



Small changes today for a healthier tomorrow

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Fit School Newsletter



Health Goal for the Week

Goal: As a family, make a pact to not drink any soft drinks for one week.

If your family drinks soft drinks, try to go one week without. Try to replace the drink with water. If your water is not palatable, add a squeeze of lemon. Even though juice is a healthy alternative to soft drinks, it is also high in calories. An 8-oz glass of 100% juice actually has more calories than the same size glass of Coca-Cola®. Soft drinks add a lot of extra sugar and a lot of empty calories. Below is a chart showing the amount of calories and sugar in different sizes of popular soft drinks:



Product	8 oz	16 oz	20 oz
PowerAde Fruit Punch®			
Calories	60	120	150
Sugar	15g	30g	37.5g
Teaspoons Sugar	3.75	7.5	9.38
Nestea® Lemon			
Calories	80	160	200
Sugar	21g	42g	52.5g
Teaspoons Sugar	5.25	10.5	13.1
Coca-Cola®			
Calories	100	200	250
Sugar	27g	54g	67.5g
Teaspoons Sugar	6.75	13.5	16.9
Minute Maid® Lemonade			
Calories	100	200	250
Sugar	27g	54g	67.5g
Teaspoons Sugar	6.75	13.5	16.9
Water			
Calories	0	0	0
Sugar	0g	0g	0g
Teaspoons Sugar	0	0	0

Recipes

Protein-Calcium-Vitamin D Power Potion

- ½ cup non-fat dry milk
- 2 TBLS chocolate or strawberry drink powder
- 1 cup fat free milk
- 4 ice cubes

- In blender, mix all ingredients for 20 seconds
- Pour into a glass and enjoy!

Fruity Fruit Dip

- 4-oz box vanilla instant pudding
- 1¾ cup fat free milk
- 1 cup low-calorie whipped topping
- 1 tsp orange extract
- Variety of fruits: strawberries, grapes, cherries, bananas, pineapple, oranges, etc.

- Mix pudding and milk until thickened
- Add whipped topping and orange extract
- Dip fruit and enjoy!

Science/Math/Nutrition Connection: Using the chart on the left, allow your child to measure out the amount of sugar in one of the drinks into a small glass. Ask your child if he/she thinks the amount is a little or a lot of sugar to drink.

Math Connection: If 1 cow can produce 10 quarts of milk in one day, how many quarts of milk can she produce in one year? (Answer at bottom of next page)

Shopping List for Recipes

- _____ Non-fat dry milk
- _____ Chocolate or Strawberry drink mix
- _____ Fat free milk
- _____ 4-oz box vanilla pudding
- _____ Low-calorie whipped topping
- _____ Orange extract
- _____ Fruits: strawberries, grapes, cherries, bananas, pineapple, oranges

Families On The Move

Family Goal: As a family, play an active game such as tag, ultimate Frisbee®, or even Twister® at least one day this week.

Active games not only provide great exercise, but they also allow for a lot of laughing time as a family. Even if one or a few members of your family are not active, encourage them to play for just 5 minutes. Running around and laughing brings out the kid in everyone!



Social Studies/History

Connection: Running is great exercise for your body. In what year did the first Women's Olympic Marathon take place, in what city, and who won? (Answer at bottom of page)

Health and Fitness Resources

Website

National Health Information Center (US Department of Health and Human Services)
Healthfinder www.healthfinder.gov

Parent's Book

Fit Kids: The Complete Shape-Up Program from Birth through High School by Kenneth H. Cooper, M.D. Nashville TN: Broadman & Holman, 1999

Children's Book

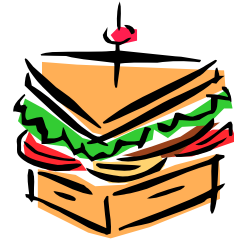
Vitamins and Minerals for a Healthy Body by Angela Royston, Heinemann Library, Chicago, IL 2003

Video/DVD

The Sun with Bill Nye the Science Guy, Disney Educational Productions, Elk Grove Village, IL, 2004

Well-Balanced Lunch Idea

- 2 slices whole wheat bread
- 1 tsp low fat mayonnaise
- 2 diced hardboiled eggs
- 1 cup fresh broccoli
- 8 oz fat free milk



Nutrient of the Week

Vitamin D

Why we need it: helps the body make bones and helps the body absorb calcium and phosphorus

How much we need:

Females and Males ages 1-50 = 5 µg (micrograms)/day

Females and Males ages 51-70 = 10 µg/day

Females and Males ages 71 and older = 15 µg/day

Best Food Sources

Our bodies are able to make vitamin D using the energy from sunlight. About 15 minutes of sunlight 4 times per week on clear summer days provides the energy for the body to make enough vitamin D. The amount of sun your body needs to make vitamin D depends on the length of time you are in the sun, the time of year, and the color of your skin (the lighter your skin, the less ultraviolet light is blocked out and the more vitamin D is made in your skin). Fortified milk and cereals are also good sources of vitamin D.

8 oz fortified fat free milk = 1.5 µg of vitamin D

Healthful Vitamin D Snacks

1. Cereal mix
2. Chocolate or strawberry flavored fat free milk
3. Hard-boiled 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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