



Small changes today for a healthier tomorrow

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# Fit School Newsletter



## Health Goal for the Week

**Goal: As a family, choose a day this week when each of you will write down everything you eat and the number of calories in the food you eat.**

For one day this week, have everyone in your family write down everything he/she eats and the number of Calories. To find the amount of Calories in each food, look at the food label or use books such as *The Complete Book of Food Counts* by Corinne T. Netzer, Dell Publishing, 2006 or websites like the USDA's Nutrient Laboratory site [www.nal.usda.gov/fnic/foodcomp](http://www.nal.usda.gov/fnic/foodcomp).



Calories are stored energy in the foods you eat. Calories allow you to brush your teeth, talk on the phone, walk, run, ride your bike, digest your food, and read. It takes calories to do everything you do.

Food is to your body what gasoline is to a car. Just like a car needs gasoline to zoom around town, your body needs calories to move, think, and live. A car burns gasoline in its engine to make it move. This is similar to what your body does with food. Your body uses the calories in food to make it move.

Like a car, you need to keep putting fuel into your tank (your body) to keep it running. While gasoline for cars contains many different compounds to help it run efficiently, fuel for your body (food) also contains different compounds to help your body run efficiently. Calories are in the food we eat. All foods contain carbohydrates, fats, or proteins. From these compounds, you get your energy.

## Recipe

### Faux-Fried Chicken

- Canola oil spray
- 4 skinless, boneless chicken breast
- 2 Tbs oat bran
- 1/2 cup whole wheat flour
- 3 egg whites
- 1 cup Italian bread crumbs
- 1/2 cup fat free milk

- Preheat oven to 350°
- Spray baking sheet with canola oil
- Combine oat bran, flour, and bread crumbs in 1 gallon plastic bag
- Whisk together egg whites and milk
- Dip chicken into milk/egg mixture
- Add chicken slices one at a time into flour mixture and shake
- Place chicken on baking sheet
- Bake uncovered for 30 minutes
- Turn chicken over and bake an additional 20 minutes

### **How to Reduce the Number of Calories You Eat Each Day**

- Avoid fried food
- Avoid eating while watching TV, reading, or playing videogames
- Keep unhealthy, high-Calorie foods out of your house
- Use salsa, mustard, relish, and ketchup instead of mayonnaise

### **Shopping List for Recipe**

- \_\_\_\_\_ Canola oil spray
- \_\_\_\_\_ Skinless, boneless chicken breasts
- \_\_\_\_\_ Oat bran
- \_\_\_\_\_ Whole wheat flour
- \_\_\_\_\_ Eggs
- \_\_\_\_\_ Italian bread crumbs
- \_\_\_\_\_ Fat free milk

## Families On The Move

**Family Goal: Each person in your family adds one physical activity this week.**

Small changes in your physical activity over time can make large changes in your life. Make a pact as a family to seek out one thing you can do each day to get moving more. For example, one family member may make a goal to always park at the furthest parking spot this week. Another family member may promise to walk the dog for at least 20 minutes per day this week. Finally, another member may decide to use the restroom on the fifth floor of her building this week, even though she works on the first floor!



Did you know that McDonald's hotcakes with 2 pats of margarine and 1 syrup packet (600 Calories) has more calories than a McDonald's Big Mac® (590 Calories) or Burger King's Bacon Double Cheeseburger® (580 Calories)?

## Health and Fitness Resources

### Website

[www.nal.usda.gov/fnic/foodcomp](http://www.nal.usda.gov/fnic/foodcomp)  
USDA Nutrient Laboratory

### Parent's Book

*The Complete Book of Food Counts* by Corinne T. Netzer, Dell Publishing, 2006

### Children's Book

*A Healthy Diet* by Elaine Landau, F. Watts, NY 2003

### Video

*All About Nutrition*, 2000 (Grades 6<sup>th</sup> – adult) [www.healthedco.com](http://www.healthedco.com)

## Well-Balanced Lunch Idea

- 1 medium baked potato
- ½ cup low-fat cottage cheese
- 1 TBLS sunflower seeds
- ½ avocado
- Water



## Subject of the Week

### Calories

**Why we need them:** Give us energy to move, digest food, and to do every function our body does

### How much we need:

The number of calories you need each day depends on the activities you do, your age, your height, and whether you are trying to lose weight, gain weight, or stay the same weight. Below is the average number of Calories your body needs

1600 Calories for young children, sedentary adults, and older adults

2200 Calories for most children, teenage girls, active women, and sedentary men

2800 Calories for teenage boys, active men, and very active women

**Best Food Sources:** You can only eat a limited number of calories each day, so it is important for you to get as much nutrition (vitamins and minerals) from the calories that you do consume. Your goal in eating a healthy, balanced diet is to obtain your energy from a variety of foods that are nutrient dense (lots of vitamins and minerals) and limit empty-calorie foods (those with no or low vitamins and minerals).

## Healthful Low-Calorie Snacks

1. Fruit ices (made with real fruit)
2. Baby carrots
3. Popcorn cakes

### 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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