



Small changes today for a healthier tomorrow

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Fit School Newsletter



Health Goal for the Week

Goal: Eat a healthy breakfast each day this week.

Studies have shown that people who eat breakfast are healthier and less likely to be overweight. According to the American Heart Association, people who eat breakfast daily are less likely to be obese, have diabetes, or have heart disease. A healthy breakfast includes milk, fruit, and a whole grain. Because of the popularization of high-protein diets, people have been led to believe that foods such as bacon and sausage can make up a healthy breakfast. While these foods may make someone feel “full”, they are also



high in saturated fat. Many studies have shown that saturated fat can contribute to heart disease, which is the number one taker of lives in middle age and older adult men and women in the United States. Prepackaged, whole-grain cereals can be fast, convenient, healthy, breakfast foods. Look for cereals that list whole grain or bran first in the ingredients list and contain at least 2 grams of fiber. Usually, the more fiber a food contains, the better it is for you.

Science Connection: Is there fiber in steak, bacon, ham, or chicken? (Answer at the bottom of the next page)

Social Studies Connection: There is a traditional, main source of protein that people eat in each country. What are the main sources of protein that people eat in Mexico? (Answer at the bottom of next page)

Recipe

Easy Oatmeal

½ cup quick oats
1 cup fat-free milk

- Place oats and milk in large bowl, stir, and place a plate over the bowl
- Cook in microwave for 1 minute
- Stir
- Cook in microwave for 1 more minute*
- Let sit covered for 3 minutes
- Add your favorite toppings and serve
- *The cooking time may be different for your microwave. Experiment with the cooking time.
- **Things to add: diced apple, raisins, wheat germ, wheat bran, maple syrup, brown sugar, honey, banana, cinnamon, berries

Science Connection: Before cooking, have your child touch and taste the oats. Show your child the mixture of milk and oats. After cooking, have the child look, touch, and taste the prepared oatmeal. Ask him/her where they think the milk has gone, how did the oats become soft, and how the taste has changed.

Shopping List for Recipe

- _____ Quick oats
- _____ Fat-free milk
- _____ Toppings for oatmeal: diced apple, raisins, wheat germ, wheat bran, maple syrup, brown sugar, honey, banana, cinnamon, berries

Families On The Move

Family Goal: As a family, do 5 crunches each day this week

After dinner, during a television commercial, or before breakfast, have each member of the family do 5 crunches. Crunches help strengthen stomach muscles. People are less likely to have lower back pain if their stomach is strong because the stomach and the back muscles both support the upper body.

The correct way to do a crunch is to lie on your back with your legs at a 45-degree angle. Place your hands across your chest or on your ears. This prevents you from pulling on your neck. Now, while looking straight at the ceiling, lift your shoulders and head about 6 inches off of the floor. Remember to keep your neck straight and breathe deeply as you are going up and down.



Health and Fitness Resources

Website

Smart-Mouth (an interactive nutrition site for kids) www.smart-mouth.org

Parent's Book

Strength and Power for Young Athletes
by Avery Faigenbaum, Human Kinetics,
Champaign, IL 2000

Children's Book

The Meat and Protein Group by Helen Frost, Pebble Books, Mankato, Minn, 2000

Video

All About Nutrition and Exercise,
Schlessinger Media, Wynnewood, PA
2001

Well-Balanced Breakfast Idea

1 cup cooked oatmeal made with fat free milk
and ¼ cup raisins
banana
Water



Nutrient of the Week

Protein

Why we need it: builds and repairs muscles, tissues, red blood cells, and synthesizes hormones

How much we need:

Children ages 1-3=13 g/day
Children ages 4-8=19 g/day
Children ages 8-13=34 g/day
Females ages 14 and older =46 g/day
Males ages 14-18=52 g/day
Males ages 19 and older =56 g/day
Pregnant and Nursing Females =71 g/day

Best Food Sources:

½ halibut fillet = 42 grams
3 ½ oz lean round steak = 29 grams
3 ½ oz canned tuna fish in water = 28 grams
½ roasted chicken breast = 27 grams
Fast food hamburger = 26 grams
3-oz salmon = 23 grams
1 cup boiled soybeans = 22
½ cup 2% cottage cheese = 15 grams
1 cup fat free milk = 8 grams
2 Tbsp peanut butter = 8 grams
1-oz (14 halves) walnuts = 4 grams

Healthful Protein Snacks

1. Low or non-fat yogurt
2. Chocolate or Strawberry flavored fat-free milk
3. Soy nuts

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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