

# SAVE THE BANANA!

Bananas are a nutritious, portable snack or part of a healthy breakfast. They're a favorite of athletes, kids, and just about everybody else.

But bananas are **UNDER ATTACK!** A disease could wipe out the world's supply of the most popular kind of banana (the Cavendish) in the next 25 years. **And it's not the first time.**



In fact, the familiar Cavendish only became widely grown and exported in the 1950's, after the same disease decimated supplies of the former top banana, the "Gros Michel," or "Big Mike."

Don't be surprised -- **there are actually hundreds of varieties of bananas, including red- and purple-skinned types.**

Indeed, the Cavendish became the dominant export banana because they travel well and have a long shelf life -- not because of superior taste. **Scientists are hard at work to identify banana varieties that resist the disease.** Let's wish them luck!

the big number

3.1

A banana delivers potassium, vitamins B6 and C, and 3.1 grams of fiber in a very convenient package!

**EAT BETTER. PLAY HARDER.  
LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!™**

*This new letter is provided as a wellness resource by CPS, School Nutrition Services.*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

“SAVE THE BANANA!”

## EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

### MANGO



Mango is the most popular fruit in the world. And no wonder. A fresh, ripe mango is a juicy treat like no other -- kind of a cross between peach and pineapple, but sweeter than either! Loaded with vitamins and beta carotene, too!

## PLAY HARDER



You might have heard someone say that “muscle weighs more than fat.” That’s not quite accurate -- after all, a pound of muscle and a pound of fat both weigh a pound! But muscle is tight and dense, while fat is loose and bulky, so a pound of muscle takes up less space than a pound of fat. That’s why someone who gets enough exercise will look more fit and trim than someone who never exercises, even though they’re the exact same weight and height. And that’s why it’s silly when people obsess about body weight, when what’s really important is body composition. If you have a higher proportion of muscle to fat, you’ll look and feel healthier. The lesson is simple: no matter how old you are, **PLAY HARDER!**

## LEARN EASIER

American kids miss nearly 40 million days of school each year because they’re sick with flu. Kids can’t learn if they’re not in class, so kids (and parents and grandparents, too!) should talk to your doctor and get a flu shot or nasal spray vaccine.



## LIVE HEALTHIER



8 ounces of whole milk has 4.5 grams of saturated fat, while 2% milk has 3g, 1% has 1.5g, and nonfat milk has just a trace. That’s why nutrition experts strongly recommend that we drink 1% or nonfat milk.

## Experts say yes to flavored milk

A cup of flavored fat-free milk includes just 14 g of added sugar – that’s about 60 calories – in addition to about 12 g of naturally occurring lactose sugar that comes straight from the cow. And flavored fat-free milk provides the same great calcium and protein as white milk. No wonder national health groups ranging from the American Academy of Pediatrics to the American Dietetic Association all support low-fat and fat-free milk in schools, including flavored milk. Milk in schools is a crucial source of calcium and other key nutrients for kids -- and a fairly minimal source of sugar and calories.

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