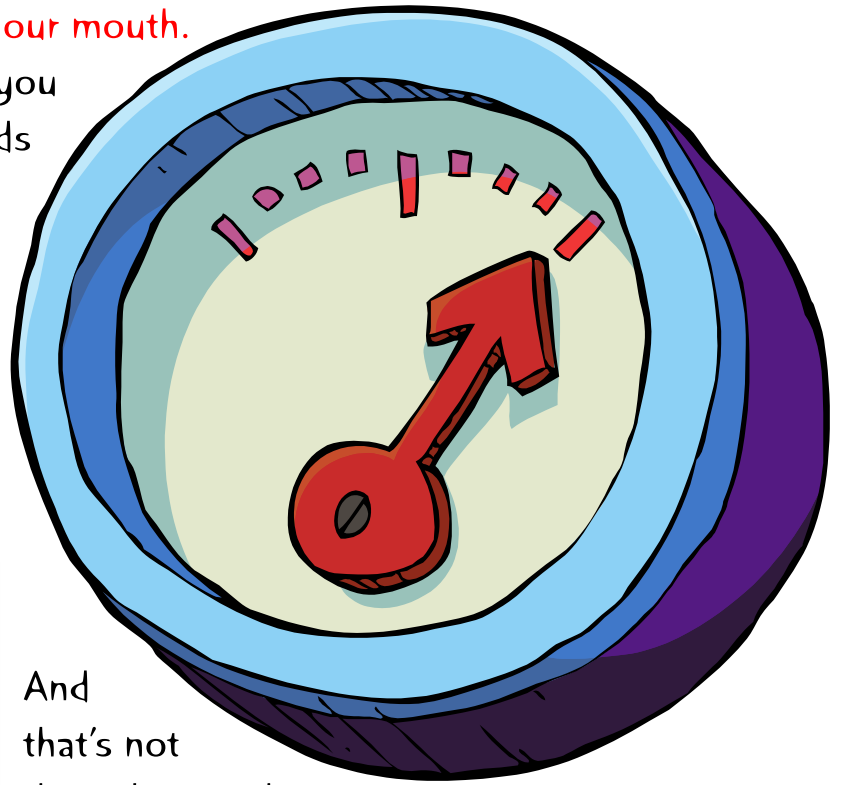


NOT SO FAST.

Your brain is 20 minutes slower than your mouth.

That's how long it takes from the time you start eating until your brain finally sends out the signal that you're full. Most of us eat **WAY** faster than that, and so we take in **WAY** more calories than we need before our brains tell us we're full. **Eat slower, eat less!**



And that's not the only way that scarfing down food hurts your health. Eating fast makes you **gulp in a lot of air** with your food, leading to indigestion, burping, heartburn, and even acid reflux. All that extra air makes your **belly bloat** more, too. When you eat fast, you **chew less thoroughly**, which delivers bigger pieces of food to your stomach, causing more digestion problems. **Eat slower, feel better!**

the big number

84

A study of the eating habits of 3,000 people found that fast-eating men were 84% more likely to be overweight.

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

WELLNESS IS A WAY OF LIFE!™

This institution is an equal opportunity provider.

WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

“NOT SO FAST”

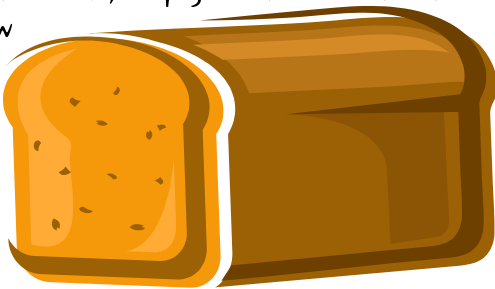
EAT BETTER

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

WHOLE GRAINS

Foods that are rich in fiber, like whole wheat bread and other whole grain foods, help you eat slower because we tend to chew

those foods longer. Fiber-rich foods help you feel full longer, too!



LIVE HEALTHIER



Sometimes living healthier is about quality of life. When you eat slower, you enjoy the taste, texture, color, and aroma of the food more. And you can focus more on conviviality and conversation and family interaction, rather than just on eating and running!

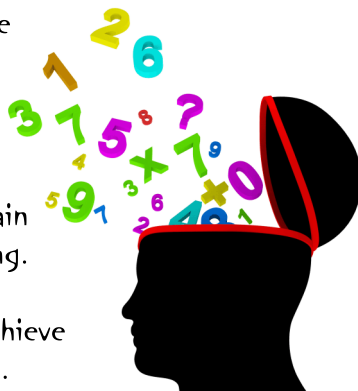
PLAY HARDER



You want to eat slow, but play hard. Here's how: two hours before exercise hydrate well with water, eat healthy carbs like whole-grain cereal, low-fat yogurt, brown rice, fruits, and veggies, and avoid fats and too much protein. Need to eat right before exercise? Stick to a piece or two of fruit, like an apple and/or banana.

LEARN EASIER

Just a small decrease in the number of calories you take in has been shown to improve learning. Scientists think eating less probably helps activate brain neurons involved in learning. That's the kind of calorie decrease you can easily achieve just by eating more slowly.



DON'T 4 GET!
Take at least **ONE**
FRUIT
or
VEGGIE
and at least **THREE**
items total so your meal counts as a complete lunch!

Over the last several school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers. For example, the majority of the grains we serve are "whole grain rich" -- at least 50% whole grains.