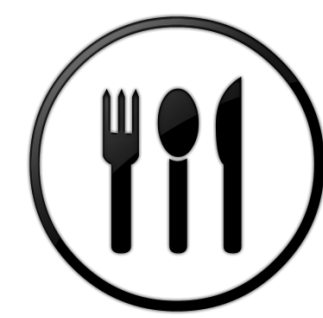




# WALDEN GREEN “REAL FOOD” POLICY



Please **EXCLUDE** the following from **ALL** lunches and snacks:

▶ **Highly sugared foods**

*(candy, gum, chocolate/granola bars, sugary cereal, fruit snacks, Go-Gurt, cookies, etc.)*

▶ **Highly processed foods**

*(fast food, snack chips such Doritos/Cheetos, Cheez-Its, Pop Tarts, white bread, etc.)*

▶ **Soda of any of kind and sweetened drinks**

*(Kool-Aid, Capri Sun, Gatorade, Sunny Delight, chocolate milk, etc.)*

▶ **“Juice” that isn’t 100% juice**

*(many students drink water)*

▶ **Foods with excessive additives and preservatives**

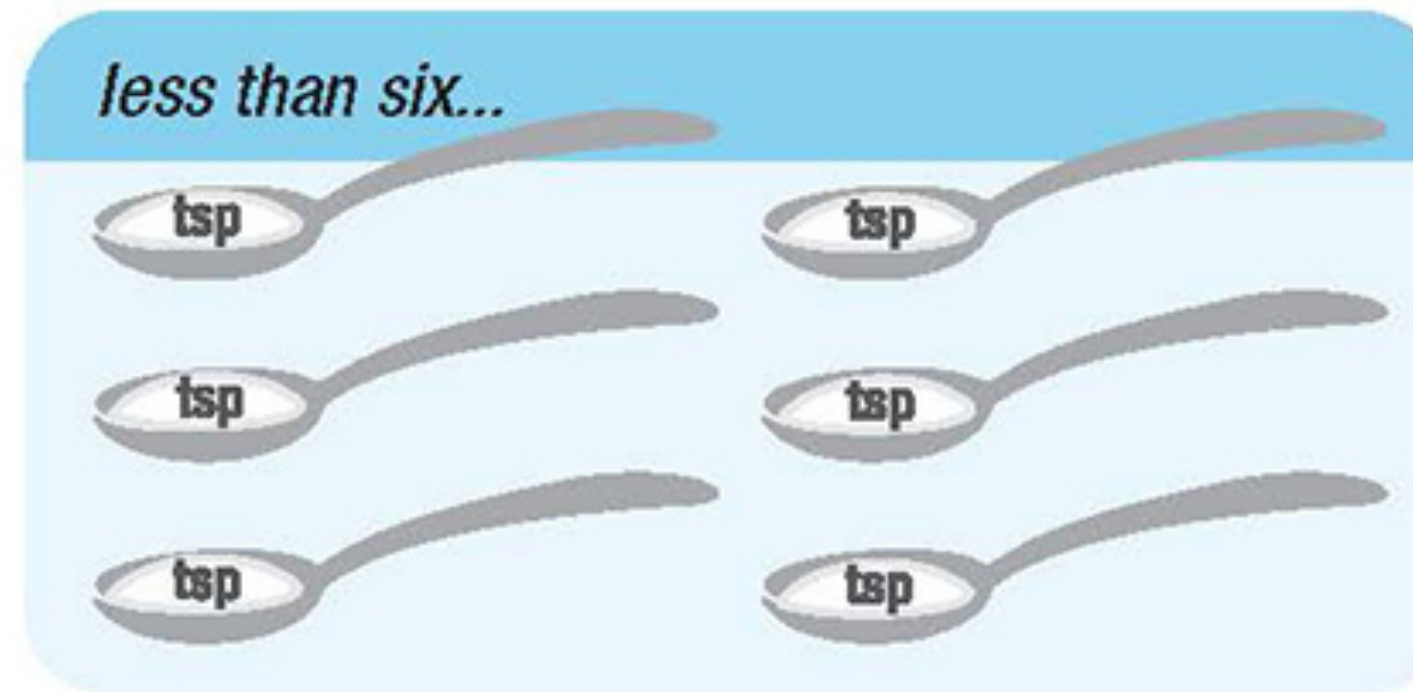
*(Lunchables, Twinkies, Kid Cuisine, etc.)*

▶ **Food items difficult to open or use**



## HEALTHY KIDS ARE SWEET ENOUGH

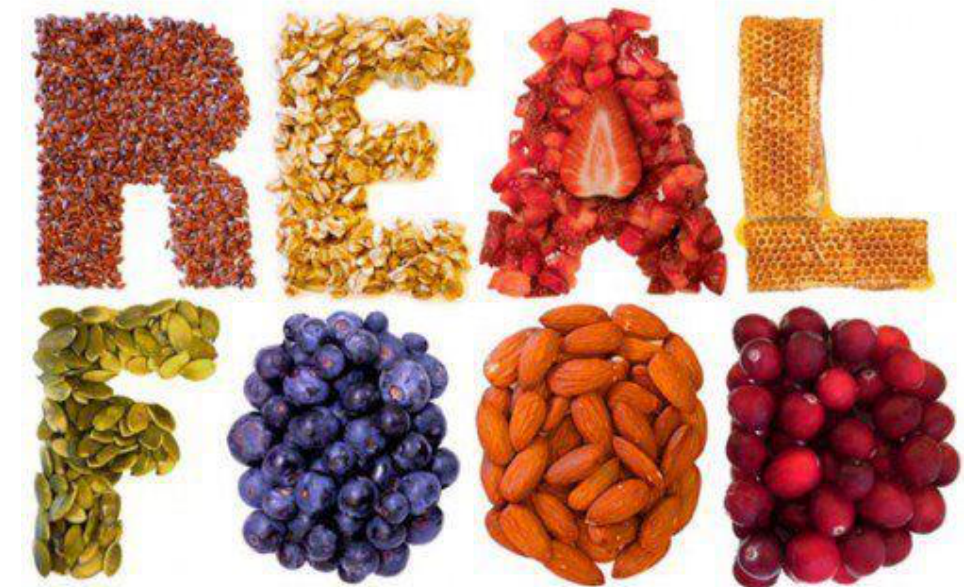
Kids age 2-18 should have **LESS THAN 25 GRAMS** or **SIX TEASPOONS** of **ADDED SUGARS DAILY** for a healthy heart.



Source: American Heart Association statement:  
Added Sugars and Cardiovascular Disease Risk in Children



# EAT



# SUGAR ADDICTION:

## THE PERPETUAL CYCLE



**EAT**  
**REAL**  
**FOOD**

A top-down photograph of a young child with blonde hair sitting at a light-colored wooden table. The child is eating from a white bowl filled with colorful, ring-shaped cereal. Their right hand is holding a spoon, and their left hand is resting on the table. The background is dark, possibly a chair or the floor.

“

I'm serious when I say that evidence is mounting that too much added sugar could lead to true addiction.

– Alan Greene, MD



# SUGAR

**NO vitamins**

**NO minerals**

**NO enzymes**

**NO protein**



**EAT**




JUST **ONE**  
CAN OF  
SOFT DRINK  
**A DAY**  
INCREASES  
YOUR  
CHANCES OF  
DEVELOPING  
DIABETES BY  
**22%**



THAT  
*Sugar*  
FILM

EAT





**EAT LESS  
SUGAR. YOU'RE  
SWEET ENOUGH  
ALREADY.**



WALDEN GREEN  
MONTESSORI

# BITTER EFFECTS

THE NOT-SO-SWEET  
TRUTH ABOUT SUGAR



**LUNCHES + SNACKS:  
CHECK THE FIRST 3 INGREDIENTS**

**DECREASES BRAIN ACTIVITY**



**paddle  
pop**

**2.7** TEASPOONS

=



**FRUITTARE**  
IT'S ALL GOOD

**4.5** TEASPOONS

THAT  
**Sugar**  
FILM

**EAT**  
**REAL**  
**FOOD**

# BITTER EFFECTS

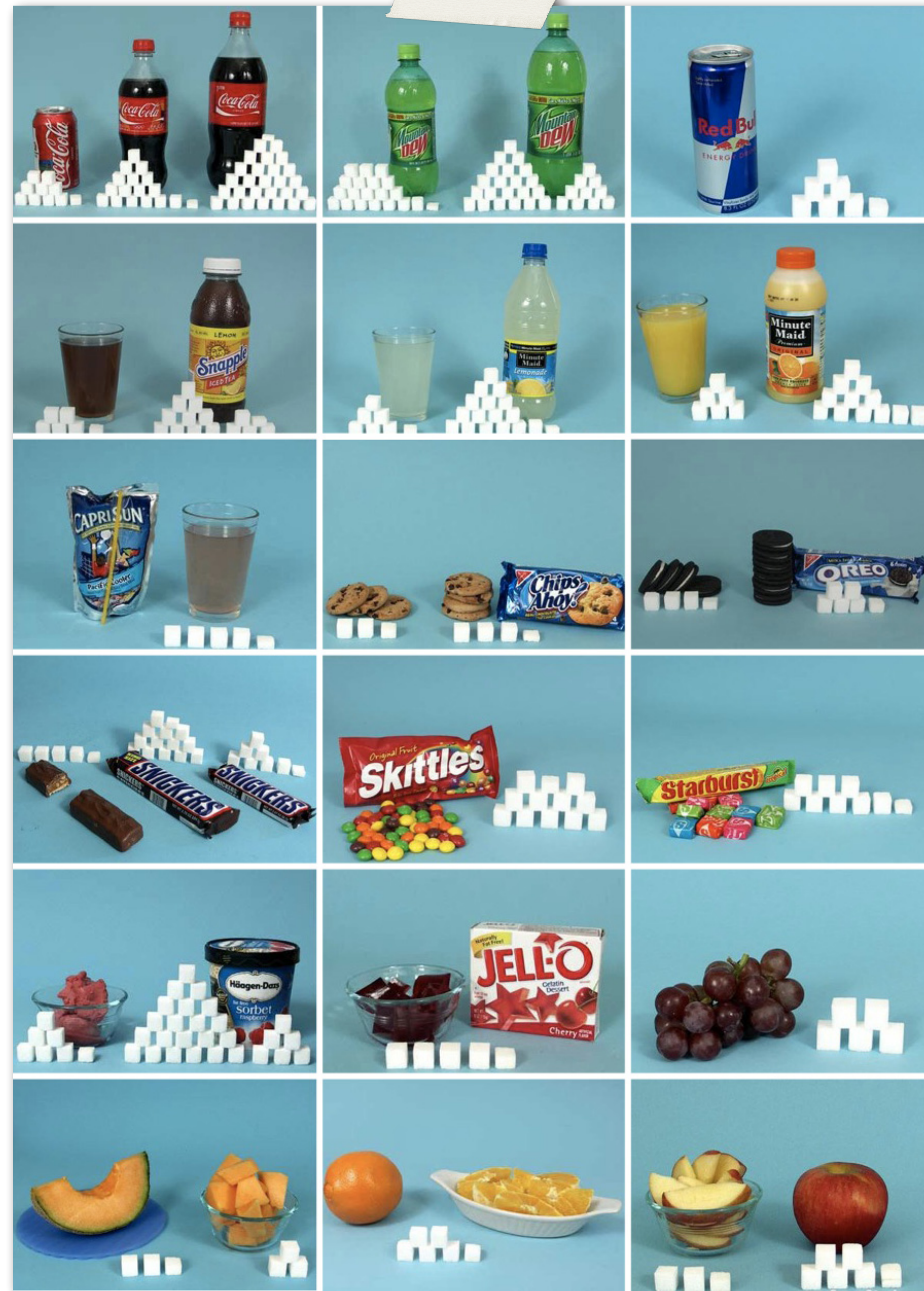
THE NOT-SO-SWEET  
TRUTH ABOUT SUGAR



**LUNCHES + SNACKS:  
CHECK THE FIRST 3 INGREDIENTS**

**CAN CAUSE TYPE 2 DIABETES**

# HOW MUCH SUGAR IS IN THE FOOD YOU EAT?



# BITTER EFFECTS

THE NOT-SO-SWEET  
TRUTH ABOUT SUGAR



**LUNCHES + SNACKS:  
CHECK THE FIRST 3 INGREDIENTS**

**CAN LEAD TO HEART DISEASE**



=



**9** TEASPOONS

**10** TEASPOONS

THAT  
*Sugar*  
FILM

**EAT**



# BITTER EFFECTS

THE NOT-SO-SWEET  
TRUTH ABOUT SUGAR



**LUNCHES + SNACKS:  
CHECK THE FIRST 3 INGREDIENTS**

**MORE LIKELY TO GET SICK**



**5.2**  
TEASPOONS



**5.2**  
TEASPOONS

THAT  
**Sugar**  
FILM

**EAT**



# BITTER EFFECTS

THE NOT-SO-SWEET  
TRUTH ABOUT SUGAR



**LUNCHES + SNACKS:  
CHECK THE FIRST 3 INGREDIENTS**

**CAUSES GUM DISEASE AND CAVITIES**

# *Sugar* **COMPARISON**

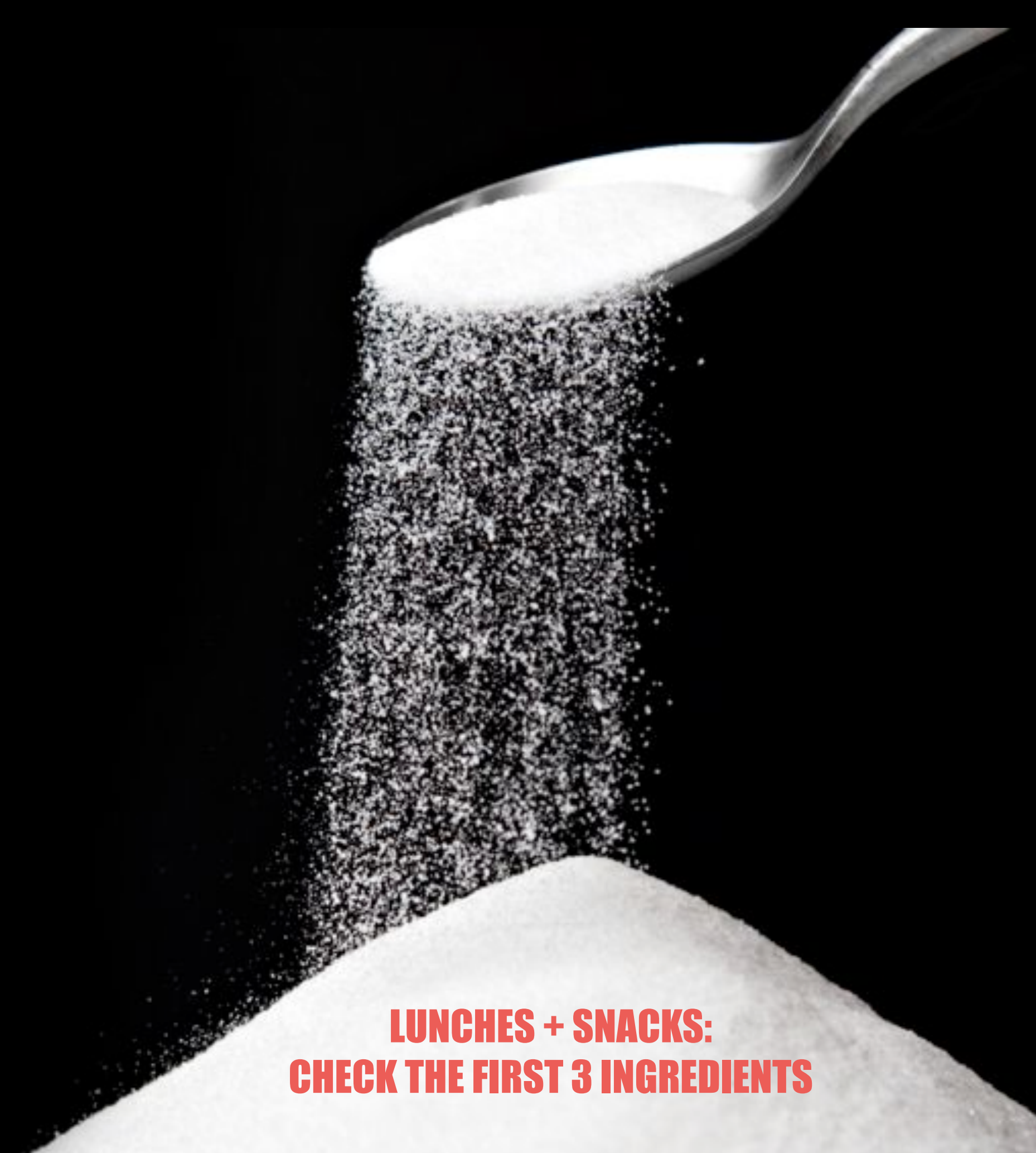
**7**  
*teaspoons*



**12.5**  
*teaspoons*

# BITTER EFFECTS

THE NOT-SO-SWEET  
TRUTH ABOUT SUGAR



**LUNCHES + SNACKS:  
CHECK THE FIRST 3 INGREDIENTS**

**MAKES YOU MORE MOODY AND GRUMPY**



EAT



# BITTER EFFECTS

THE NOT-SO-SWEET  
TRUTH ABOUT SUGAR



**LUNCHES + SNACKS:  
CHECK THE FIRST 3 INGREDIENTS**

**REDUCES YOUR ABILITY TO LEARN**



1026  
sugar  
cubes  
per year

EAT



# BITTER EFFECTS

THE NOT-SO-SWEET  
TRUTH ABOUT SUGAR

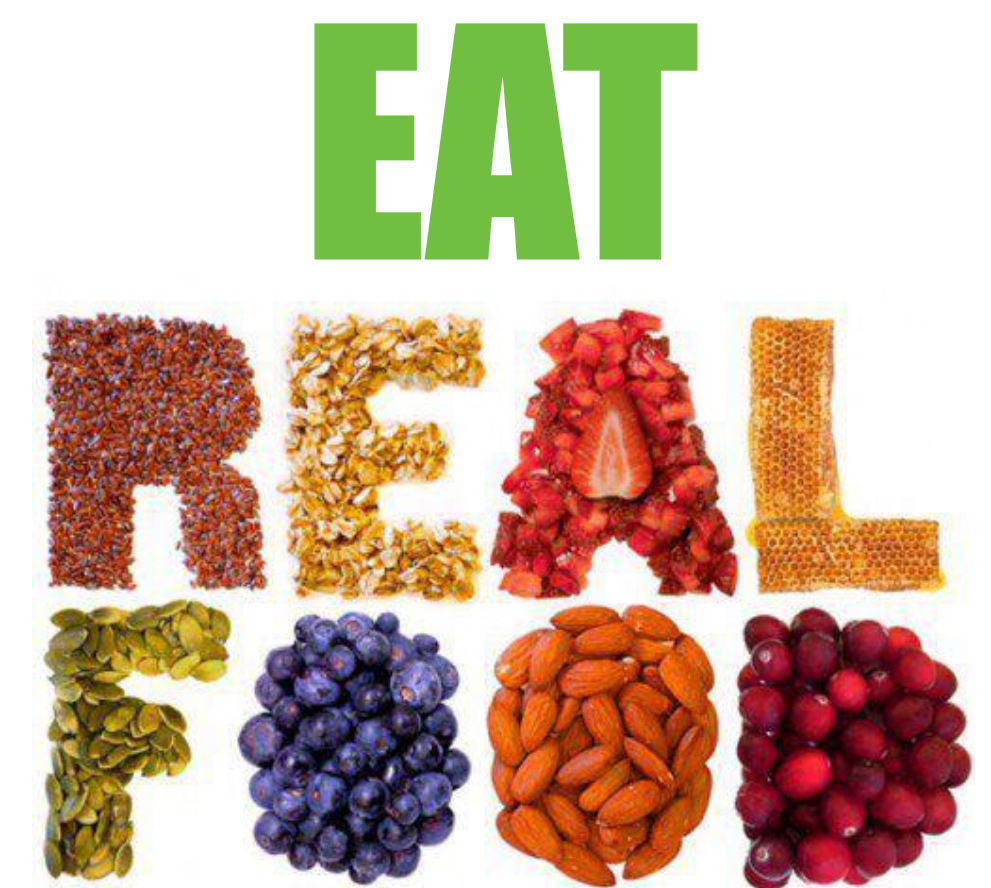


**LUNCHES + SNACKS:  
CHECK THE FIRST 3 INGREDIENTS**

**LEADING CONTRIBUTOR TO OBESITY**

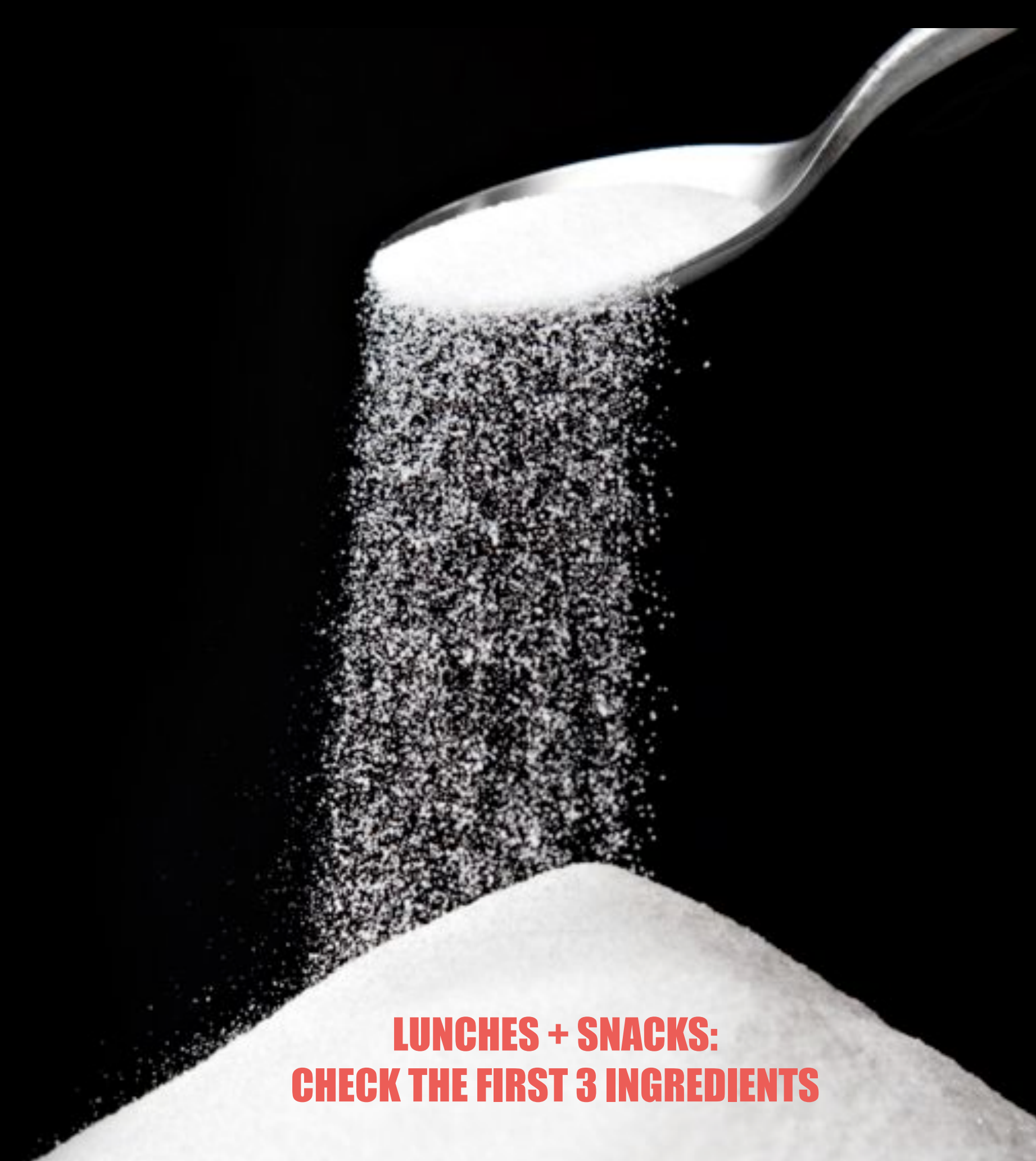


**1026 SUGAR CUBES PER YEAR FROM CEREAL**



# BITTER EFFECTS

THE NOT-SO-SWEET  
TRUTH ABOUT SUGAR



**LUNCHES + SNACKS:  
CHECK THE FIRST 3 INGREDIENTS**

**INCREASES RISK OF DEVELOPING CANCER**



# BITTER EFFECTS

THE NOT-SO-SWEET  
TRUTH ABOUT SUGAR



**LUNCHES + SNACKS:  
CHECK THE FIRST 3 INGREDIENTS**

**LOWERS YOUR OVERALL ENERGY LEVELS**