



Nutrition News
Hartford Public Schools
Department of Food Services and Nutrition Education
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A New Director of Food Services and Nutrition Education starts this month



Lonnie Burt, M.S., R.D., CD-N begins her new job as **Director of Food Services and Nutrition Education** on April 19th. Mrs. Burt was the Food Service Director in

Manchester Public Schools for 15 years before coming to Hartford. Her staff in Manchester described her as intelligent, and a go-getter with lots of ideas. Her number one concern is serving nutritious foods to students. She is committed to the health and wellness of students and plans the menus with that in mind. As a Registered Dietitian, she understands the impact of nutrition on individuals and enjoys teaching those concepts.

Breakfast Continues to Be the Most Important Meal of the Day



Although we always knew breakfast was important, the Journal of the American Dental Association provides us with another reason. Children who skip breakfast have more cavities. The non-breakfast eaters tend to snack on sugary foods and soda to curb their hunger. A healthy breakfast reduces the tendency to snack. Bruce Dye, D.D.S., the lead author of the study concluded that children who eat breakfast cereal (including the pre-sweetened types) are less likely to have tooth decay.

Breakfast Pass From the Nurse



If students are complaining about stomachaches or headaches, it may be due to hunger. When the student is sent to the health room, the nurse will be able to send the student directly to the cafeteria for breakfast with our newly designed **Breakfast Pass**.

Caffeine in Drinks



Although it is not the recommended beverage, some of our students start their day with a cup of café con leche that contains 135 mg of caffeine. Other caffeine containing beverages and foods

include one cup of Coffee Frozen Yogurt (85 mg caffeine), Sunkist Orange soda (42 mg caffeine) Starbuck's Frappuccino (95 mg caffeine), Coffee Yogurt (45 mg caffeine) , tea (40-60 mg caffeine) Josta-12 ounces (58 mg) Mountain Dew-12 ounces (55 mg) Surge – 12 ounces (51 mg), Aqua Blast- 16 ounces (90 mg).

Symptoms of too much **caffeine** (headache, tremor, nervousness, irritability and increased sensitivity) result from an intake of 200 to 500 milligrams of caffeine daily. Caffeine only takes 15- 20 minutes to get into your blood and the caffeine effect lasts for 3- 4 hours. If you have problems falling asleep, avoid all caffeine containing foods for 4 hours before bedtime.

We Eat Too Much



The percentage of people who are overweight and/or obese has doubled over the last thirty years. During that time numerous fad diets have emphasized one food group over another.

Scientists tell us, we simply eat too much of everything.

Men have increased their caloric intake by almost 200 calories while women have increased theirs by more than 300 daily. Total fat and carbohydrate consumption has increased. We are eating more for many reasons: increased portion sizes, more snacks and soft drinks, and more food eaten away from home. Being aware of your own food habits is one way to curb excessive intakes.

Physical Therapy and Nutrition Education Team Up to Fight Obesity



If you would like a PTO/PTA presentation on **Exercise and Nutrition**, please contact Marilyn Boehm, RPT 695-4123 and /or Susan Davis, RD 695-8596

Nutrition Education Classes



Nutrition Education classes can be scheduled for students by contacting Susan R. Davis, M.S., R.D. 695-8596