

Covington County Schools 18-19 School Year



BREAKFAST: Is it really true that “breakfast is the most important meal of the day”?

Breakfast is indeed a very important meal. A good breakfast fuels you up and gets you ready for the day.

In general, kids and teens who eat breakfast have more energy, do better in school, and eat healthier throughout the day. Without breakfast, people can get irritable, restless, and tired. So make time for breakfast– for you and your kids!



Breakfast is the most important meal

Our brains cannot run without fuel, our bodies need energy to wake up after a night's sleep, energy levels are low. So, whether you are a student or a parent, about at the weekend, start the day with breakfast. Plenty of choices are on the ticket: try toast or bread, or cereal with milk, fruit or

Healthy Snacking for Teens

Between school, homework, sports, your after-school job, and hanging out with friends, it may feel like there's no time for healthy eating. And when you do stop to eat, it's probably tempting to go the quick and easy route by grabbing a burger and fries, potato chips, or candy.

But it is possible to treat yourself to a healthy snack. In fact, if you have a hectic schedule, it's even more important to eat healthy foods that give you the fuel you need to keep going.

Even if you take time to eat three meals a day, you may still feel hungry at times. What's the answer? Healthy snacks. Snacking on nutritious food can keep your energy level high and your mind alert without taking up a lot of your time.

Why Healthy Snacking Is Good for You: You may have noticed that you feel hungry a lot. This is natural — during adolescence, the body needs more nutrients to grow as it should. Snacks are a terrific way to satisfy that hunger and get all the vitamins and nutrients your body needs.



Nutrition Facts:



It seems each day there is another new diet being touted, and many are making big bucks off of false hopes and bogus claims. Most of these diets aim to have you eliminate some foods or set up rules for how much or when to eat. Any diet will cause a body to lose weight in the short run, but most lead to cravings and bingeing, with an eventual regaining of any lost weight. Some diets may even be harmful to your body. It's hard to sort the fact from fiction! Are carbs bad? Is fat the root of all evil?

The reality is that your body needs fats, carbohydrates, and protein to function at its best. Here are the facts:

Carbohydrates: Why do I need carbohydrates? They are the body's main energy source and help to maintain a normal blood sugar level. They are stored in our muscles to be used as energy between meals and snacks. Carbohydrate rich foods are important sources of fiber and B vitamins. They help us to feel satisfied and full.

What are some nutritious sources of carbohydrates?

- Whole grains- whole wheat breads and pastas, brown rice, bagels, and muffins
- Starchy vegetables- corn, peas, lentils, potatoes
- Legumes or beans- pinto, navy, black, kidney, black-eyed peas, etc.
- High fiber snacks- pretzels, popcorn, fig newtons

Proteins: Why do I need protein? It is needed to build and repair muscles. It is the building block of major organs. All of our enzymes, antibodies, and many hormones are made up of protein. Protein rich foods are important sources of iron, zinc, and niacin.

What are some nutritious sources of protein?

- Meats- chicken, seafood, beef, pork, venison, lamb, buffalo
- Soy proteins- tofu, veggie burgers, veggie ground beef, veggie luncheon meats
- Nut proteins- peanuts, mixed nuts, peanut/soy/almond butter
- Dairy proteins- greek yogurt, Ensure, Carnation Instant Breakfast
- Energy Bars- Luna Bar, Balance Bar, Protein Power Bar, Genisoy Bar

Fats: Why do I need fat? Fat is an important energy source and helps to maintain our immune system. It is a building block for estrogen, cortisone, and thyroid hormones. It is a necessary component of all cells in our bodies. It helps us to feel full and it adds enjoyment to foods.

What are some nutritious sources of fat?

- Peanut butter, nuts, seeds, and other nut butters.
- Vegetable oils including olive, safflower, sunflower, peanut, corn, canola, soy
- Avocados and olives
- Cheese, margarine, butter, sour cream, mayonnaise