

# WELLNESS

The Official "Wellness Wednesday" Newsletter

## Nutrition



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MRS. NEUMANN

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## A message from the school nurse

*Hello Aviator students and staff,*

*In order to maintain good nutrition one must eat a variety of foods that provide the nutrients one needs to maintain health, feel good and have energy. This includes protein, carbohydrates, fat, water, vitamins and minerals. First let's look at today's world around us. We are told to:*

- *Drink water*
- *Take vitamins*
- *Eat Fruit ( but not too much)*
- *Eat plenty of vegetables ( mostly dark green leafy)*
- *Eat nuts, grains and whole wheat*
- *Eat fatty fish ( salmon)*
- *Cut back on red meat*
- *Cut back on processed foods*
- *Exercise*

*Now let's look at the obstacles that exist in May 2020- a Pandemic Environment. We are told to:*

- *Stay home*
- *Be furloughed without pay*
- *Stay 6 feet apart*
- *Learn new technology: Teach and Learn in a virtual world*
- *Social Distance*
- *Wear a mask*
- *Don't Touch your face*
- *Gyms are closed*
- *Churches and places of worship are closed*
- *Gas is cheap but Cancel all vacations*
- *Wait in line to get into Shoprite*

*And It keeps raining. And 30 million people are out of work. And nobody shaves anymore.*

*And there is political turmoil. And some of our family and friends are dying. And we have so much time on our hands.*

*The lesson here is: Do the best you can do! Be the best you can be! Some days will be better than others! Eat so you feel good- using basic nutrition guidelines that we all know! Exercise the body, the mind and the spirit! Ride a bicycle! Stay out of the kitchen! Keep Life Simple! Tomorrow will come and this too shall pass!*

*Love, Mrs. Neumann*

## Miss Barbone's

### Strawberry Banana Protein Blast



Who isn't a fan of a sweet berry smoothie post-workout, or just for a boost of energy?!

**Total time:** 5 mins

**Serves:** 1-2

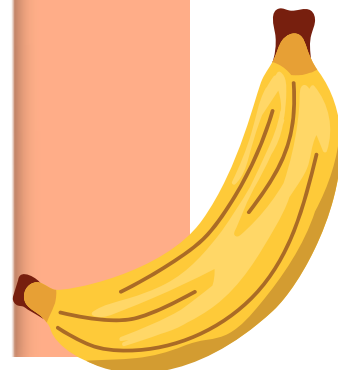
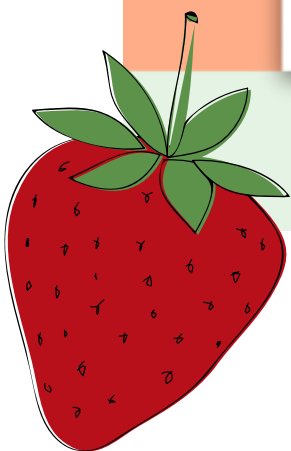
**Dietary preferences:** Vegetarian

#### Ingredients:

- ★ 1 medium chopped banana
- ★ 1 cup milk of choice (I use almond milk)
- ★ ½ cup strawberries, frozen
- ★ ¼ cup low-fat Greek yoghurt
- ★ 1 tbsp peanut butter

#### Method:

1. Place all ingredients in a blender and blend until smooth.
2. Pour smoothie into a glass or shaker and enjoy!



**DIETARY  
GUIDELINES  
FOR AMERICANS  
2015-2020  
EIGHTH EDITION**

## Cut Down on Added Sugars

Learn how to limit calories from added sugars—and still enjoy the foods and drinks that you love. Choosing a healthy eating pattern low in added sugars can have important health benefits.

The 2015-2020 Dietary Guidelines for Americans recommends limiting calories from added sugars to no more than 10% each day. That's 200 calories, or about 12 teaspoons, for a 2,000 calorie diet.

### What Are Added Sugars?

Just like it sounds, added sugars aren't in foods naturally—they're added. They include:

- Sugars and syrups that food manufacturers add to products like sodas, yogurt, candies, cereals, and cookies
- Sugar you add yourself—like the teaspoon of sugar in your coffee

Some foods have sugar naturally—like fruits, vegetables, and milk. The sugars in these foods are not added sugars.

The average American gets 270 calories of added sugars each day. That's about 17 teaspoons of sugar!



### What's the Problem with Added Sugars?

Eating and drinking too many foods and beverages with added sugars makes it difficult to achieve a healthy eating pattern without taking in too many calories. **Added sugars contribute calories, but no essential nutrients.**

Almost half of the added sugars in our diets come from drinks—like sodas, fruit drinks, and other sweetened beverages.

### What Foods Have Added Sugars?

Lots of them. Some include:

- Regular sodas, energy drinks, and sports drinks
- Candy
- Fruit drinks, such as fruitades and fruit punch
- Cakes, cookies, and brownies
- Pies and cobblers
- Sweet rolls, pastries, and doughnuts
- Dairy desserts, such as ice cream

### How Can I Cut Down on Added Sugars?

You don't have to give up the foods you love completely. Instead, you can limit added sugars by making some smart, small changes to how you eat. Here are 3 things you can do:

#### 1. Find Out How Many Calories You're Getting from Added Sugars Now.

You can use the USDA's [Supertracker.usda.gov/](https://supertracker.usda.gov/) to get an idea. Once you know, you can make changes.

# Baking with Mrs. Comer



[Click Here](#)



## COUNSELOR'S CORNER WITH DR. CIRACO



[Click Here](#)





# Nurse's Corner

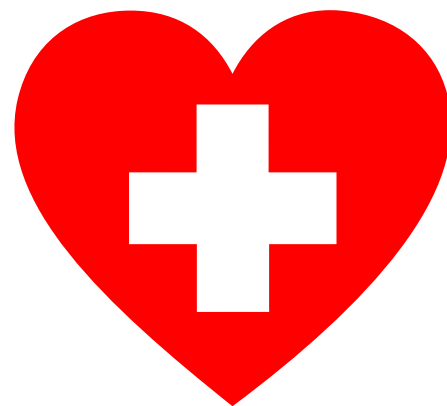
Mrs. Neumann School Nurse

[Click Here](#)



**Rita Perdoma - School Nurse**

[Click Here](#)



# Resources

- [COVID 19 Community Resource Spreadsheet](#)
- [SNAP Assistance during Coronavirus](#)
- [12 minute Sleep Yoga \(Perfect for Beginners\): Yoga with Adrienne: 12 Minute Sleep Yoga](#)
- [Guided Sleep Meditation to help put you to sleep: Bedtime Zen: Guided Sleep Meditation](#)
- [2nd floor Teen helpline video](#)
- [Parent Workshop - Virtual](#)

## School Information

<https://twitter.com/HHHSAviators>

<https://twitter.com/HHvarsitysports>

<https://twitter.com/HHCounselors>

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