



Small changes today for a healthier tomorrow
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Fit School Newsletter



Health Goal for the Week

Goal: Family members trying to lose weight should only lose 1 to 2 pounds per week.

To lose 1-2 pounds, you must burn 3,500-7,000 more calories than what you take in as food. There are several ways to do this in a healthy and long-term way. According to the American College of Sports Medicine, you could do this by burning 500-1000 calories per day more than you consume. You can change your diet by eating smaller portions, limiting the fat in your diet to 25 - 30%, and by avoiding foods with added sugar. Another option for weight loss is to increase your physical activity. Light



aerobic activity like walking for 30 minutes can burn 200-250 calories, while jogging for 30 minutes can burn 300-350 calories. A combination of both healthy eating and aerobic exercise is the best option for permanent weight loss.

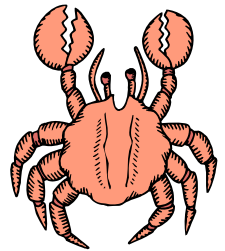


Math/Nutrition Connection: It takes 3,500 calories to lose or gain 1 pound. If your body uses 1600 calories per day and you eat 1650 per day, how many pounds will you gain in a year? (Answer on bottom of next page)

Recipe

Crab and Tomato Pasta

- 1 lb whole-wheat pasta
- 1 TBLS olive oil
- 2 onions, sliced
- 2 minced garlic cloves
- 14.5-oz can diced tomatoes
- 4-oz can chopped black olives
- ½ tsp dried dill
- ½ tsp salt
- ¼ tsp pepper
- ¼ tsp sugar
- 6 oz canned crabmeat, drained



- Cook pasta according to directions, drain
- In skillet, heat olive oil over medium heat, add onion and cook 3 minutes until onions are soft
- Add garlic and cook 30 seconds while stirring, then reduce heat
- Add tomatoes, black olives, dill, salt, pepper, and sugar
- Simmer for 5 minutes
- Add crabmeat and simmer 5 more minutes
- Place 1 cup pasta on plate and top with ½ cup sauce

Science Connection: How big is the biggest crab in the world? (Answer on bottom of next page)

Shopping List for Recipe

- | | |
|---------------------------------------|------------------|
| _____ 2 onions | _____ Dried dill |
| _____ 1 garlic bulb | _____ Sugar |
| _____ Olive oil | |
| _____ Whole-wheat pasta | |
| _____ 14.5-oz canned chopped tomatoes | |
| _____ 4-oz chopped black olives | |
| _____ Salt | |
| _____ Pepper | |
| _____ 6 oz canned crabmeat | |

Families On The Move

Family Goal: For Valentine's Day, promise your family that you will take better care of your heart. Go for a family walk.

Since it's Valentine's Day week, go for a family walk. While you are walking, talk about what each family member can do each day to take care of his/her heart. A few ways to do this include exercising at least 6 days per week and eating more fruits and vegetables. Visit the American Heart Association website at www.americanheart.org to find out more.



Health and Fitness Resources

Website

Tufts University Health & Nutrition Letter:
www.healthletter.tufts.edu
NutritionNavigator
www.navigator.tufts.edu

Parent's Book

Nutrition for Dummies by Carol Ann Rinzler,
IDG Books, 1997

Children's Book

Vitamins and Minerals by Joan Kalbacken,
Children's Press, New York, NY 1998

Video

The Food Groupie Adventure Video by
Food Groupie, Inc. (Ages 3-7)
www.ncescatalog.com

CD-Rom

Pajama Sam 3: You are what you eat from your head to your feet, Humongous
Entertainment, Woodinville, WA 2000

Well-Balanced Lunch Idea

¼ lb lean hamburger topped with

- 1 tsp ketchup
- 1 tsp mustard
- ½ cup leafy greens



Small whole-wheat bun

½ cup baked beans

1 TBLS peanut butter on 2 celery sticks

8 oz fat free milk

Nutrient of the Week

Zinc

Why we need it: A trace mineral that helps many proteins in the body do their jobs. Helps the body use vitamin A, and helps in healing wounds.

How much we need:

- Children ages 1-3=3 mg/day
- Children ages 4-8=5 mg/day
- Children ages 9-13 = 8 mg/day
- Females ages 14-18 = 9 mg/day
- Females ages 19 and older = 8 mg/day
- Males ages 14 and older = 11 mg/day
- Pregnant females = 11 mg/day
- Nursing females = 12 mg/day

Best Food Sources:

- 6 medium oysters = 125 mg
- ½ cup baked beans w/pork and tomato sauce = 7 mg
- 3 oz crab meat = 6.4 mg
- 3 oz dark turkey meat = 4 mg
- ½ cup canned, cooked lima beans = 2.7 mg
- 8 oz low-fat plain yogurt = 2 mg zinc

Healthful Zinc Snacks

1. Low- or non-fat yogurt
2. Real crab salad (made w/low-fat mayonnaise) on multi-grain crackers
3. Turkey meat

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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