



Small changes today for a healthier tomorrow

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# Fit School Newsletter



## Health Goal for the Week

**Goal: Eat 1 new whole grain this week.**

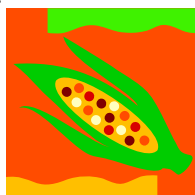
Whole grains provide vitamins, minerals, and lots of fiber. Experimenting with new foods can be either exciting for your family or a battle of wills. One way to make sure everyone in the family takes part in trying new foods is to agree that everyone try at least 3 bites of any new food. Members of your family still may not like the new food, but at least they can experience a new taste.

A good place to find whole grains is in the bulk food section of your grocery store or a health food store. Sometimes the store will have



directions on how to cook the grain, or you can ask the clerk. Another great place to find out how to prepare whole grains is: [www.wholefoodsmarket.com/recipes](http://www.wholefoodsmarket.com/recipes), click on "Recipes", scroll down to "Cooking Tips", and click on "Whole Grains". On this sight, you can learn not only how to prepare many whole grains, but also what dishes to use them in and their nutritional content.

Whole grains are inexpensive and surprisingly easy to prepare. Rice and oats are examples of whole grains.



**Science/Nutrition Connection:** True or False. Popcorn is a whole grain? (Answer at bottom of next page)

## Recipe

### Peanut Buttery Chicken

4 boneless chicken breasts, cooked and cubed  
2 cup cooked peas  
2 cups cooked brown rice

### Sauce

1 tsp garlic powder  
½ tsp ground ginger  
1/8 tsp cayenne pepper  
1 tsp sesame or peanut oil  
3 TBLS all-natural peanut butter  
3 TBLS cider vinegar  
3 TBLS reduced-sodium soy sauce

-In large saucepan, mix all ingredients of the sauce  
-Place saucepan on medium heat while stirring for about 3 minutes  
-Add cooked chicken and heat for another minute  
-On plates, arrange ½ cup brown rice, ½ cup peas on top, and finally ½ cup chicken mixture  
-Enjoy!

**Social Studies/Geography Connection:** If you love peanut butter, check out [www.peanutbutterlovers.com](http://www.peanutbutterlovers.com). Where are most of the world's peanuts grown? (Answer on bottom of next page)

## Shopping List for Recipe

- \_\_\_\_\_ Boneless, skinless chicken breast
- \_\_\_\_\_ Frozen peas
- \_\_\_\_\_ Brown rice
- \_\_\_\_\_ Garlic powder
- \_\_\_\_\_ Ground ginger
- \_\_\_\_\_ Cayenne pepper
- \_\_\_\_\_ Sesame or peanut oil
- \_\_\_\_\_ All-natural peanut butter
- \_\_\_\_\_ Cider vinegar
- \_\_\_\_\_ Reduced-sodium soy sauce

## Families On The Move

**Family Goal:** Think of a new sport or physical activity you can try as a family this winter. Choose a weekend you will do this activity and write it on your calendar.

We're getting closer to winter and that means fun, winter activities. If you get snow where you live, plan on trying cross-country skiing, downhill skiing, ice-skating, or snowshoeing. You don't need to buy equipment. Sport shops and colleges rent sporting equipment for a nominal fee. If you don't live in a place that gets snow, try a new indoor activity this winter like swimming.



**Math Connection:** Cross-country skiing burns about 9 Calories per minute. If you drink a tall Starbucks whole milk hot chocolate without whipped cream (270 Calories) to stay warm, how many minutes of cross-country skiing will it take you to burn the Calories? (Answer at bottom of page)

## Health and Fitness Resources

### Website

American Dry Bean Board  
[www.americanbean.org](http://www.americanbean.org)

### Parent's Book

*Dieting For Dummies* by Jane Kirby,  
IDG Books, 1998

### Children's Book

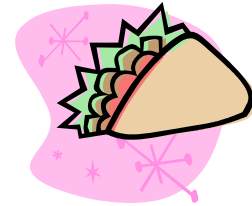
*Proteins for a Healthy Body* by Angela Royston,  
Heinemann Library, Chicago, IL 2003

### Video

*Nutrition Video Quiz Video / DVD Set*,  
2003 (Grades 5<sup>th</sup>-9<sup>th</sup>)  
[www.healthedco.com](http://www.healthedco.com)

## Well-Balanced Lunch Idea

- 1 whole-grain flour tortilla
- 3 oz cooked, lean ground beef seasoned with chili powder
- 1 oz part-skim cheddar cheese
- ½ cup cooked corn
- 1 cup shredded mixed greens
- 2 TBLS salsa
- \*Put all above ingredients on tortilla and enjoy!
- 8-oz fat free milk



## Nutrient of the Week

### Niacin (Vitamin B<sub>3</sub>)

**Why we need it:** helps the body use fat and cholesterol

#### How much we need:

- Children ages 1-3=6 mg/day
- Children ages 4-8 = 8 mg/day
- Children ages 9-13 = 12 mg/day
- Females ages 14 and older = 14 mg/day
- Males ages 14 and older = 16 mg/day
- Pregnant Females = 18 mg/day
- Nursing Females = 17 mg/day

#### Best Food Sources:

- 3 oz lean, round steak = 8.3 mg niacin
- 3 oz roasted chicken = 7.9 mg niacin
- ½ cup cooked pinto beans = 5.1 mg niacin

## Healthful Niacin Snacks

1. Banana
2. Tuna fish on a whole wheat crackers
3. All-natural peanut butter on celery

### 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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