

INGREDIENTS: HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, WATER, SALT, CELLULOSE GUM, CARAMEL COLOR, NATURAL AND ARTIFICIAL FLAVORS, SODIUM HEXAMETAPHOSPHATE, SORBIC ACID AND SODIUM BENZOATE (PRESERVATIVES).

# LESSON 5: TAKEOUT

## TODAY WE LEARNED | NUTRITIONAL SCIENCE BASICS

- Our bodies are made up of trillions of cells, and in order for our bodies to be healthy, our cells need to be healthy.
- Water is very important for our system, and it makes up 70% of our body weight.
- The three main types of nutrients are carbohydrates, fats, and proteins.
- In addition to providing the building blocks of cells, carbohydrates, fats and proteins also provide our bodies with energy, which is measured in calories. If we eat more calories than we use, the extra calories will be stored in body fat, and we will gain weight.

## BREAKFAST IDEA | GRANOLA BAR

Granola bars can be a great breakfast option for “on the go”. You have to be careful, some can be about as unhealthy as a candy bar! Read the nutrition labels and use the tips on the back to make a healthy choice. If your granola bar has dried fruits in it, add a handful of nuts. If your bar has nuts in it, grab your favorite on the go fruit. Paired with another healthy portion of fruit or nuts, your breakfast will satisfy you all the way until lunch.

## TIPS AND TRICKS

1. **Choose REAL Ingredients** If you can't pronounce an ingredient, that is a sure sign of a highly processed food. Look for ingredients that you recognize.
2. **Fiber is Filling** Try to choose a bar with at least 5 grams of fiber. It will help with digestive health and will keep you feeling full longer.
3. **Mind the Sugar** Look for options with 10 or less grams of sugar per bar. Try to choose bars with natural sweeteners such as honey or maple syrup rather than sugar or high fructose corn syrup. Avoid artificial sweeteners, though. They can trick your body into thinking that you are still hungry, so you end up eating more!

