



Small changes today for a healthier tomorrow
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Fit School Newsletter



Health Goal for the Week

Family Goal: This week, keep track of what you eat, and see if you follow the Food Pyramid.

The Food Pyramid is a great resource for weight management. One way to start eating a healthier and more well balanced diet is to follow the MyPyramid Food Guidelines (see below) or follow an individualized plan on www.mypyramid.gov. Have each family member keep track of his/her own diet for 1 week and then talk about what each of you can improve on at the end of the week.



Food Groups and Daily Recommendations

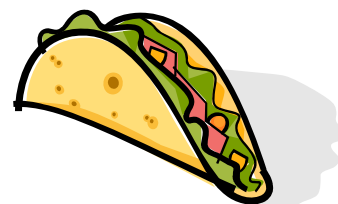
- Grain Group** (half should be whole grains)
 - Children ages 4-8 = 4-5 ounces
 - Females 9-13 and 51 and older = 5 ounces
 - Females ages 14-50, Males 9-13 and 51 and older = 6 ounces
 - Males ages 14-18 and 31-50 = 7 ounces
 - Males ages 19-30 = 8 ounces
- Vegetable Group** (should be a variety of dark green, orange, and starchy vegetables, peas, and beans)
 - Children ages 4-8 = 1 ½ cups
 - Females ages 9-13 and 51 and over = 2 cups
 - Females ages 14-50, Males 9-13 and 51 and over = 2 ½ cups
 - Males ages 14-50 = 3 cups
- Fruit Group** (try to eat whole fruit with skin)
 - Children ages 4-8 = 1 to 1 ½ cups
 - Females 9-18 and 31 and older, Males 9-13 = 1 ½ cups
 - Females 19-30, Males 14 and older = 2 cups
- Milk Group** (try to eat non- or low-fat versions)
 - Children ages 2-8 = 2 cups
 - Females and Males 9 and older = 3 cups
- Meat and Beans Group**
 - Children ages 4-8 = 3-4 oz
 - Females 9-18 and 31 and older, Males 9-13 = 5 oz
 - Females 19-30, Males 51 and older = 5 ½ oz
 - Males ages 14-18 and 31-50 = 6 oz
 - Males ages 19-30 = 6 ½ oz

Recipe

Crabby Quesadillas

- Canola oil cooking spray
- 12 8-inch low-fat tortillas
- 2 6-oz can crabmeat, drained
- 10 oz frozen corn, cooked and drained
- 8 oz shredded cheddar cheese

- Spray non-stick skillet with canola oil
- In skillet, place tortilla w/ 1 Tbsp. Crabmeat, 2 Tbsp. corn, and 2 Tbsp. shredded cheese
- Spread the mixture evenly over the tortilla and top with 2nd tortilla.
- Cook over medium heat until bottom tortilla is slightly brown
- _Turn quesadilla over and brown other side
- With pizza cutter, cut quesadilla into quarters and place in oven to stay warm until you have enough quesadillas for the entire family. Enjoy!



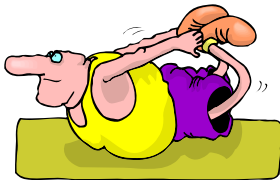
Shopping List for Recipe

- _____ Canola oil cooking spray
- _____ 12 8-inch tortillas
- _____ 2 6-oz cans crabmeat
- _____ 10 oz frozen corn
- _____ 8 oz shredded cheddar cheese

Families On The Move

Family Goal: As a family, check to see if each person is warming-up before and cooling-down after exercise.

Warming-up and cooling-down are important parts to your exercise program. During the first 5 minutes of your activity, you should start slow and allow your muscles to gradually warm up and your heart rate to gradually increase. The last 5 minutes of your workout, gradually slow down and allow your heart rate to come down slowly. By warming-up and cooling-down properly, you will reduce your risk of injury so that you can continue your exercise program.



Health and Fitness Resources

Website

U.S. Department of Agriculture Food Pyramid www.MyPyramid.gov

Parent's Book

The Healthy Family Cookbook by Hope Ricciotti, W.W. Norton, New York, NY 2004

Children's Book

Healthy Teeth by Angela Royston, Heinemann Library, Chicago, IL 2003

Video

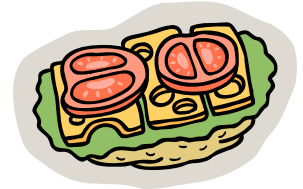
Amanda Goes to the Dentist by Big Kid Productions 2000

CD-Rom

D.W., the Picky Eater by Marc Brown, Living Books, Novato, CA 1998 (Ages 3-7)

Well-Balanced Lunch Idea

- 1 split and toasted multi-grain bagel
- 1 TBLS low-fat mayonnaise
- 3 oz drained tuna fish (packed in water)
- 2 thin slices cheddar cheese melted over bagel and tuna
- 10 baby carrots
- 8 oz water



Nutrient of the Week

Fluoride

Why we need it: A trace mineral, which makes teeth and bones stronger

How much we need:

Children 1-3 = 0.7 mg/day

Children ages 4-8 = 1 mg/day

Females and Males ages 9-13 = 2 mg/day

Females ages 14 and older = 3 mg/day

Males ages 14-18 = 3 mg/day

Males ages 19 and older = 4 mg/day

Best Food Sources:

Fluoridated water provides each person with about 1 mg of fluoride each day. Seafood and tea also provide some fluoride to one's diet.

Healthful Fluoride Snacks

1. Fluoridated water
2. Canned salmon and light cream cheese on multi-grain crackers
3. Decaffeinated tea

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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