



# **Nutrition In Your School**

**Claudette Clarke, MS RD CDN**  
**Chief Clinical Dietitian**  
**Nyack Hospital**

# Why Should I Eat Right?



## ∞ Feel Good

- Lots of fruits, vegetables, whole grains, low fat, protein
- Limit sugar



# Reasons To Eat Right

## ♿ Do Well in School

- Increase performance level in all areas



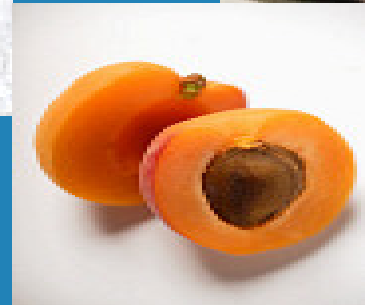
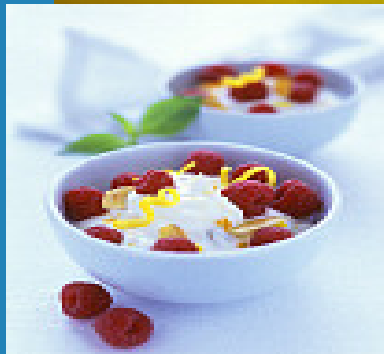
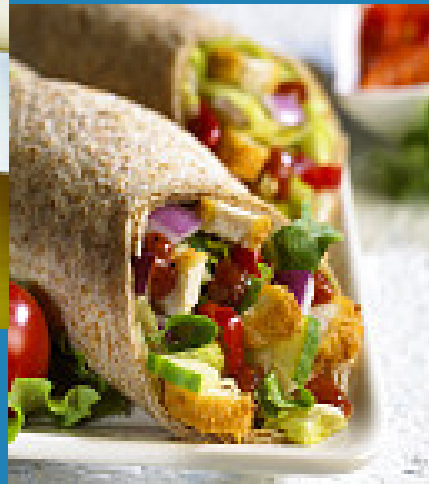


GRAINS      VEGETABLES      FRUITS      MILK      MEAT & BEANS

# Reasons To Eat Right

## Ω Better Concentration...More Energy

- Avoid caffeine. Drink more water; eat three balanced meals with smart snacks



# Reasons To Eat Right

## ∞ Avoid hunger

- Whole grains, peanut butter, fruit, nuts



# Do I Really Need A Healthy Breakfast?



- ⌚ **YES!!!!!!**
- ⌚ **Feeds the brain**
- ⌚ **Feeds the body**
- ⌚ **Improves your "mood"**
- ⌚ **Helps prevent mid-morning hunger**
- ⌚ **Avoids the "Junk Food Snacking"**

# What is a Healthy Breakfast?



☞ Include fruit or juice, eggs, cheese, or peanut butter, whole grains, beans, whole wheat tortillas, low fat dairy/meat

☞ Limit sugar

☞ It could mean...



# Do I Really Need A Healthy Lunch?



- ⌚ **YES!!!!**
- ⌚ **Feeds the brain**
- ⌚ **Feeds the body**
- ⌚ **Improves your "mood"**
- ⌚ **Helps prevent afternoon hunger**
- ⌚ **Avoids the "Junk Food Snacking"**

# What is A Healthy Lunch?

- ∞ Include fruit or juice, protein, whole grains, low fat dairy/meat
- ∞ Limit sugar
- ∞ It could mean...



# What Your School Offers You!



∞ Low fat milk

∞ Yogurt

∞ Salad bar



# What Your School Offers You!



## Ω Whole grain breads and pasta



# What Your School Offers You!

## Ω Veggie/turkey burgers



# CHOICES!!!!!!



# Nutrition in Your Schools presentation prepared in collaboration with:

∞ Nyack Public Schools



∞ Rockland County Department of Health.



- Steps To A Healthier NY



- Eat Well Play Hard

