



Introducing.....

“Mac” Maschio

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Breakfast bars, snack bars, granola bars.... what is the difference?

Ever wondered what to look for when buying a bar? Here are 5 easy tips to make the purchase easier:

1. “Natural” or “Organic” may not be healthier. Check the label!
2. Bars that contain nuts typically have more fat and calories. For less calories and fat, skip the nuts!
3. Meal replacement bars are meant to replace meals. If you are looking for a snack, choose another bar!
4. Check the serving size. Some bars are made to be shared.
5. Choose a bar with at least 2gms of fiber.

Courtesy: Environmental Nutrition, May 2008

Maschio’s Food Services CAFETERIA CONNECTION

“Healthy Meals Grow Healthy Kids”

Let's get Physical!

Walking has been proven to lower risks for chronic diseases. It's easy to get moving with walking. Start slowly for 5 minutes then stretch and for another 15 minutes. To cool down, walk slowly for 5 minutes and finish up with more stretches. Try and incorporate 30 minutes of moderate physical activity everyday to stay fit and healthy!



Courtesy: Health & Nutrition Letter, April 2008

SUMMER 2008

“Featured Fruit”

Watermelon & Honeydew

Eating fruit is an easy way to beat the heat. Fruits contain a lot of water to keep the body hydrated throughout the hot summer months. Watermelon and honeydew also contain high amounts of Vitamin C, beta carotene, and lycopene. Vitamin C and lycopene are antioxidants that protect the body from illness. Beta carotene gives the fruit its rich color and provides extra nutrients for the body to stay healthy. *Courtesy: www.supermarketguru.com/*



Here Comes the Sun

Are you looking to actively fill those summer days? Volunteering can improve your health and help the clock tick faster! A recent survey reported there were 61.2 million volunteers in the United States in 2006. One of the largest groups of within these volunteers are teenagers ages 16 to 19. Volunteering has shown to increase high school graduation rates, lower crime rates, and increase overall quality of life!

HELP

Courtesy: School Nutrition, March 2008

SCHOOL MEALS MUST INCLUDE:



PROTEIN
BREAD/GRAINS
FRUIT
VEGETABLE
MILK

Think Health

Mac Maschio says...
Healthy Meals Grow Healthy Kids



RECIPE CORNER: Apricot Pasta Salad & Basil Dressing

4 ounces corkscrew pasta	Dressing: 2 fresh, ripe apricots
6 fresh apricots, quartered	2 tbsp white wine vinegar
1 whole chicken breast, cooked, chopped	1 tbsp sugar
2 small zucchini, julienne	1/4 cup extra-virgin olive oil
1 red bell pepper, julienne	1 tbsp chopped fresh basil
1 tbsp chopped fresh basil	

1. Cook pasta, drain, let cool.
2. Combine pasta, apricots, chicken, zucchini, red pepper, and basil in bowl.
3. Dressing: In separate bowl combine apricots, vinegar, and sugar in blender; whirl until blended.
4. With blender running, slowly add oil until thick and smooth. Stir in basil.
5. Toss with dressing.

Courtesy: Environmental Nutrition, May 2008

WORD SCRAMBLE

EMOTSTOA
NIICZHCU
UTROYG
PSEARG
WRY RSRBEAT
ALCEER

ANSWERS:
TOMATOES, ZUCCHINI,
YOGURT, GRAPES,
STRAWBERRY, CEREAL