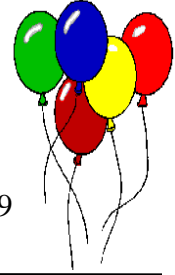




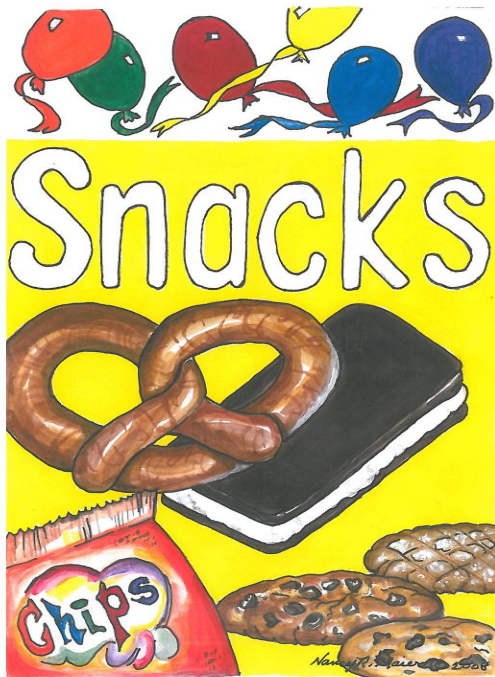
# NUTRI-NEWS



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"Balloons for a Balanced Lunch"  
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## Nutri-Serve's Wellness Campaign—The Yellow Flag - The Snack Group

For the past 5 months the Nutri-News newsletter has featured each flag of Nutri-Serve's wellness campaign. To review, in December, the **purple** flag for the **protein** food group was featured, in January the **blue/** or **milk/dairy** group flag, in February the **Vitamin A—red** flag, in March the **green** or foods high in **Vitamin C** flag, and in April it was **orange** or the **grain** group flag. Now the final flag is the **yellow** flag representing **healthy snacks** rounding out a healthy diet. Yes, you read correctly.

Though not a food group, snacks can indeed find a place in a well-balanced diet—yeah!!!

## Why is this food group important in a healthy diet?

In order to be considered for this group, a snack **must be under 8 grams of fat, 2 grams of saturated fat, and sugar cannot be the first ingredient** on the food label.

These foods supply needed calories or energy in an individual's diet. Children, in particular, need calories to support growth and physical activity requirements.

**How much should we eat of these foods?** Foods with added oils and sugar are included in this group so you really need to be **food label smart** to make sure you are choosing healthy snacks. Generally **oils that are liquid** at room temperature such as corn, soybean and canola oils are healthy, as well as fats contained in fish and nuts. Solid fats are those higher in saturated or trans fats. When choosing foods and beverages containing sugar or other caloric sweeteners make sure that it is not listed as the first ingredient on a food label. Think of it as planning a food calorie "**budget**" containing **essentials** such as protein, grains, dairy, fruits, and vegetables. The snack group is a "**luxury**". If one chooses foods low in fat and sugar in the essential food groups, then they may be able to "afford" to eat more "luxury" foods such as snacks.

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