

September 21, 2007

Dear Parents,

Recent research has found that teenagers who eat the typical American diet already have some build up of fatty deposits in their aortas, the harbinger of heart disease. Another study of youngsters showed that not only has obesity increased in teens by nearly 25 percent since the 1970's, but also that the overweight students already had increased cholesterol levels.

The estimate as a result of these studies: that 30 million of the 80 million children in the United States today will eventually die of heart disease. That means three of every eight of our students will meet their demise because of what they eat. We, the teachers of the Cool Blues, want to reduce those odds. We also want to increase the attention span of our students and foster an environment conducive to learning. We have nearly completed an across-the-curriculum unit on nutritious snacks and want to put our shared knowledge into practice.

As a result, students in our team are now able to eat an approved snack at the beginning of period three beginning Monday, September 24. A week's worth of lessons and practice with the 4-4-9 ratio should have your son or daughter well versed in the percentage of fats, carbohydrates, and protein in foods. We ask that the foods in the combined snack be no more than 30 percent fat by calories and foods high in processed sugar be avoided.

We hope that you support this program in any way you can. For examples of good snacks, check the partial list provided:

A Partial List of Permissible  
3rd Period Snacks

Pretzels, preferably with low-fat cheese Low-fat yogurt (with or without added, whole grain cereal) Peanut butter and jelly sandwich (preferably on whole grain bread) A pita filled with vegetables and low-fat cheese Fig Newtons™ Raw vegetables and low-fat cheese Apples, banana, grapes, or any other fruit that isn't messy A bagel with or without low-fat cream cheese "Healthy" sports bars or granola bars (many aren't) Low-fat cottage cheese with fruit or apple butter Dry, whole grain cereal (not a cereal that's primarily sugar) Cold, cheese and vegetable pizza (We can't reheat foods, but this isn't a bad choice—without sausage, pepperoni, or anchovies.)

Snacks Not to Be Used

Soda and iced tea  
Potato chips and other fried finger foods Candy Candy bars Cup cakes Doughnuts

Sincerely,  
The Teachers of the Cool Blues