiber and antioxidants. Dried fruit is a much better alternative to candy!

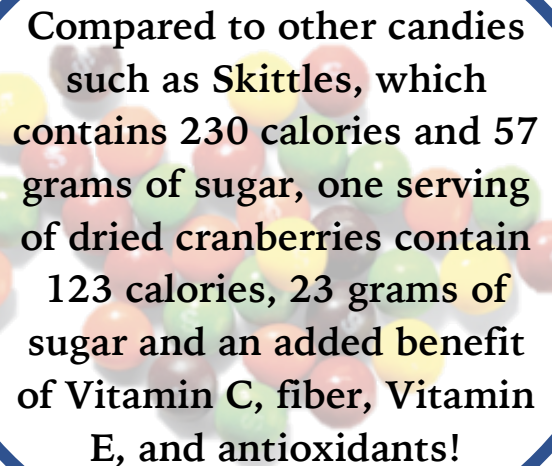
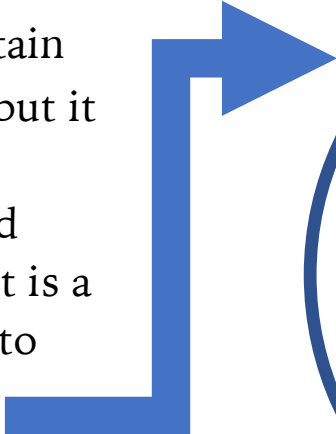


## **Flavored Milk**

tends to have a higher sugar content than regular white milk, but it still contains the same amounts of vitamins and minerals important for growth and development. This nutrient-rich drink can provide their three daily servings of milk, which will significantly improve their overall diet quality.



**Grains including breads, cereals and pasta** have a bad rep for being the major reason why people experience weight gain. The statement 'eating carbohydrates causes weight gain' is false. Some people may go on low-carbohydrate diets or avoid carbohydrates completely, which can result in missing many of the nutrients that grains have to offer. More specifically, it is important to incorporate whole-grain rich products into your diet. Whole-grain rich means that at least 50% of the grains are whole grains. Our school district chooses to serve products that are all whole-grain rich!



Compared to other candies such as Skittles, which contains 230 calories and 57 grams of sugar, one serving of dried cranberries contain 123 calories, 23 grams of sugar and an added benefit of Vitamin C, fiber, Vitamin E, and antioxidants!