



Small changes today for a healthier tomorrow

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Fit School Newsletter



Health Goal for the Week

Goal: Each day this week, try to keep your sodium intake at the Adequate Intakes suggested in the “Nutrient of the Week” box.

According to the U.S. Department of Health and Human Services, “high blood pressure, once thought to be age-related, is now diagnosed in children and teens”. The more salt a person consumes, the more calcium is excreted in sweat and urine. This can lead to weak, brittle bones or osteoporosis.

About 75% of sodium in Americans’ diets comes from processed foods. To avoid getting too much sodium, add more fresh fruits and



vegetables, low-fat dairy, whole-grains, and poultry to your diet, and avoid too many processed foods. In addition, be aware of how much salt you put on your food. About 15% of sodium intake comes from the added salt in cooking and on the table. If you are used to shaking salt onto your food, start adding a little less salt to your food each day to help lower your sodium intake. Finally, eliminate the saltshaker from your table. Your taste buds will adjust and you won’t miss it! Lowering your sodium intake can lower your blood pressure even if your blood pressure is already within normal range.

Math Connection: 1/2 teaspoon of iodized table salt contains 1180 mg of sodium. If you are 9 years old, would it take less than 1 teaspoon or more than 1 teaspoon of table salt to meet your “Adequate Intake” for the day (See “Nutrient of the Week”? (See answer at bottom of next page)

Recipe

Quick Breakfast Smoothie

- 1-cup low-fat or nonfat plain or vanilla yogurt
- 1 frozen banana
- 1 cup frozen strawberries, blueberries, blackberries, and/or raspberries
- 1-cup fat free milk

-Mix in blender 20 seconds and enjoy!

Breakfast on the Go

- 1-cup mix of lower-sodium, low-fat, high fiber whole-grain cereals
- Banana
- Fat free milk

-Prepare an airtight container filled with a healthy, lower-sodium, low-fat, high fiber, whole-grain cereal mix

-If you know you may be running late some mornings, have individual snack containers filled with the cereal mix and a non-spill cup of skim milk for each member of your family.

-Also, have fruit washed and available to grab and go!



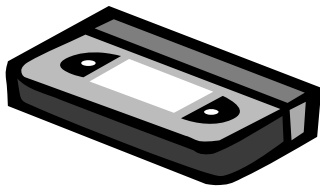
Shopping List for Recipes

- _____ Low- or non-fat plain or vanilla yogurt
- _____ Fat free milk
- _____ Frozen berries
- _____ Bananas
- _____ Lower-sodium, low-fat, high fiber, whole grain cereals

Families On The Move

Family Goal: Videotape your favorite TV shows and use your extra time to exercise.

Are you looking for time in your day to exercise? The easiest place to find this time is during TV commercials. Videotape your favorite shows and watch them at a later time. Then, you can skip through all of the tantalizing commercials and just watch your show. The average 30-minute show has 10 minutes of commercials. That's 20 minutes of commercials every hour! The extra 20 minutes would allow you time to meet your minimum exercise requirement for the day, and you'll feel like you have more energy than if you sat on the couch.



Health and Fitness Resources

Website

Food and Drug Administration (sodium in foods and on food labels):
www.fda.gov/fdac/foodlabel/sodium.html

Parent's Book

The Complete Idiot's Guide to Cooking With Kids by Joan Cirillo, Alpha books, Indianapolis, IN 2000

Children's Book

The Bowl of Fruit by Joyce Dunbar, Candlewick Press, Cambridge, Mass, 2003

Video

Rock & Mineral: Eyewitness Video Series, DK Vision: BBC Worldwide Americas, New York, NY 1996

Well-Balanced Breakfast Idea

- 1 multi-grain English muffin
- 2 TBLS all-natural, no-salt peanut butter
- 1-cup low-fat yogurt
- ½ cup sliced strawberries
- Banana
- 8-oz water



Nutrient of the Week

Sodium

Why we need it: affects the movement of fluids in the body, helps with nerve impulses, and helps control the body's pH

How much we need:

Children ages 1-3=1000 mg/day

Children ages 4-8=1200 mg/day

Females and Males ages 9-50=1500 mg/day

Females and Males 51-70=1300 mg/day

Females and Males ages 70 and older = 1200

Foods to limit because of high sodium chloride (table salt) content:

Fast foods, frozen dinners, take-out pizza, Crackers, pickles, olives, hot dogs, lunch meat, cheese

Flavors to use instead of salt: Processed, ready-made foods are very high in sodium.

Try reducing the amount of salt your family eats by preparing quick, healthy meals and seasoning with garlic, reduced-sodium soy sauce, lemon juice, dry mustard, pepper, thyme, sage, curry, bay leaf, dill, onions, oregano

¼ teaspoon of table salt=590mg sodium

Healthful Low-Sodium Snacks

1. Grapefruit
2. Air-popped popcorn sprinkled with cinnamon
3. Peach

Fit School Newsletter

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

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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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Math Answer: Less than 1 teaspoon