



Small changes today for a healthier tomorrow  
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# Fit School Newsletter



## Health Goal for the Week

**Goal: As a family, read the Nutrition Facts Label of all the foods you eat this week.**

Reading the Nutrition Facts Label of the foods you eat allows you to see the ingredients that make up that food, how much of the food makes up a serving, how many calories are in that serving, and the basic vitamins that are in that serving. When you eat unpackaged food, you can find this basic information and more at the USDA's Nutrient Laboratory site [www.nal.usda.gov/fnic/foodcomp](http://www.nal.usda.gov/fnic/foodcomp). Becoming aware of the ingredients and nutrients in the food



you eat helps you become knowledgeable so that you can make better food and portion choices.

**Math Connection:** How many jumping jacks do you need to do to burn the calories from one small jellybean?

600 calories burned every hour of calisthenics for a 155-pound person

$$\frac{600 \text{ Calories burned per hour}}{60 \text{ seconds per hour}} = 10 \text{ Calories}$$

10 Calories burned per minute of jumping jacks

5 Calories in 1 jellybean = 0.5 minutes

You need to do about 30 jumping jacks to burn the calories from 1 small jellybean. Now try eating the jellybean and doing the jumping jacks. Was the taste worth the effort?

## Recipe

### Orzo Salad

- 3 cans (14-oz each) low-sodium chicken broth
- 1/2 cup water
- 1 1/2 cups whole wheat orzo pasta
- 1 15-oz can garbanzo beans, drained and rinsed
- 1 1/2 cups red cherry tomatoes, halved
- 3/4 cup finely chopped red onion
- 1/2 cup chopped fresh basil leaves
- 1/4 cup chopped fresh mint leaves
- 3/4 cup dressing, recipe follows

- Pour broth and water into saucepan
- Cover pan and bring broth to a boil over medium heat
- Stir in the orzo, partially cover, cook about 7 minutes
- Transfer orzo to a large bowl and cool
- Toss the orzo with the beans, tomatoes, onion, basil, mint, and dressing
- Chill for at least 30 minutes

### Dressing

- 1/2 cup red wine vinegar
- 1/4 cup lemon juice
- 1/2 cup olive oil
- 2 teaspoons honey
- 1/2 tsp salt
- 1/2 tsp black pepper
- Mix the vinegar, lemon juice, oil, honey, salt, and pepper in blender



## Shopping List for Recipe

- \_\_\_\_\_ 3 cans (14 oz) low-sodium chicken broth
- \_\_\_\_\_ Red wine vinegar
- \_\_\_\_\_ 1 15-oz can garbanzo beans
- \_\_\_\_\_ 1 lb box orzo
- \_\_\_\_\_ 1 lb cherry tomatoes
- \_\_\_\_\_ 1 red onion
- \_\_\_\_\_ Fresh basil leaves
- \_\_\_\_\_ Fresh mint leaves
- \_\_\_\_\_ Lemon juice
- \_\_\_\_\_ Olive oil
- \_\_\_\_\_ Honey
- \_\_\_\_\_ Salt
- \_\_\_\_\_ Pepper

## Families On The Move

**Family Goal: Everyone in your family lifts hand weights at least one day this week.**

Lifting weights is a great way to build muscle and gain strength. You do not need to invest in an entire weight bench and one hundred pound weights. Simple hand weights can be found in department stores for under \$10. A great resource for how to setup a strength building routine is The American Council on Exercise "Exercise Library" at [www.acefitness.org/getfit/freeexercise.aspx#5](http://www.acefitness.org/getfit/freeexercise.aspx#5).



Many advertisers claim that their vitamins can give you more energy and make you feel alive. In fact, your energy only comes from the calories contained in carbohydrates, fats, and proteins. Because vitamins do not contain calories, they cannot provide energy.

## Health and Fitness Resources

### Website

[http://dietary-supplements.info.nih.gov/Health\\_Information/Vitamin\\_and\\_Mineral\\_Supplement\\_Fact\\_Sheets.aspx](http://dietary-supplements.info.nih.gov/Health_Information/Vitamin_and_Mineral_Supplement_Fact_Sheets.aspx) National Institutes of Health Office of Dietary Supplements

### Parent's Book

*The Complete Idiot's Guide to Vitamins and Minerals* by Sheila Buff and Alan Pressman, 2007

### Children's Book

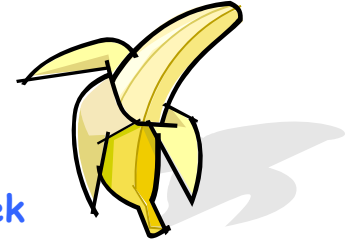
*Vitamins are Vital* by Kristin Petrie, ABDO Publishing Company, 2003

### DVD

*The Standard Deviants School: Human Nutrition, Module 6 – Micronutrients (Vitamins)* by Cerebellum Corp 2004

## Well-Balanced Lunch Idea

- 1 small whole-wheat bagel with 2TbIs low-fat cream cheese
- Hardboiled egg
- Banana
- 5 Baby carrots
- 8 oz fat free milk



## Subject of the Week

**Vitamins:** organic (carbon-containing) nutrients that your body needs in very small amounts to stay healthy, to grow, and to stay alive. Vitamins also start or speed up chemical reactions in your body.

There are two types of vitamins your body needs: fat-soluble and water-soluble.

**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

## Healthful Vitamin Snacks

1. Grapefruit
2. ½ cup canned pumpkin topped with 1 tsp honey
3. Fruit plate (sliced apples, grapes, and bananas)

### 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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