



PARENT GUIDE

Protein

At your child's school, students are learning about staying healthy by eating fruits and vegetables, proteins, whole grains and drinking plenty of water. This week, they focused on proteins and physical activity.

ABOUT THE LIFE TIME FOUNDATIONSM

Our mission is to help schools eliminate what we call the "Harmful 7SM" ingredients from the food they serve so every child receives the healthy food they deserve.

THE HARMFUL 7

Trans Fats & Hydrogenated Oils:
Associated with heart disease risk

High-Fructose Corn Syrup: Main concerns are weight gain, obesity and weight related diseases

Hormones & Antibiotics:
Overexposure, antibiotic-resistant bacteria

Processed & Artificial Sweeteners:
Contribute to overweight, obesity and weight-related diseases

Artificial Colors & Flavors: May cause hypersensitivity and hyperactivity

Artificial Preservatives: Increased risk of cancer

Bleached Flour: Bleaching accomplished by use of unnecessary chemical that should be avoided; banned in some countries



We believe in removing the *Harmful 7* because processed, artificial and unhealthy foods negatively impact children in many ways, including: obesity, type 2 diabetes, heart disease, high triglycerides, increased cancer risk, learning disabilities, limited attention spans, hyperactivity, behavior problems, depression and anxiety.

We also believe in the importance of providing nutrition education so students understand the "why" behind the removal of the *Harmful 7* and helping them make informed healthy choices. Teaching your child to fuel their body with real, whole foods and adopt healthy exercise habits can help them begin to make healthy and sustainable changes for life.

For more information on the Life Time FoundationSM, please visit
<https://www.ltfoundation.org/>
and follow us on Facebook, Twitter and Instagram,
or call us at 952-229-7226.



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Have you noticed your child talking about foods with protein? This may be because we've been talking about them at school. By teaching your child to fuel their body with real, whole foods and adopt healthy exercise habits, you can help them begin to make healthy and sustainable changes for life.

DID YOU KNOW?

- Proteins are essential building blocks for the muscles, bones and organs in your body.
- It's important to eat a wide variety of proteins, including dairy, beans, meat, fish, nuts and seeds.
- Eggs are a great source of high-quality, low-cost protein. Look for pasture-raised eggs when possible.

START THE CONVERSATION

- Ask for your child's ideas and don't forget to share yours, too!
- Why are foods with protein good for you?
- What are some examples of proteins?
- What foods with protein do you eat in school?

THINGS TO TRY!

- Hummus or white bean dips make a healthy, protein-rich afternoon snack.
- Vary the foods with protein that you eat for dinner, focusing on lean proteins such as chicken, turkey and fish. Choose seafood that is rich in omega-3 fatty acids, like wild-caught salmon.
- Try to serve one food with protein at every meal.

FAMILY ACTIVITY: COOK TOGETHER

Help your child recognize healthy proteins. Take a few foods out of your cupboards and refrigerator.

Put them on the counter, then sort the foods into two groups - protein foods and non-protein foods.

Choose a range of foods.

Some examples: tuna-fish, lettuce, cheese, apple, beans, rice, eggs, hummus

