



Small changes today for a healthier tomorrow

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# Fit School Newsletter



## Health Goal for the Week

**Goal:** When preparing and eating meals this week, try to use lower-calorie alternatives.

This week, have you family research and think about common foods they eat every day and how some of the foods can be substituted for lower-calorie/healthier foods.

Following are some examples:

- Use low-fat cottage cheese in recipes that call for ricotta cheese
- Use non- or low-fat yogurt or low-fat mayonnaise instead of real mayonnaise



- Drink water with a squeeze of lemon or lime instead of drinking juice or soda
- Use low-sodium ketchup, mustard, or salsa instead of mayonnaise or butter
- Try eating foods without added butter (For example: try eating your dinner roll without the pat of butter and save 100 calories)
- Eat vegetables without added butter or salt (Try using different herbs, spices, or products like Mrs. Dash® to make vegetables more palatable)
- Try grilling or baking meats that you usually fry



**Parent Tip:** Slice a variety of fruits and arrange on a large serving plate. Now add a toothpick to each slice. You will be amazed at how this simple arrangement gets kids to eat foods they normally wouldn't touch!

## Recipe

### Vegetable and Fruit Delights

#### Peanutty, Whirled Dip with Vegetables

- 1 peeled banana
- 2 Tbs all-natural peanut butter
- 2 tsp lemon or lime juice
- ½ cup 100% juice apple juice, Vitamin C added
- Baby carrots, snap peas, celery sticks, cherry tomatoes, broccoli, cauliflower, and/or green, yellow, orange, or red peppers cut into strips

- In food processor or blender, mix banana, peanut butter, and juices until smooth, about 20 seconds
- Display a variety of vegetables on a plate or serving dish for children (and everyone else) to choose which items they want
- Dip vegetables in a delicious dip!

#### Fruit and Cream

Your family's favorite fruits  
Apples, bananas, grapes, oranges, strawberries  
Low-calorie non-dairy whipped topping

- Slice fruits and arrange on individual plates
- Place whipped topping in small serving cup for each person
- Enjoy dipping the fruits into the whipped topping and eating

## Shopping List for Recipe

- \_\_\_\_\_ Bananas
- \_\_\_\_\_ A variety of fruits
- \_\_\_\_\_ A variety of vegetables
- \_\_\_\_\_ All-natural peanut butter
- \_\_\_\_\_ Lemon or lime juice
- \_\_\_\_\_ Apple juice with added Vitamin C
- \_\_\_\_\_ 16 oz low-calorie non-dairy whipped topping

## Families On The Move

**Family Goal: Plan to do physical activities every day.**

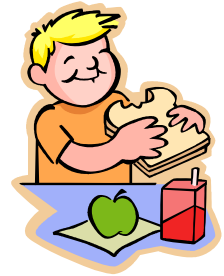
Newton's First Law of Motion is: An object at rest tends to stay at rest and an object in motion tends to stay in motion. If your family's current lifestyle tends to revolve around "resting" and "sitting" activities, try adding a few "motion" activities each day. At first, it may seem like a lot of effort to get ready and take a family walk, but each time it gets easier and is more enjoyable. So, set your family in motion each day so that it is easier to stay in motion!



Did you know that a Dairy Queen® Homestyle® Cheeseburger and small French fries (340 + 300= 640 Calories) has the same number of calories as a Dairy Queen® small chocolate malt (640 Calories)?

## Well-Balanced Lunch Idea

2 slices whole wheat bread  
1 Tbs mustard  
2 thin slices of ham lunchmeat  
1 slice provolone cheese  
2 slices tomato  
Apple  
Water



## Subject of the Week

**Minerals:** inorganic, nutrients that your body needs to function (inorganic: do not contain carbon)

- Calcium
- Phosphorous
- Magnesium
- Iron
- Zinc
- Iodine
- Copper
- Manganese
- Fluoride
- Chromium
- Selenium
- Molybdenum
- Sodium
- Potassium
- Chloride

## Health and Fitness Resources

### Website

[www.nlm.nih.gov/medlineplus/minerals.htm](http://www.nlm.nih.gov/medlineplus/minerals.htm)  
| US National Library of Medicine and the National Institutes of Health

### Parent's Book

*Mayo Clinic Healthy Weight for EveryBody* by Mayo Clinic Staff, Mayo Foundation for Medical Education & Research, 2005

### Children's Book

*Food* by Laura Buller, DK Publishers, New York, NY 2005

### DVD

*Nutrition*, Bill Nye the Science Guy, Disney Educational Productions, Elk Grove Village, IL, (Grades 4 and up) 2004

## Healthful Mineral Snacks

1. Whole wheat bread with 1 teaspoon molasses
2.  $\frac{3}{4}$  cup orange juice mixed with  $\frac{1}{4}$  cup seltzer water and 3 ice cubes
3. Air popped popcorn sprayed lightly with canola oil and sprinkled with Butter Buds®

### 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.  
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