



Small changes today for a healthier tomorrow

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Fit School Newsletter



Health Goal for the Week

Goal: Have each member of your family increase his/her fiber intake this week.

Fiber is a complex carbohydrate that helps waste move through the body. High fiber diets have been shown to have many health benefits including lower cholesterol, reduced risk of colon cancer and Type II diabetes, and many more. Foods that are high in fiber not only reduce your risk of developing health problems but also contain many valuable nutrients.

Remember to increase your fiber intake gradually! If you are currently eating ½ cup of fruit per day, try eating 1 cup of fruit each day



the following week, followed by 1 ½ cups of fruit per day the following week.

Some suggestions:

- Choose prepared cereals that contain at least 2 grams of fiber per serving.
- Prepare at least 1 meal each week using beans or legumes.
- Gradually increase your fruit and vegetable intake so that you are eating your recommended daily amount each day.
- Try to eat fruits and vegetables in their original form (e.g., eating an entire apple with the skin instead of applesauce).

Math Connection: If you are 8 years old, your recommended daily amount of fruit is 1 to 1 ½ cups and of vegetables is 1 ½ cups. What is the minimum number of cups of fruit and the minimum number of cups of vegetables you should eat each week? (Answer at the bottom of next page)

Recipe

Easy-Tasty Orange Chicken

- 1-pound boneless skinless chicken breast
- 1 cup orange juice
- 2 TBLS reduced sodium soy sauce
- 2 TBLS honey

- Rinse chicken and cut extra fat off of chicken
- In a 13x9x2 inch dish, mix orange juice, soy sauce, and honey
- Add chicken and turn over several times so that orange mixture covers each piece
- Let marinade in refrigerator at least 2 hours or overnight
- Preheat oven to 375°
- Bake uncovered for 45 minutes, turning the chicken over half way

Social Studies/Geography Connection: Soy sauce, made from soybeans, originated in China. Locate China on a map and have each member of the family find one city that name begins with the same letter as his/her own.



Shopping List for Recipe

- _____ 1 lb boneless skinless chicken breast
- _____ 8 oz orange juice
- _____ Reduced sodium soy sauce
- _____ Honey

Families On The Move

Family Goal: As the winter quickly approaches, plan the clothing you will need in order to stay active throughout the colder months.

If you don't have waterproof or snow-proof clothing, plan on purchasing these items so that you can still get outside when the weather is not "just right".

Exercising outside, even in the colder months, allows you to tone your muscles, breathe fresh air, and clear your head. Unless the weather is life-threatening, you and your family should try to spend some time outside every day.



Science

Connection: We are now in the fall or autumn season. How many seasons are there and what are they called? (Answer at bottom of page)

Health and Fitness Resources

Website

Moving & Learning:
www.movingandlearning.com

Parent's Book

Workouts for Dummies by Tamilee Webb and Lori Seeger, Hungry Minds, 1998.

Children's Book

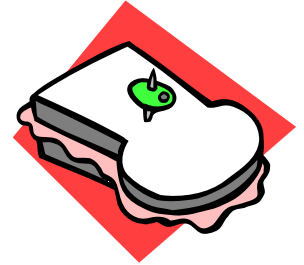
Cool As A Cucumber, Hot As A Pepper: Fruit Vegetables by Meredith Sayles Hughes, Lerner Publications, Minneapolis, 1999

Video

Good Food Today, Great Kids Tomorrow: Jay Talks To Parents About Kids Food, Great Kids Partners, 1994

Well-Balanced Lunch Idea

- 2 slices whole wheat bread
- 1 tsp low-fat mayonnaise
- ½ sliced avocado
- ¼ cup bean sprouts
- 1 slice Swiss cheese
- apple
- 8 oz fat free milk



Nutrient of the Week

Vitamin B₆

Why we need it: helps make red blood cells and helps the body use protein and fat for energy

How much we need:

- Children ages 1-3=0.5 mg/day
- Children ages 4-8 = 0.6 mg/day
- Children ages 9-13 = 1 mg/day
- Females ages 14-18 = 1.2 mg/day
- Females ages 19-50 = 1.3 mg/day
- Males ages 14-50 = 1.3 mg/day
- Females ages 51 and older = 1.5 mg/day
- Males ages 51 and older = 1.7 mg/day
- Pregnant Females = 1.9 mg/day
- Nursing Females = 2 mg/day

Best Food Sources:

- Banana = 0.7 mg of Vitamin B₆
- ½ medium avocado = 0.6 mg of Vitamin B₆
- 3 oz chicken baked chicken breast = 0.5 mg of Vitamin B₆
- 1 slice watermelon = 0.4 mg of Vitamin B₆

Healthful Vitamin B₆ Snacks

1. Rice cakes
2. Sunflower seeds
3. Hardboiled egg

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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