

# TRUST YOUR HEART.



Your heart ticks constantly, keeping track of the seconds, minutes, hours, and days of your life.

So when it comes to good health, trust your internal clock: **WHAT you eat** isn't the only thing that matters for your well-being.

**WHAT TIME you eat** matters, too. Eating a healthy meal early in the day (**also known as breakfast!**) is linked to a lower risk of heart attack, while eating late at night

before going to bed is linked to a 55% higher

risk of heart disease. And **skipping breakfast entirely is linked to multiple risk factors for future heart problems**, including high blood pressure, elevated cholesterol, obesity, and diabetes. So when it comes to your eating habits, listen to your heart: **try to eat a healthy breakfast every day and avoid late night noshing!**

the big number

# 27

Research has shown that people who skip breakfast have a 27 percent higher risk of heart disease or a heart attack.

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

**WELLNESS IS A WAY OF LIFE!™**

*This newsletter is provided as a wellness resource by our school system's School Meals Program*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"TRUST YOUR HEART"

## 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!

### OATMEAL

The omega-3 fatty acids, fiber, magnesium, potassium, folate, niacin, and calcium in oatmeal truly do your heart good! Oatmeal's great with fruit for a hot morning meal, or in homemade cookies or snack bars with raisins as a hearty, healthy treat!



## LIVE HEALTHIER

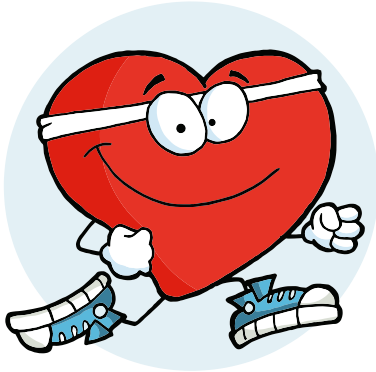
Want to make your heart jump for joy? Feed it right! The bulk of the food in a healthy diet should be simple and real -- fresh fruits, vegetables, and whole grains.

If you like meat, keep it lean and keep the portions small. A little non-fat or low-fat dairy is fine, too. Even the occasional indulgence can be healthier -- dark chocolate, for instance. Generally, choose foods that are close to their natural state, with as little processing and as few hard-to-pronounce ingredients as possible.

Your heart will thank you!



## PLAY HARDER



Aerobic exercises -- like walking, jogging, skipping rope, cycling (indoors or outdoors), cross-country skiing, skating, rowing, and low-impact aerobics or water aerobics -- are the best activities for heart health.

## LEARN EASIER

The same aerobic exercise that's good for your heart has also been shown to be good for your brain. Recent studies have found a correlation between kids' aerobic fitness and their achievement in standardized math and reading tests. So don't just run for your heart's sake. Run for the sake of your brain -- and your future -- too!



First things First

**BREAKFAST @SCHOOL**  
For first-class learning!

Featuring Healthy Fruits & Grains!

**School Meals**  
We serve education every day.

Over the last two school years, 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 this year to keep you posted on these changes!

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

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