



Small changes today for a healthier tomorrow  
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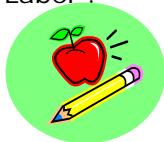


# Fit School Newsletter



## Health Goal for the Week

**Goal: As a family, practice reading food labels of all of the foods you eat this week.** Reading food labels is an important part of making healthy food choices. Knowing what the serving size is and how many servings are in the entire package will help you calculate how many calories you are eating. For example, a 20-oz Coca Cola food label gives the nutrition information for an 8-oz serving. There are 2.5 servings in the entire bottle. So, you must multiply the amounts per serving by 2.5 if you drink the entire bottle. A great website to learn about reading food labels is [www.cfsan.fda.gov/label.html](http://www.cfsan.fda.gov/label.html). Click on "Food Label Education Tools & General Information". Scroll down to "Label Education Tools" and Click on "The Food Label: How to Understand and Use the Nutrition Facts Label".



### Sample Label: Taco Shells

Nutrition Facts	
Serving Size 2 shells	
Servings Per Container About 6	
Amount Per Serving	
<b>Calories 110</b>	Calories from Fat 35
% Daily Value*	
<b>Total Fat 4g</b>	6%
Saturated Fat 1g	5%
<b>Cholesterol 0g</b>	0%
<b>Sodium 100mg</b>	4%
<b>Total Carbohydrate 17g</b>	6%
Dietary Fiber 2g	8%
Sugars less than 1g	
<b>Protein 2g</b>	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 2%

How many servings are you eating?  
 How many Calories are you eating per serving?  
 How many grams of fiber are you eating?

**Science/Nutrition Connection:** If you eat 4 taco shells, how many Calories are you eating? How many grams of fat and protein are you eating? (Answers at bottom of next page)

## Recipe

### Tangy Tabouli

- 1 cup dry bulgur wheat
- 1 1/2 cup boiling water
- 1 tsp olive oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 tsp salt
- 1/2 tsp pepper
- 1/4 cup lemon juice
- 1/4 cup olive oil
- 1/4 cup parsley
- 2 TBLS dried mint
- 1/4 cup sunflower seed centers
- 15 oz diced tomatoes with liquid removed
- 15 oz chickpeas with liquid removed
- Whole-wheat naan bread or pita bread

- In medium bowl, combine bulgur wheat and boiling water
- Cover and let stand without mixing for 30 minutes
- Meanwhile, in non-stick skillet, combine 1 tsp olive oil and chopped onions
- Cook over medium heat until onions are transparent and then add minced garlic
- Cook 3 more minutes and remove from heat
- In medium, airtight bowl, add all of the ingredients
- Seal container and place in refrigerator for at least 30 minutes
- Serve on whole-wheat naan bread or in whole wheat pita pockets

### Shopping List for Recipe

- |                            |                  |
|----------------------------|------------------|
| _____ Dry bulgur wheat     | _____ Olive oil  |
| _____ Sunflower seeds      | _____ Dried mint |
| _____ Onion                | _____ Parsley    |
| _____ Garlic               | _____ Pepper     |
| _____ 15 oz chickpeas      | _____ Salt       |
| _____ 15 oz diced tomatoes |                  |

## Families On The Move

**Family Goal: Each member of your family, find 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, so 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  $\times .50$
3. Higher Heart Rate Range = Maximum Heart Rate  $\times .75$

\*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

President's Council on Physical Fitness and Sports:

[www.fitness.gov](http://www.fitness.gov)

[www.presidentschallenge.org](http://www.presidentschallenge.org)

### Parent's Book

*Your Active Child: How to Boost Physical, Emotional, and Cognitive Development through Age-Appropriate Activity* by Rae Pica. New York: Contemporary Books, 2003

### Children's Book

*Food and Nutrition for Every Kid: Easy Activities that Make Learning Science Fun* by Janice VanCleave, John Wiley & Sons, Inc, New York, NY 1999

### Video

*How to Read the Food Label Video, 1999* (Grades 6<sup>th</sup>-College)

## Well-Balanced Lunch Idea

- 2 slices whole-wheat bread
- 1 TBLS low-fat mayonnaise and 1 TBLS relish
- 3 oz canned tuna fish with water drained
- 1 string cheese
- 1-cup raw broccoli dipped in ketchup, mustard, or salsa
- 8 oz fat free milk

**Science Connection:** The pathway that food follows in the body includes the: mouth, esophagus, stomach, small intestine, and large intestine. What is this pathway called? (Answer at bottom of page)

## Nutrient of the Week

### Copper

**Why we need it:** A trace mineral that is needed to help heal wounds, helps the body release energy, and helps iron transfer into something your body can use

### How much we need:

Children 1-3 = 340  $\mu\text{g}$  (micrograms)/day

Children ages 4-8 = 440  $\mu\text{g}$ /day

Children ages 9-13 = 700  $\mu\text{g}$ /day

Females and Males ages 14-18 = 890  $\mu\text{g}$ /day

Females and Males ages 19 and older = 900  $\mu\text{g}$ /day

Pregnant Females = 1000  $\mu\text{g}$ /day

Nursing Females = 1300  $\mu\text{g}$ /day

**Best Food Sources:** seafood, seeds, whole grains, nuts, and legumes

## Healthful Copper Snacks

1.  $\frac{1}{4}$  cup sunflower seeds
2.  $\frac{1}{4}$  cup walnuts
3. Whole-wheat toast with 1 tsp jelly

### 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)