

Health Break Guidelines

Food Item Choices

The list below is certainly *not an exhaustive list* of all the fruits and vegetables that could be eaten during the Health Break, but should provide you with some ideas for consideration. The fruits and vegetables are grouped under headings of Vitamin A, Vitamin C, Fiber and Other. In addition, it spells out what items received consensus at this time from our staff from the dairy products group. Lastly it lists a few items that students, parents and staff might be wondering about that are not included in our list for the health break. Remember that if you have a question about any food items, please contact us at school for a clarification.

The following are presently some of the fruits, vegetables and dairy items that are *included* on our list.

High in Vitamin A	High in Vitamin C	High in Fiber	Other	Dairy
apricots	apricots	apple	celery	cheese
cantaloupe	cantaloupe	banana	cucumbers	yogurt
carrots	broccoli	blueberries	peach	
leaf lettuce (salad)	cauliflower	carrots	cranberries	
spinach	grapefruit	cherries	grapes	
	kohlrabi	spinach	raisins	
	honeydew melon	lentils		
	kiwi fruit	dates		
	orange	orange		
	pineapple	pear		
	plum	prunes		
	strawberries	strawberries		
	bell peppers	raspberries		
	tomatoes			
	watermelon			

The following items are presently *not included* on the list of items for consumption during the Health Break.

Not Included	
pudding	packaged fruit snacks
fruit roll ups	nuts
peanut butter	bread
crackers	meats

There are many other foods that have nutritional value and we hope that you will consider making them a part of your child's diet during breakfast, lunch, dinner or as an after school snack. Nut products in particular were discussed at length, but were presently not included on the list for Health Break because of potential serious allergies and the occasional problem we have with mice in the building. Numerous studies have pointed out that children (and adults) typically do not eat the recommended daily intake of fruits and vegetables. We hope that our Health Break guidelines will help all of us to be more conscious of what we eat and how it can positively affect our physical and mental alertness and capacity to perform.

Water is the **only** approved beverage during Health Break.