



Small changes today for a healthier tomorrow  
October 9 – 15, 2006  
Volume 4, Issue 6



# Fit School Newsletter

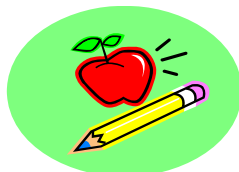


## Health Goal for the Week

**Goal:** As a family, discuss how you will each eat a well-balanced, healthy diet.

To insure that your family's diet is well-balanced, follow the USDA's Food Pyramid ([www.mypyramid.gov](http://www.mypyramid.gov)). Make sure you are eating at least the minimum number of cups or ounces in each food group on the pyramid (See "Subject of the Week" on next page). Be aware of the recommended daily amounts for each food group. They are smaller than you may think!

When planning a well-balanced diet, remember to plan for snacks. In order to keep your blood sugar at a constant level, try to eat small



portions every 2 to 3 hours. Some tips for making sure these snacks are healthy:

1. Have washed fruit in bowl on counter
2. Have washed vegetables and bottles of water on lower shelves in refrigerator so smallest child can see and reach them
3. Have unhealthy snacks (chips, cookies, cakes) in your house only for special occasions. Make snacking on higher-calorie foods inconvenient (e.g., you would need to go to the store or make homemade cookies in order to eat cookies)

**Science/Nutrition Connection:** Using the food you have in your house, try to put a food from each group of the Food Pyramid onto a sandwich. Make sure to eat it after you make it!

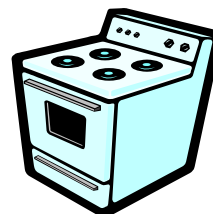


## Recipe

### Tuna Noodle & Peas Bake

- 12 oz wide, egg noodles
- 4 1/2 cups fat free milk
- 1 TBLS canola oil
- 1 TBLS butter
- 1/2 cup flour
- 1/2 tsp salt
- 1/8 tsp pepper
- 2 (6-oz) cans tuna (packed in water), drained
- 16 oz frozen peas, thawed and drained
- 1/2 cup breadcrumbs

- Preheat oven to 325°
- Cook egg noodles according to directions and drain
- Melt butter in saucepan and add oil
- Add flour, salt, pepper, milk and stir
- Cook on low, stirring continuously until thickens
- Add noodles and peas, mix
- Pour into 3x9x2 inch casserole dish
- Sprinkle top with breadcrumbs
- Bake uncovered for 30 minutes



## Shopping List for Recipe

- \_\_\_\_\_ 12 oz wide egg noodles
- \_\_\_\_\_ Canola oil
- \_\_\_\_\_ Plain breadcrumbs
- \_\_\_\_\_ Flour
- \_\_\_\_\_ Salt
- \_\_\_\_\_ Pepper
- \_\_\_\_\_ 2 (6-oz) cans tuna packed in water
- \_\_\_\_\_ Fat free milk
- \_\_\_\_\_ Butter
- \_\_\_\_\_ 16 oz frozen peas

## Families On The Move

**Family Goal: Each member of your family finds his/her Target Heart Rate.**

Your Target Heart Rate is how many beats per minute (bpm) you want your heart beating so that you get the best cardiovascular exercise. Cardiovascular exercise is exercise that makes your heart work. Your heart is a muscle, and every time you make it beat faster, it gets stronger.

### How to Calculate Your Target Heart Rate

1.  $(220 - \text{age}) = \text{Maximum Heart Rate}$
2. Lower Heart Rate Range = Maximum Heart Rate  $\times 0.50$
3. Upper Heart Rate Range = Maximum Heart Rate  $\times 0.75$

\*Your Target Heart Rate = \_\_\_\_\_ to \_\_\_\_\_ bpm  
Another way to check to see if you are in your Target Heart Rate range is to listen to your body. When you exercise, you should hear your breathing, see perspiration on your skin, still be able to carry on a conversation, but not be able to sing!



## Health and Fitness Resources

### Website

Mayo Clinic [www.mayoclinic.com](http://www.mayoclinic.com)

### Parent's Book

*Kids Favorites Made Healthy* by Better Homes & Gardens Staff and Jan Miller, Meredith Books 2003

### Children's Book

*Hear Your Heart* by Paul Showers and Holly Keller, HarperCollins Publishers, 2001

### Video

*Food, Health, and Exercise Video*, 2002 (Grades 7<sup>th</sup> – adult)  
[www.healthedco.com](http://www.healthedco.com)

## Well-Balanced Breakfast Idea

- $\frac{3}{4}$  cup bran flakes
- 1 cup fat free milk
- 1 banana
- 1 slice whole-wheat toast with 2 tsp jelly or honey
- 6-oz cup orange juice
- Water

## Subject 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  $\frac{1}{2}$  cups
- Females ages 9-13 and 51 and over = 2 cups
- Females ages 14-50, Males 9-13 and 51 and over = 2  $\frac{1}{2}$  cups
- Males ages 14-50 = 3 cups

#### Fruit Group (try to eat whole fruit with skin)

- Children ages 4-8 = 1 to 1  $\frac{1}{2}$  cups
- Females 9-18 and 31 and older, Males 9-13 = 1  $\frac{1}{2}$  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 ounces
- Females 9-18 and 31 and older, Males 9-13 = 5 ounces
- Females 19-30, Males 51 and older = 5  $\frac{1}{2}$  ounces
- Males ages 14-18 and 31-50 = 6 ounces
- Males ages 19-30 = 6  $\frac{1}{2}$  ounces

## Healthful Snacks

1. Fruits: apples, pears, oranges
2. Vegetables: carrots, snap peas
3. Whole grains: air-popped popcorn



### 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.

Copyright © 2006 Fit School, Inc.

For more information: [www.TheFitSchool.com](http://www.TheFitSchool.com)