



Fun Facts

1. The darker the color of the fruits or vegetables, the more nutritious.
2. Lemons contain more sugar than strawberries.
3. Carrots help people see better in the dark because it contain vitamin A.
4. You are more likely to be hungry if you are cold because temperature affect appetite.
5. Eating breakfast can help you do better in school.



NUTRITIOUS FUN FACTS

1. Eat smart snacks from different food groups because it is a great way to refuel.
2. Don't eat too much of one thing; moderation and balance.
3. Eat more grains, fruits, and vegetables.
4. Foods are not bad or good. It depends on how foods fit together.
5. Calcium is important for healthy bones; at least one cup of milk per day.



http://www.nms.on.ca/Elementary/10_tips_to_healthy_eating_and_phy.htm



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Lincoln Public School Salad & Ranch Dressing

CALORIES

Reduced Fat

SUGAR

Nutrition Facts	
Serving Size 100 grams 1/3 Cup	
Amount Per Serving	
Calories 196	Calories from Fat 110
% Daily Value ^a	
Total Fat 12g	19%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 909mg	38%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 1g	
Vitamin A 1%	Vitamin C 1%
Calcium 4%	Iron 4%
<small>^aPercent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
NutritionData.com	

* Calories from fat 110

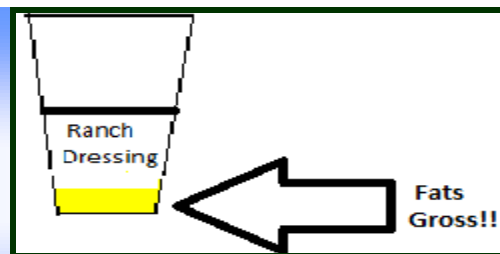
- ◆ This means that more than half of the calories in a single serving come from fat.
- ◆ Calories provide a measure of how much energy you get from food - Ranch dressing has 196 calories per serving.
- ◆ The schools ranch dressing has 196 calories per serving, other commercial brands may have much more.

- ◆ 2000 calories is an average recommended per day, this leaves only 1804 calories left for the rest of the day with other types of food!



FATS

1/3 cup of Ranch Dressing = 12 grams of fat



If you ate 1/3 of a cup of ranch dressing per day, you will be getting 4 grams of sugar which is equal to 1 teaspoon of sugar

1 day = 1 teaspoon of sugar
1 week = 7 teaspoons of sugar
1 month = 30 teaspoons of sugar
1 year = 8 cups of sugar

180 school days x 196 calories per day = 35,280 calories
◆ **YOU COULD GAIN 10 LBS OR MORE PER YEAR.**

Sugar measurements

1 teaspoon of sugar = 15 calories
3 teaspoon of sugar = 1 tablespoon
16 tablespoon of sugar = 1 cup
1 cup of sugar = 720 calories
2.3 cup of sugar = 1 lb of sugar
1 lb of sugar = 1656 calories
1 lb of body weight = 3,500 calories