

Seven Generations Charter School

Provided by The Food Committee

What are Whole Foods?



Whole foods are the simplest form of the food itself with minimal processing & no extra additives, fillers, or artificial ingredients. For example: apples, oranges, nuts, carrots, oats, etc.

At Seven Generations Charter School, when sharing with the classroom, we would like to keep these snacks healthy. Sticking close to whole foods is a very simple way to insure that snack choices are healthy ones. And healthy choices support a positive and productive learning environment.



Studies have shown that children who consume a balanced diet with limited sugar, moderate amount of fats, and minimal artificial ingredients are able to focus better inside and outside the classroom. Check the labels and Nutrition Facts on products to understand their nutrient content. Some things are not as they seem. For example, unless juice is labeled "100% Juice" it may contain more sugar and flavorings than actual juice. And a good rule of thumb for artificial ingredients is: if you can't pronounce it, are you sure you want to eat it?

Seven Generations Charter School

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"Students with an increased fruit and vegetable intake and less caloric intake from fat* were 41% less likely to fail the literacy assessment."

-April 2008, Journal School of Health

** Unhealthy fats, that is. For example: saturated, hydrogenated, & trans fats.*





Simple Guidelines:

- **More Fresh Fruits and Vegetables.** Fruits and Vegetables contain essential vitamins and minerals that our bodies need to maintain energy and fortify our immune systems. The form these nutrients take in whole fruits and vegetables is easy for our body to process so we can get the maximum benefits.
- **Whole grains.** Sometimes overprocessing grains can eliminate or minimize the essential nutrients intrinsic to the whole form of the grain.
- **Minimize sugar.** While sugar can be a quick fix to an energy low, it does not have the sustaining power to carry us through the day. Fruits contain natural sugars, as well as other vitamins that are necessary for a balanced diet.

Healthy Examples:

Carrot sticks, Celery sticks
Raisins, Grapes, Apples
Bananas, Melon, Oranges
Broccoli, Peppers, Pears
Dried Fruits, Cheese
Popcorn, Whole grain snacks
Sesame sticks, Yogurt, Muffins
Pretzels, Graham Crackers, Pizza,
100% Juice/popsicles, granola bars



Snacks/Ingredients to Avoid:

High sugar cookies, cakes, candies
Soda, other artificially colored high sugar drinks
Hydrogenated oils
Artificial Colors and Flavorings (e.g. Red 40, Yellow 6, Blue 1)
High Saturated Fats
Caffeine
High fructose corn syrup
Preservatives (e.g. BHT, TBHQ, BHA, sodium nitrate, nitrites)
Artificial sweeteners (e.g. aspartame, sucralose, sorbitol)

For more resources and recipe ideas check out: