



Small changes today for a healthier tomorrow
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Fit School Newsletter



Health Goal for the Week

Goal: While eating this week, try to guess the number of calories in each food you eat.

Good nutrition helps prevent disease, gives you energy, and helps you live longer. Understanding the basics of nutrition will help you make better decisions about what you eat each day. Some basics include:

1. Calories are our energy. Calories come from carbohydrates, fats, and protein.
2. Vitamins are organic (carbon-containing) nutrients that your body needs in very small amounts to stay healthy and grow. Vitamins



also start or speed up chemical reactions in your body.

3. Minerals are inorganic (**do not** contain carbon) nutrients that your body needs in very small amounts to stay healthy and grow.

As a family, try to guess the number of calories in each food that you eat this week. Make a game out of reading food labels. Everyone in your family can take a guess at what makes up a serving of the food and how many calories are in one serving. The person who comes closest to the correct serving size and number of calories wins!

Using the Internet (www.ars.usda.gov/fnic/foodcomp/search) or a calorie counter book (Complete Book of Food Counts by Corinne T. Netzer), try to find the number of calories in:

- | | |
|-------------------|------------|
| 8 oz apple juice | apple |
| 8 oz Orange juice | orange |
| bagel | mini-bagel |

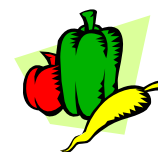
(Answer at bottom of next page)

Recipe

"Think Summer" Hawaiian Wrap

- 1lb package low-fat veggie wraps
- 8 oz low-fat cream cheese
- 16-oz can pineapple tidbits, drained
- 4 oz honey mustard
- 1 lb thinly sliced ham lunchmeat
- 8 oz shredded cheddar cheese
- 3 sliced tomatoes
- 1 each green, yellow, orange, and red peppers sliced
- 8 oz bag shredded salad greens
- 16 oz Newman's Own® Pineapple Salsa

- On low-fat veggie wrap, spread 1 Tbls low-fat cream cheese and 1 tsp honey mustard
- Add 2 slices lunchmeat, 1 Tbls Cheddar cheese, 2 slices tomato, 1 slice of each pepper, ¼ cup shredded salad greens, and 1 Tbls salsa
- Enjoy an easy meal!



Vocabulary Connection: What is the name of a specialist in the study of nutrition? (Answer at the bottom of next page)

Shopping List for Recipe

- _____ Low-fat veggie wraps
- _____ Low-fat cream cheese
- _____ 16-oz can pineapple tidbits
- _____ honey mustard
- _____ 1 lb ham lunchmeat
- _____ 8 oz cheddar cheese
- _____ 3 medium sized tomatoes
- _____ 1 each green, yellow, orange, and red peppers
- _____ 8-oz bag shredded salad greens
- _____ 16 oz Newman's Own® Pineapple Salsa

Families On The Move

Family Goal: As a family, find a hiking or walking trail in your area and take a family hike.

Hiking is a great way to build muscles, burn calories, enjoy nature, and talk as a family. Planning the hike and getting everyone and everything around for the hike may seem like a lot of work, but the memories and time as a family will be worth the extra effort. Take at least two hours out of your family's schedule to travel to the hiking area, take the hike, and travel back home.



Social Studies

Connection: Before you go on your family hike, do a little research to find out your state bird and state tree. Look for these on your hike.

Health and Fitness Resources

Website

www.naaso.org North American Association for the Study of Obesity

Parent's Book

Raising Healthy Eaters: 100 Tips for Parents by Henry Legere, MD

Children's Book

Eat Right: Tips for Good Nutrition by Katie Bagley, Bridgestone Books, Mankato, Minn 2002

Video

DVD *The Standard Deviants School: Human Nutrition, Module 1 – Introduction to Nutrition* by Cerebellum Corp 2004

8 oz Apple juice=117 Calories, Apple=72 Calories,
8 oz Orange juice=110 Calories, Orange=62 Calories
Bagel=283 Calories, Minibagel=67 Calories
Vocabulary Answer: Nutritionist

Well-Balanced Lunch Idea

- 1 slice whole wheat bread with 1 tsp butter
- 7 raw snap peas with 1 tsp low-calorie ranch dip
- 8 oz low- or non-fat yogurt
- 1 pear Water



Subject of the Week

Nutrition Basics

Calories

Carbohydrates: Give us energy to move, digest food, and to do every function our bodies do

Proteins: Build and repair muscles, tissues, red blood cells, and hormones

Fats: Give us energy, keep the body warm, protect the body's organs, and help the body use carbohydrates and proteins for fuel

Vitamins

Fat-Soluble Vitamins are stored in the body's fat and do not need to be eaten every day

Vitamin A Vitamin D Vitamin E Vitamin K

Water -Soluble Vitamins are not stored in the body and should be eaten every day

Vitamin C (ascorbic acid)

B Vitamins

Thiamin (Vitamin B-1) Riboflavin (Vitamin B-2)

Vitamin B-6 Niacin

Vitamin B-12 Folic Acid

Biotin Pantothenic acid

Minerals: inorganic nutrients that your body needs to work

Calcium	Phosphorous	Magnesium
Iron	Zinc	Iodine
Copper	Manganese	Fluoride
Chromium	Selenium	Molybdenum
Sodium	Potassium	Chloride

Healthful Snacks

1. ¼ cup dried apricots
2. 1 cup cereal mix
3. 1 cup low-fat cottage cheese with 1 teaspoon honey

Fit School Newsletter

Our Goal: To educate and motivate families to make small changes each day to live healthier lives.

Published weekly September through May, 36 times a year.

Information in this newsletter and from Fit School, Inc. should not be used to alter medically prescribed regimen or as a form of self-treatment.

Consult a licensed physician before beginning this or any other exercise and/or nutrition program.

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