



WALDEN GREEN  
MONTESSORI



EDUCATION FOR THE WHOLE CHILD

# BITTER EFFECTS

THE NOT-SO-SWEET  
TRUTH ABOUT SUGAR



LEADING CONTRIBUTOR TO OBESITY

CAN CAUSE TYPE 2 DIABETES

CAN LEAD TO HEART DISEASE (THE #1 KILLER IN USA)

MORE LIKELY TO GET SICK

CAUSES GUM DISEASE AND CAVITIES

MAKES YOU MORE MOODY AND GRUMPY

REDUCES YOUR ABILITY TO LEARN

DECREASES BRAIN ACTIVITY

INCREASES RISK OF DEVELOPING CANCER

LOWERS YOUR OVERALL ENERGY LEVELS

## LUNCH/SNACK GUIDE:



NO SUGAR

IN FIRST 3

INGREDIENTS





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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**