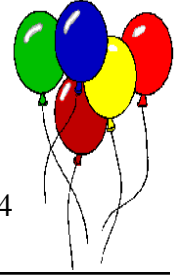




NUTRI-NEWS



December 2008

"Balloons for a Balanced Lunch"
NUTRI-SERVE FOOD MANAGEMENT, INC

Volume 20 Number 4

Nutri-Serve's Wellness Campaign

Nutri-Serve Food Management, Inc., in order to provide the best nutrition services for its students, has launched a new Wellness Campaign this year. We have included our Balloons for a Balanced Lunch and The Food Guide Pyramid in this effort.

Flags were designed for each of the food groups coordinating with the colors of the Food Guide Pyramid. This in turn relates to each menu item group served on our menus. In each of our serving lines these flags are hung to reinforce with our students that choosing foods from each of these groups will lead to a balanced lunch.

In the upcoming months the Nutri-News will feature each of these flags while highlighting why each of these food groups is important in a healthy diet.

This month we will feature the protein group– the purple flag.



What foods contain protein?

Meat, fish, poultry, dry beans or peas, eggs, nuts and seeds are the main contributors of protein in the diet. Smaller amounts of protein are contained in dairy, grains and vegetables as well.

Why is protein important in a healthy diet? Protein intake in the right amount are essential for a healthy body.

Besides protein, the foods listed above give us iron, the B vitamins (niacin, thiamine, riboflavin and B6), vitamin E, zinc and magnesium.

Protein works as building blocks for the body in the muscles, bones, skin, blood, enzymes, hormones and even the vitamins. The **B vitamins** delivered by protein help to release energy, keep the nervous system strong, build body tissues and red blood cells.

Vitamin E is an antioxidant known for better health.

Iron is for carrying oxygen in the blood. Many teenage girls have iron deficiency anemia, so they should incorporate these proteins in their diets.

Magnesium is used for bone-building as well as releasing energy from muscles.

Zinc is for healing as well as keeping one's immunity in good shape.

How much protein should a child eat? That really depends on the child's

age, sex and activity level. For school lunch they should have at least 2 ounces of protein with their lunch. For more information check out the MyPyramid.gov website.