



Small changes today for a healthier tomorrow

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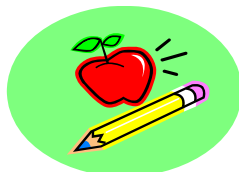
# Fit School Newsletter



## Health Goal for the Week

**Goal: As a family, track all of the foods you eat for 3 days.**

What do you eat in a day? We think we know, but until we see it in writing, it is difficult to really know. For 3 days, have each member of your family write down all of the foods he/she eats. To keep a food diary, write down the date, time, food, and amount (e.g., 1/2 cup, 4 oz) of the foods you eat. Also, track the amount of water you are drinking and at what times during the day. Writing down the time, allows you to see if your calories are evenly distributed throughout the day or whether you are eating most of your calories in the evening. To keep your blood sugar at a consistent level (to avoid



feeling sluggish at certain times during the day), it is best to eat every 2 to 3 hours. While you are tracking your foods, try to eat like you normally do. This will allow each member of your family to see how he/she can make small, healthy changes in diet. Also, if you've made it your family goal to live a healthier and fitter life, make sure you are each getting a yearly physical. At your next appointment, ask your physician if you could have a referral to see a registered dietician (RD). Also, ask if your entire family can have a consultation, because you want to eat healthier as a family. During your visit with the dietician, bring along your food diaries. The dietician can make recommendations for small, healthy changes your family can make.

For a Food Diary and information on how to calculate the amount of Fat, Carbohydrates, and Protein you are eating, see our website at [www.SchoolFamilyHealthConnection.com](http://www.SchoolFamilyHealthConnection.com) and click "Activities" and then on "Analyzing Your Diet".

## Recipe

### Mushroom Barley Soup

- 1/2 cup uncooked barley
- 1 1/2 cups water
- 1 TBLS canola oil
- 1 chopped onion
- 2 cloves minced garlic
- 1 lb sliced mushrooms
- 1/2 tsp salt
- 4 TBLS reduced-sodium soy sauce
- 4 TBLS cooking sherry
- 1/2 tsp pepper
- 5 cups water

- Bring barley and 1 1/2 cups water to boil
- Reduce heat, cover, and simmer 30 minutes
- While barley is cooking, fry onion in canola oil for about 5 minutes over medium heat
- Add mushrooms, garlic, salt, and pepper
- Mix together and cover for about 12 minutes
- Add soy sauce and cooking sherry
- Add mushroom mixture with its liquid to the cooked barley
- Add 5 cups water and bring to a boil
- Reduce heat, cover, and simmer for 20 minutes over low heat



## Shopping List for Recipe

- \_\_\_\_\_ Barley
- \_\_\_\_\_ Canola oil
- \_\_\_\_\_ Onion
- \_\_\_\_\_ 1 garlic bulb
- \_\_\_\_\_ 1 lb sliced mushrooms
- \_\_\_\_\_ Salt
- \_\_\_\_\_ Pepper
- \_\_\_\_\_ Reduced-sodium soy sauce
- \_\_\_\_\_ Cooking sherry

## Families On The Move

**Family Goal:** As a family, exercise to a workout video together.

Buy a new or used exercise video (Goodwill or Salvation Army) or borrow one (from your local library), and workout together as a family. This activity will give you lots of laughing time as a family and a great workout at the same time. Encourage each other to try each of the steps in the video. Remember to laugh with each other, not at each other!



**Science Connection:** Your heart is a muscle just like your biceps. When you make it beat faster, you are strengthening your heart. In a book or on the Internet, look up how your heart works.

## Health and Fitness Resources

### Website

National Association for Sport and Physical Education:  
[www.aahperd.org/naspe](http://www.aahperd.org/naspe)

### Parent's Book

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

### Children's Book

*Mushroom in the Rain* by Mirra Ginsburg, Macmillan Publishing Company, New York, NY, 1974

### Video

*Food and Nutrition II*, 100% Educational Videos Inc, Ed Dorado Hill, CA 2000

## Well-Balanced Dinner Idea

- 1 cup Mushroom Barley Soup
- 1 slice whole wheat bread
- 2 TBLS all-natural peanut butter
- 1-cup salad greens
- 1 small tomato
- ¼ cup broccoli florets
- 1 carrot
- 2 TBLS salad dressing with olive oil base
- 8 oz fat free milk



## Nutrient of the Week

### Pantothenic Acid

**Why we need it:** a B vitamin that helps the body use fats, carbohydrates, and proteins as energy.

**How much we need:**

Children ages 1-3 = 2 mg/day

Children ages 4-8 = 3 mg/day

Children ages 9-13 = 4 mg/day

Females and Males ages 14 and older = 5 mg/day

Pregnant Females = 6 mg/day

Nursing Females = 7 mg/day

**Best Food Sources:**

Egg = 1.1 mg of Pantothenic Acid

½ medium avocado = 1.1 mg Pantothenic Acid

½ cup canned mushrooms = 1 mg Pantothenic Acid

8 oz fat free milk = 0.9 mg Pantothenic Acid

## Healthful Pantothenic Acid Snacks

1. ½ cup low-fat ice cream
2. Banana
3. Whole grain crackers with all-natural peanut butter

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