KSDPP would like to remind parents, students and staff that good nutrition is essential for good health. Children need to be well nourished in order to thrive and to fulfill their potential for learning and development. It is particularly important, in view of the extremely high rates of diabetes in Kahnawá:ke, that our children develop healthy eating and exercise habits early, so that as adults they will less likely develop diabetes.

With this in mind, we would like to encourage a supportive environment for good nutrition, daily physical activity and a positive attitude for all students, staff and parents.

**Recommended Foods for Healthy Eating:**

Fruits: Fresh or canned in pure juice only

Vegetables: Fresh or canned in pure juice only

Whole grain products: whole grain breads and rolls, mini bagels, rice, and non sugar coated cereals.

Beans, peas and lentils

Lower fat milk (2%) and products

Lean beef, pork, turkey and chicken

Fish

Eggs

Water

Food items that are not healthy and contribute to the development of diabetes are not encouraged.

**Food to avoid**

Deep fried and fatty foods: French fries, hot dogs, bologna and other high fat processed lunch meats, bacon, pogos, sausages, donuts, pies, pastries and cakes.

Commercially prepared "snack foods": potato chips, cheeses, corn curls, corn chips, salted or honey roasted nuts, deli sticks, etc.

Sugary foods: All types of candy, chewing gum, donuts, pies, pastries, cakes, chocolate bars, fruit snacks, fruit bars, fruit roll ups, chocolate coated nuts, granola bars, popsicles, slushes, soft drinks, fruit punch, etc.

For more information, please call

(450) 635-4374