

RAISING HEALTHY TITANS

Wheatley School
Home of the
Tiniest Titans

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Welcome to the School Year 2019-2020!

Hi! I am Rely Samonte, nutrition consultant here at Wheatley School of Early Childhood. I will be providing tips for healthy eating, classes and recipes your family can enjoy and benefit from. If you have any questions, please leave a message at the front desk or email me at Aurelia.Samonte@paisd.org.



Do you know how much sugar is in your drink? Do you know...

- **46** - The number of gallons of soda and other sugary beverages the average American consumes annually.
- **60%** - According to one study, the increased chance of child becoming obese with each additional 12-ounce serving of soda each day.
- **1** - Just one sugar sweetened beverage per day increases an adult's risk of becoming overweight by 27%.
- **1/5** - The amount of all weight gained by US population between 1977 and 2007 that can be attributed to sugary beverage consumption.
- **6%** - The increase in likelihood in developing type 2 diabetes for people who drink 1-2 sugary drinks per day.



Health and Learning Success Go Hand-in-Hand. Eating fruits and vegetables every day can give your family the nutrients they need to grow strong and build healthy bodies and minds. Harvest of the Month can help your family learn how to eat healthy every day. Melon is September Harvest of the month. See attached HOTM.

Let's Get Physical!

- Make family time an active time.
- Limit screen time with TV, computers and video games.
- Add active time with family walks on the weekend, or after dinner.
- Plan ahead. Put active time on the family calendar.

For more ideas, visit: <http://kids.usa.gov/grown-ups/for-parents/exercise-fitness-nutrition/index.shtml>

Increased consumption of sugar sweetened beverages can cause tooth decay and cavities



Mild decay



Moderate decay



Severe decay

September Focus

- Nutrition: Rethink Your Drink
- Harvest of the Month : Watermelons
- Let Get Physical

Check out our display in the lobby...