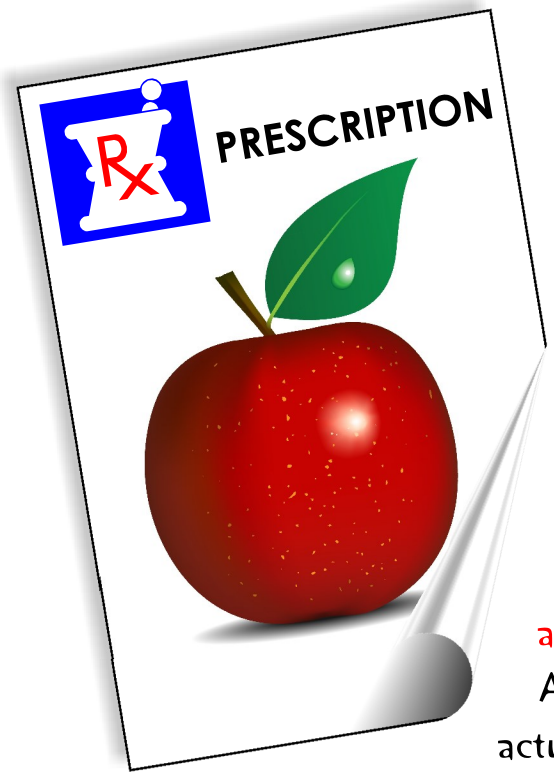
# JUST WHAT THE DOCTOR ORDERED.

the big number

**25**

Minimum hours of nutrition education for medical students recommended by the National Academy of Sciences.




Traditionally, doctors haven't had a lot of practical nutrition training. But eating well can help stave off and treat medical conditions -- including diabetes, heart disease, and, of course, obesity -- that affect millions of people and cause untold chronic health problems, not to mention massive health care costs. Now, more medical schools are building nutrition education into their students' studies. So when nutrition experts urge that we eat 5-9 servings of fruits and vegetables every day, a growing number of American doctors are putting that advice in writing by actually prescribing fruits and vegetables for their patients. Where do you fill that prescription? At the FARMacy, of course!

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

## WELLNESS IS A WAY OF LIFE!™

*This institution is an equal opportunity provider.*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL! "JUST WHAT THE DOCTOR ORDERED"

## 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!

### BABY CARROTS

Get more fruits and veggies in your diet by making them an on-the-go snacking habit! Bananas and apples are favorite portable fruits, but don't neglect the snack-able veggies: a baggie of cut carrots or celery sticks provide fiber and can help make you feel full between meals – without racking up hundreds of extra calories!



## LEARN EASIER

Researchers in the journal Childhood Obesity have confirmed that students are eating more fruits and veggies at school thanks to the new meal standards put in place over the last few years. And healthier eating leads to better school performance!



## PLAY HARDER

Regular exercise is important for its own sake. But a new study has discovered that exercising regularly also increases your appetite for fruits and veggies! The study found a distinct correlation between how much we exercise and the amount of fruit and vegetable servings we eat. Healthy habits are contagious!



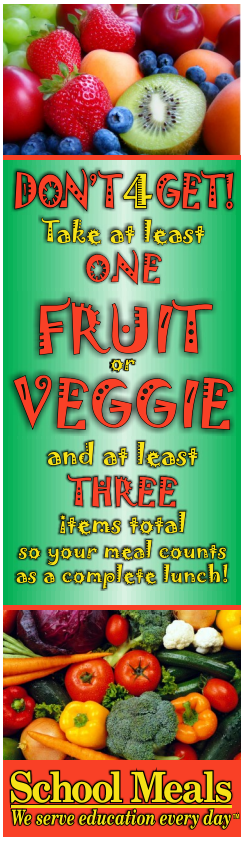
## LIVE HEALTHIER

Nine servings of fruits and vegetables equals about 4.5 cups of these foods a day. Seem like a lot? Not really. One small apple equals about a cup. Same for a large banana, 8 large strawberries, 12 baby carrots, a large ear of corn, 24 large grapes, 10 broccoli florets, or a medium potato. In the course of a day, we should be able to eat WAY MORE than the recommendation, and that would be WAY HEALTHIER!






***Over the last several school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers. For example, the majority of the grains we serve are "whole grain rich" -- at least 50% whole grains.***




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