



Great Schools
Successful Kids

Nutrition Services Newsletter

Volume 3, Issue 3

Fullerton School District

March 2011

Nutrition Services Contact Information

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Winning Nutrition for Athletes

Whether it's playing football, swimming or jogging, athletes need to eat a nutritious, balanced diet to fuel their body. Good nutrition, like any sporting event, has basic ground rules.

Following these rules and getting plenty of practice will help athletes feel great and score those winning points!

What diet is best for athletes?

All athletes need a diet that provides enough energy in the form of carbohydrates and fats as well as essential protein, vitamins and minerals. This means a diet containing 55-60 percent of calories from carbohydrates (10 to 15 percent from sugars and the rest from starches), no more than 30 percent of calories from fat, and the remaining (about 10-15 percent) from protein.

Young athletes should eat a variety of foods every day - grains, vegetables, fruits, beans, lean meats, and low-fat dairy products. The base of the diet should come from carbohydrates in the form of starches and sugars. Fluids, especially water, are an important element in the winning combination. Dehydration can stop even the finest athlete from playing his or her best game.

Are carbohydrates important for athletes?

When starches or sugars are eaten, the body changes them all to glucose, the only form of carbohydrate used directly by muscles for energy. Whether carbohydrates are in the form of starches (in vegetables and grains),

sucrose (table sugar), fructose (found in fruits and juices) or lactose (milk sugar), carbohydrates are digested and ultimately changed to glucose.

The body uses glucose in the blood for energy. Most glucose is stored as glycogen in the liver and muscles. During exercise, glycogen is broken down in the muscles and provides energy.

Usually there is enough glycogen in muscles to provide fuel for 90-120 minutes of exercise.

Most exercise and sport games do not use up stored glycogen, so eating carbohydrates during the activity usually isn't needed. For some

Do athletes need extra protein or protein supplements to build muscles?

No. Muscles develop from training and exercise. A certain amount of protein is needed to help build the muscles, but a nutritious, balanced diet that includes two or three servings from the meat/bean/egg group (6-7 ounces total) and two to three servings of dairy daily will supply all of the protein that the muscles need.

Extra servings of protein in foods or protein supplements do not assist in muscle development.

Unlike carbohydrates, protein cannot be stored in the body, and any excess will be burned for energy or stored as body fat.

What should an athlete eat before, during, and after exercise?

The most important thing is to concentrate on eating a nutritious, balanced diet every day. This provides plenty of energy to grow and exercise. Here are a few tips about eating before, during, and after exercise.

Before

Have some high carbohydrate foods like bananas, bagels, or fruit juices. These foods are broken down quickly and provide glucose to the muscles.

The timing of this meal depends on athletes' preferences for eating before exercise, but researchers have found that eating something from 1 to 4 hours before exercise helps keep plenty of blood glucose available for working muscles.

It is also critical to drink plenty of cool water before exercise to keep muscles hydrated.

During

Perspiration and exertion deplete
(Continued on Page 2)



athletes, eating or drinking carbohydrates during exercise helps maintain their blood glucose and energy levels.

Most athletes need not be concerned with "carbohydrate loading", the special technique of eating a lot of carbohydrates for several days before participating in an endurance event. Instead, focus on getting enough carbohydrates every day.

The best way to ensure plenty of energy for exercise is to eat a nutritious, balanced diet that is high in carbohydrates and low in fat with lots of different foods.

Athletes (Cont.)

the body of fluids necessary for optimal performance and lead to dehydration. It is important to drink plenty of cool water; at least a half a cup of water every 20 minutes of exercise. Adding a little fruit juice, or a small amount of powdered drink mix flavors plain water and may encourage fluid intake.

Usually there is no need to worry about replacing carbohydrates unless the exercise lasts over 90 minutes and is hard and continuous. When this happens, drinking a sports drink or other beverage with some sugar will fuel and water to the muscles during exercise.

After

If the exercise was strenuous and lasted a long time, glycogen stores may need refueling. Consuming foods and beverages high in carbohydrates right after exercise will replenish glycogen stores if they are low after exercising.

No matter the intensity of the exercise, it's important to drink plenty of water and eat a nutritious, balanced meal that has lots of carbohydrate-rich foods such as grains, pastas, potatoes, vegetables and fruits. A teaspoon of sugar, at only 15 calories* per teaspoon, adds flavor to these foods and may increase taste appeal.

**Note: Like all carbohydrates, sugar has 4 calories per gram, and there are 4 grams to a teaspoon. The FDA's 1993 food labeling regulations require rounding to 15 calories on consumer packages. Information for this article was sited from the www.fitness.gov/nutrition website.*



A-Z Lunches Are a Hit at Woodcrest and Laguna Road

On February 8th and 24th, Laguna Road and Woodcrest Elementary held their annual A-Z Salad Bars.

Both schools enjoyed a seasonal buffet of 26 fruits, vegetables, and proteins.

Laguna Road has been putting on an A-Z Salad Bar for the last 10 years. Over the course of three days, Laguna incorporated health and fitness into each grade level with their Jump Rope for Heart event.

Jump Rope for Heart started with the A-Z Lunch on



Tuesday. For lunch, Laguna used their Student Council as student helpers to help serve the numerous items. Helpers also encouraged their classmates to try some of the new items on the buffet such as quince, leeks, or daikon.

Then on Wednesday Kindergarten jumped rope, followed by first through sixth grade on Thursday. There was music playing the entire time for the students jumping rope. The Jump Rope Club made presentations on Wednesday and Thursday.



This year was Woodcrest's second A-Z Salad Bar. Here the school designated sixth graders to be the helpers, and they all enjoyed the opportunity to wear aprons and special hats!

A sample menu might include apples, broccoli, cheese sticks, daikon, egg salad, fruit sticks, grapefruit, honeydew, iceberg lettuce, jicama, kiwi, leeks, muffins, nopales, olives, pretzels, quince, raisins, sunflower seeds, tomatoes, uvas (grapes), vegetable mix, watercress, x-cut carrots, yogurt, and zucchini.

The menu does change according to seasonality and availability.

The event is a great way to expose students to new fruits and vegetables. Please contact Nutrition Services if you would like to schedule a date.



Richman and Woodcrest Pilot Program Update

In January, Nutrition Services partnered with St. Jude Medical Center to launch a pilot program to introduce more fresh fruits and vegetables to students at Richman and Woodcrest Elementary Schools.

Every Thursday, students are given an additional option for either a fresh fruit or vegetable in addition to the items already on the menu that day. Students are encouraged to take all items.

St. Jude and Nutrition Services have created flyers and posters to communicate the special days to staff and families at each school.

So far, students have been served kiwis, snap peas, grapes, tangerines, broccoli, apricots, and jicama. In April and May the students will get to try cherry tomatoes, cucumber slices, and bell peppers.

A-Z Guide to Nutrition Services

Nutrition Services has created an easy reference brochure for our most frequently asked questions.

The "A-Z Guide to Nutrition Services" offers a brief overview of application procedures, student account information, and nutritional education pieces that are available to staff and faculty.

The brochure also contains quick tips and forms that are located on our website.

All school offices should have received 100 A-Z Guide to Nutrition Services in January. These should have been distributed to all staff and faculty on site.

The brochure is also available online.

FULLERTON SCHOOL DISTRICT
NUTRITION SERVICES

An A to Z Guide to Nutrition Services

"GREAT SCHOOLS -
SUCCESSFUL KIDS"



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Senior Secretary
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MEAL APPLICATION INFORMATION

APPLICATIONS FOR FREE AND REDUCED-PRICED MEALS MAY BE PICKED UP AND PROCESSED AT:

389 WEST TRUSLOW AVENUE

FULLERTON, CA 92832

PHONE: 714-447-7435

HOURS : 8:30 A.M. - 11:00 A.M AND 1:00 P.M. - 3:30 P.M.*

*EACH DAY SCHOOL IS IN SESSION

STUDENT MEAL ACCOUNT INFORMATION

MAKE PAYMENTS ON-LINE AT:

WWW.MYSCHOOLBUCKS.COM BY CREDIT CARD

PAYMENTS ACCEPTED AT SCHOOL OFFICES:

Pay by cash or check using the prepaid meal envelopes. Indicate student's full name, grade, and identification number. Money will be credited the same day.

Fees will apply if we receive notification of non-sufficient funds or "bounced checks".

CATERING

MENU ONLINE AT:

WWW.FSD.K12.CA.US UNDER NUTRITION SERVICES LINK. WE CAN PROVIDE FOR STUDENT CLASSROOM PARTIES, STAFF, AND PTA CELEBRATIONS. WE DELIVER DAILY TO ALL SITES.

FOR ORDERS:

EMAIL: AMANDA_COLON@FSD.K12.CA.US

PHONE: 714-447-7437

WE CAN ACCOMMODATE GATHERINGS UP TO 100 PEOPLE.

FOOD ALLERGIES

FORMS* ARE AVAILABLE ONLINE OR IN SCHOOL OFFICES.

*Physician's signature is required

CHILD CARE & PRESCHOOL APPLICATIONS

PLACE: CHILD CARE OFFICE

1401 W. VALENCIA DRIVE

FULLERTON, CA 92833

PHONE: 714-447-2858

Applications for Free and Reduced-Price Meals are accepted and processed by the Child Care & Preschool Office for students participating in those programs.

March 2011

Elementary Breakfast


Fullerton School District

Breakfast Price: \$1.80
 Reduced-Price: \$0.30

Breakfast is served at the following sites:
 Commonwealth, Hermosa Drive, Maple, Orangethorpe,
 Pacific Drive, Raymond, Richman, Rolling Hills,
 Valencia Park, and Woodcrest.

All products are Trans Fat free.
 ★ Denotes pork.

Online payments can be made at myschoolbucks.com
 If paying by check, make checks payable to FSD - "Name of School"

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Breakfast Tac-Go Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	2 Reduced-Fat Cinnamon Roll Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	3 Breakfast Sandwich with Chicken Sausage and Whole Grain Biscuit Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	4 Mini Pancakes Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese
7 Reduced-Fat Breakfast Pizza ★ Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	8 Breakfast Wrap Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	9 Cheesy Max Sticks Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	10 Whole Grain Cinnamon-Glazed French Toast Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	11 Low-Fat Yogurt and Whole Grain Muffin Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese
14 Whole Grain Muffin Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	15 Chorizo and Egg Breakfast Burrito ★ Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	16 Mini Pancakes Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	17 Benefit Apple Cinnamon Breakfast Bar Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	18 <div style="border: 1px solid black; padding: 5px; text-align: center;"> Teacher Furlough Day No School (K-8) </div>
21 Reduced-Fat Breakfast Pizza ★ Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	22 Breakfast Tac-Go Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	23 Whole Grain Apple Bear Claw Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	24 Apple Cinnamon Frudel Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	25 Reduced-Fat Cinnamon Roll Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese
28 Benefit Banana and Chocolate Chunk Breakfast Bar Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	29 Breakfast Wrap Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	30 Breakfast Sandwich with Chicken Sausage and Whole Grain Biscuit Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	31 Cherry Frudel Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	

Menu subject to change.

Revised 2/22/2011

USDA and NSD are equal opportunity providers and employers.

March 2010

Lunch Menu

Fullerton School District

Lunch Price: \$2.55

Reduced-Price: \$0.40

Lunch menu is served at all K-6 schools,
Beechwood K-5, and Fisler K-5



Online payments can be made at

www.myschoolbucks.com

All products are Trans Fat free.

] Denotes pork.

If paying by check, make checks
payable to FSD - "Name of School"

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	1 JENNIE-O SUPER TURKEY NACHOS Green Beans Salsa Fresh Banana Pizza Hut: Fisler	2 TYSON ALL NATURAL CHICKEN NUGGETS Oven Potatoes Diced Peaches Dr. Seuss Cookie Pizza Hut: Fern Drive	3 MANDARIN ORANGE CHICKEN Steamed Brown Rice Fruit Jell-O Sunflower Seeds Pizza Hut: Valencia Park	4 BEAN AND LITE CHEESE BURRITO ON A WHOLE WHEAT TORTILLA Baby Carrots Orange Smiles Raisins Pizza Hut: Beechwood	<table border="1"> <thead> <tr> <th>Avg. Nutrients</th> <th>Target</th> </tr> </thead> <tbody> <tr><td>Calories</td><td>578</td><td>102%</td></tr> <tr><td>Cholesterol (mg)</td><td>50</td><td></td></tr> <tr><td>Sodium (mg)</td><td>147.5</td><td></td></tr> <tr><td>Fiber (g)</td><td>8.1</td><td>106%</td></tr> <tr><td>Iron (mg)</td><td>2.7</td><td>106%</td></tr> <tr><td>Calcium (mg)</td><td>515.3</td><td>180%</td></tr> <tr><td>Vitamin A (IU)</td><td>1950</td><td>175%</td></tr> <tr><td>Vitamin C (mg)</td><td>20.8</td><td>138%</td></tr> <tr><td>Protein (g)</td><td>34.2</td><td>20.2% of Cal</td></tr> <tr><td>Carb (g)</td><td>100.7</td><td>59.5% of Cal</td></tr> <tr><td>Total Fat (g)</td><td>15.4</td><td>21.7% of Cal</td></tr> <tr><td>Saturated Fat (g)</td><td>5.2</td><td>7.1% of Cal</td></tr> </tbody> </table>	Avg. Nutrients	Target	Calories	578	102%	Cholesterol (mg)	50		Sodium (mg)	147.5		Fiber (g)	8.1	106%	Iron (mg)	2.7	106%	Calcium (mg)	515.3	180%	Vitamin A (IU)	1950	175%	Vitamin C (mg)	20.8	138%	Protein (g)	34.2	20.2% of Cal	Carb (g)	100.7	59.5% of Cal	Total Fat (g)	15.4	21.7% of Cal	Saturated Fat (g)	5.2	7.1% of Cal
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Cholesterol (mg)	55																																										
Sodium (mg)	1181																																										
Fiber (g)	7.0																																										
Iron (mg)	2.5	101%																																									
Calcium (mg)	513.0	179%																																									
Vitamin A (IU)	2282	204%																																									
Vitamin C (mg)	25.8	162%																																									
Protein (g)	32.9	19.5% of Cal																																									
Carb (g)	102.1	61.1% of Cal																																									
Total Fat (g)	16.5	22.0% of Cal																																									
Saturated Fat (g)	4.7	6.2% of Cal																																									

Menu subject to change.

Revised: 2/16/2011

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Food Allergies

The C.S. Mott Children's Hospital National Poll on Children's Health, which surveyed parents with children from ages 0-13 revealed that 3% of those polled have a child with a life-threatening food allergy in school or daycare, and about 25% know of a child with a life-threatening food allergy in their child's school or daycare.

If your child has a food allergy, please fill out the Special Diet Meal Request Form on the Nutrition Services website.

State and federal regulations state that nutrition service departments are required to make dietary accommodations when the child has a disability that restricts their diet. A physician must fill out and sign the form. If the child does not have a disability, Nutrition Services may still be able to provide a meal accommodation.

It is important to remember that a physician needs to fill out the sections labeled "Foods to be Omitted" and "Suggested Substitutions" on the form. The more specific, the better.

Milk substitutions can be made for students with milk intolerances, also. All the same rules apply to milk allergies as stated above. We offer a fortified soy milk as a milk substitute so it is very important that your doctor be specific and state whether soy can be substituted or not. Juice can only be a substitute if the child has a disability and if the doctor authorizes it on the form in the area labeled "Suggested Substitutions".

If the milk allergy is not a disability, juice cannot be a substitute. If the child can have soy milk, that will be the substitution made.



High-Fructose Corn Syrup- What is it?



There have been many studies done on the effects of digesting high-fructose corn syrup (HFCS). Results for and against HFCS are abundant and have even made it onto television. Here are the simple facts about HFCS.

HFCS is a common sweetener used in the food industry and is often found in soft drinks and fruit-flavored drinks.

HFCS is processed from corn. The cleaned, shelled corn is soaked and softened, and the components are separated. The starch component is isolated and enzymes are added so that glucose is formed. After more purification and enzymes are added, the mixture becomes about 90% fructose and is then blended with a lower fructose concentrate. The result of the mixture ends up being approximately 55% fructose and 45% glucose.

HFCS was introduced in 1967 and quickly grew in usage to about 67.3 pounds consumed per person in 1999 and leveled out to about 59 pounds per person in 2005.

While the elements of HFCS are similar to sucrose (or table sugar), the debate arises when discussing the way it is processed through the body.

Some research studies have linked consumption of large amounts of any type of added sugar (not only HFCS) to health problems such as weight gain, dental cavities, poor nutrition, etc. There was insufficient evidence to say that HFCS is less healthy than other types of added sweeteners.

There has also been a possible link between HFCS and liver scarring. Researchers at Duke Medical Center found that "an increased consumption of HFCS was associated with scarring in the liver, or fibrosis, among patients with non-alcoholic liver disease (NAFLD)." After surveying 427 adults with NAFLD, 52% consumed between 1-6 servings of fructose-sweetened beverages, and 29% consumed these beverages daily.

Without any black and white information to base a decision on, the Mayo Foundation for Medical Education and Research recommends the following tips:

- Avoid sugary, non-diet sodas and drink water or other unsweetened beverages whenever possible
- Snack on vegetables, fruit, low-fat cheese, and whole grain crackers, low-fat, low-calorie yogurt

Spring Break Fitness Ideas

With Spring Break coming soon, here are some tips to keep your child from missing that fun recess and active play time they would be getting at school.

Exercise doesn't have to be done all at once. Encourage your youngster to be active throughout the day — small amounts of time will add up!

In general, school-age children should get at least an hour of physical activity each day. Here are some ways to put more exercise into your child's routine:

- Have her invite friends over for a backyard game of tag or capture the flag.
- Suggest that she jump rope for 10 minutes.
- Put on some music, and dance to it.
- Bike together to the library or to a friend's house. Note: For safety, use sidewalks and wear helmets.
- When you do errands together, park far from the store to encourage more walking time.
- Take the stairs rather than the elevator when you're shopping or at the dentist.

Remember: Regular exercise will not only make your child healthier — it will help her sleep better at night and be in better shape to learn and play all day.

A Walk a Day

A daily family walk is a great way to get your child — and you — moving. Some families take a walk after dinner. Others plan a morning walk on the weekends.

For parents who are home after school, that's often a great time to walk. Figure out the best time for your family's schedule, and use the time to walk and talk — you'll be helping everyone get healthier, and you'll be spending special time together. Make the walk more fun by mixing it up: walk one block and skip for the next, or alternate walking quickly and slowly.

You can even sneak in some learning time on your walk. For example, have your child count how many trees you pass or read the signs along the way.



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