



Small changes today for a healthier tomorrow

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# Fit School Newsletter



## Health Goal for the Week

**Goal: Eat or drink 3 cups (2 cups for ages 2-8) from the milk group each day.**

Milk provides valuable protein and calcium to your family's diet. From ages one to two years, children should drink whole milk. At age two, children can switch to 2%, and after age 4, fat free milk is recommended. If your family is currently drinking whole milk, and everyone is over the age of 4, try drinking 2% for one week, then 1% for one week, and finally fat free milk. This may make fat free milk more palatable for your family. Just by switching from whole milk to fat free milk, a person can lose a whopping 22 pounds in one year!



More and more teenagers are getting stress fractures, and researchers think this may be due to a decrease in the consumption of milk and an increase in the consumption of cola products. If your body does not have enough calcium, you may be at risk for osteoporosis. Osteoporosis is the thinning of the bones. Bones continue to gain density only until about age 35, so it is important for young children and teens to get their daily supply of calcium rich foods.

**Parent Tip:** Add non-fat powdered milk to soups, casseroles, or any mixed dish to increase your family's calcium intake.

**Science Connection:** The femur is the bone that runs from your pelvis to your knee. It is the largest and thickest bone in your body. In an encyclopedia, anatomy book, or on the Internet, find the name of another bone in your leg.

## Recipe

### Magnificent Macaroni and Cheese

- 1 lb whole-wheat macaroni
- 1 TBLS canola or olive oil
- 3 TBLS flour
- 1 ½ cup fat free milk
- ½ tsp salt
- ½ tsp dry mustard
- Dash of Tabasco sauce
- Cooking Spray
- 8 oz shredded Cheddar cheese
- ¼ cup plain breadcrumbs

- Preheat oven to 350°
- Cook macaroni according to package directions
- Heat canola or olive oil in saucepan
- Pour milk and flour into a jar with tight lid and shake vigorously until flour is mixed
- Pour milk/flour mixture into saucepan with oil and stir constantly until it thickens
- Add salt, dry mustard, and Tabasco sauce
- Simmer for 5 minutes
- Spray a 13x9x2 inch casserole dish with oil
- In alternating layers, add cooked macaroni, sauce, and cheese. End with cheese and sprinkle bread crumbs on top.
- Bake for 25 minutes

## Shopping List for Recipe

- \_\_\_\_\_ 1 lb whole-wheat macaroni
- \_\_\_\_\_ Cooking Spray
- \_\_\_\_\_ Plain breadcrumbs
- \_\_\_\_\_ Flour
- \_\_\_\_\_ Salt
- \_\_\_\_\_ Dry Mustard
- \_\_\_\_\_ Tabasco Sauce
- \_\_\_\_\_ Canola or olive oil
- \_\_\_\_\_ Fat free milk
- \_\_\_\_\_ 8 oz Cheddar cheese

## Families On The Move

**Family Goal:** Look for opportunities to put more walking into your day.

The more we move, the more calories we burn, and the more muscle we gain. As a family, make a pact to walk more this week. Some ideas include walking to work or school, choosing a parking space farther away from your destination, or even using a restroom in a different part of your building.

Walking at a brisk pace burns about 8 Calories per minute.



**Math Connection:** A Big Mac® has 600 Calories. Given that walking at a brisk pace burns about 8 Calories per minute, how many minutes of walking would it take to burn the Calories from a Big Mac®? (Answer at bottom of page)

## Health and Fitness Resources

### Website

National Dairy Council  
[www.nationaldairycouncil.org](http://www.nationaldairycouncil.org)

### Parent's Book

*American Academy of Pediatrics Guide to Your Child's Nutrition* by Dietz and Stern, Villard Books, 1999

### Children's Book

*From Grass to Milk* by Stacy Taus-Bolstad, Lerner Publications Co, Minneapolis, 2003

### Video

*The Milk Makers* by Reading Rainbow, The Library, Lincoln, Nebraska 1986

### CD-Rom

*Millie Meter's Nutrition Adventure* by Christian Schlosser and Maren Barber, Tivola Electronic Publishing, London 2000

## Well-Balanced Lunch Idea

- 2 slices whole wheat bread
- 1 tsp low-fat mayonnaise
- 2 oz turkey breast
- 1 oz cheese
- 10 baby carrots
- 8 oz fat free milk



## Nutrient of the Week

### Calcium

**Why we need it:** for strong teeth and bones

**How much we need:**

Children ages 1-3=500 mg/day

Children ages 4-8=800 mg/day

Females and Males ages 9-18=1300 mg/day

Females and Males ages 19-50=1000 mg/day

Females and Males ages 51 and older =1200 mg/day

**Best Food Sources:**

1 cup part skim ricotta cheese=669mg

1 cup plain, low fat yogurt=415mg

1 cup cooked rhubarb=348mg

8 oz fat free milk=306mg

1 cup spinach, frozen, cooked, and drained=291mg

1 oz provolone cheese=214mg

1 oz mozzarella cheese, part skim milk=207mg

3 oz canned pink salmon with bones=181mg

1 cup 1% fat cottage cheese=138mg

3 oz canned shrimp=123mg

**Geography Connection:** Which U.S. state produces the most milk? (Answer at bottom of page)

## Healthful Calcium Snacks

1. Low or non-fat yogurt
2. String cheese
3. Calcium fortified orange juice

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: 75 minutes

Geography Answer: California