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**Press Release**  
**FOR IMMEDIATE RELEASE**

**Let's change those eating habits!**  
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**ENERGIZE EVERETT**

A healthy lifestyle includes more than once choice. One example is a balanced diet, or getting rid of those “junk” calories that come from all the junk food we tend to consume. According to the Dietary Guidelines for Americans, a healthy eating plan emphasizes fruits, vegetables, whole grains and milk products. In addition, the foods to consume should be low in saturated fats, trans fats, cholesterol, salt and added sugars. So why should you eat fruits and vegetables over chips and candy bars? Well, it's simple. Eating fruits and vegetables lowers the risk of heart disease, cancer, and high blood pressure. They also contain important vitamins and nutrients and are also low in calories! Even though people may think buying fresh fruits and vegetables are costly, they in fact cost less than other less-healthy snacks. According to the U.S. Department of Agriculture, the average cost of a serving of fruit or vegetable is 25 cents per serving. This in fact is amazing, as compared to 69 cents for potato chips and 80 cents for candy bars.

Some great quick fruit snacks include dried fruit, applesauce, fruit salads, and 100% juice popsicles. On the other hand, some quick veggie snacks are broccoli, baby carrots and celery sticks.

What about drinks though? People often control their eating habits but never think about their drinking habits. Consumers who drink more sweetened drinks like soda consume more calories and are more likely to be overweight. Instead of having that soda at snack time, grab some water, milk or 100% juice.

One of the most important things to remember when having snacks is to leave out the sugary stuff! The average American eats about 150 pounds of sugar per year! Not only is it bad for your healthy but it also causes tooth decay.

In the end, it is important to remember that if you're looking for a quick and healthy snack to always go with fresh fruits and vegetables no candy or chips.

For more information refer to:

[http://cspinet.org/nutritionpolicy/healthy\\_school\\_snacks.html](http://cspinet.org/nutritionpolicy/healthy_school_snacks.html)

[http://www.cdc.gov/healthyweight/healthy\\_eating/](http://www.cdc.gov/healthyweight/healthy_eating/)

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