



Small changes today for a healthier tomorrow  
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# Fit School Newsletter



## Health Goal for the Week

**Goal: Measure out 1 serving for each item you eat this week.**

For each item you eat this week, measure out one serving. Serving size is listed on the food label of each packaged food you eat. For example, 1 serving of pasta is only 1/2 cup cooked pasta. Most people serve themselves much more than this amount. The percentages of nutrients listed on the food label are for the 1 serving size. Serving sizes are also indicated for beverages. If you look at the serving size on the food label, you will see the serving size listed as 8 ounces. Even though the most common size of soft drink today is 20 ounces,



the serving size is still listed on the bottle as 8 ounces. This means that, when you drink the entire 20-ounce soft drink, you are actually drinking 2 1/2 times the Calories listed on the food label!

Most people overestimate serving size. When you measure out the serving size for the items you eat this week, you will get a visual picture of what a serving size looks like. If you would like to learn more about serving size, you can visit the American Dietetic Association's Website at [www.eatright.org](http://www.eatright.org) and search for serving size.

**Science Connection:** Parents, this week, have different sizes of measuring cups and spoons available for yourself and your children to measure out serving sizes. Allow younger children to experiment with water, and show them how 1/2 cup plus 1/2 cup fills up the 1 cup. This may be messy, but the learning is worth the cleanup.

## Recipe

### Zingy Pesto Pasta

- 2 large garlic cloves
- 1/2 cup grated Parmesan cheese
- 1/2 cup pine nuts or walnuts
- 2 cups fresh basil leaves
- 1 tsp salt
- 1/4 tsp pepper
- 1/2 cup olive oil
- 1 lb whole-wheat pasta

- Cook pasta according to the directions on the package
- Combine garlic, cheese, nuts, and basil in food processor
- Blend for 30 seconds
- Add salt and pepper
- Blend for 10 seconds
- Add olive oil
- Blend for 30 seconds or until blended
- Toss pesto with pasta

**Social Studies Connection:** The word macaroni is sometimes used for any type of pasta. Maccheroni is the Italian word that the English word macaroni originated from, and it means "mixture of elements". Italian is the language people speak in Italy. Find Italy on a map. What would it be like to travel there?

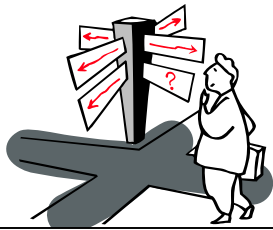
## Shopping List for Recipe

- \_\_\_\_\_ 1 garlic bulb
- \_\_\_\_\_ Grated or solid Parmesan cheese
- \_\_\_\_\_ Pine nuts or walnuts (less expensive!)
- \_\_\_\_\_ 2 cups fresh basil leaves
- \_\_\_\_\_ Salt
- \_\_\_\_\_ Pepper
- \_\_\_\_\_ Olive oil
- \_\_\_\_\_ Whole-wheat pasta

## Families On The Move

**Goal:** As a family, find a nearby hiking trail and take a weekend or after-school trek.

Planning a hike or walking tour of your area is not only great exercise, but it allows you to explore areas you wouldn't normally go into on your daily commute to school or work. Walking as a family is also a great way to build better relationships.



**Math Connection:** A serving of Nabisco® Fig Newtons equals 2 cookies. If each serving has 2.5 grams of fat, how many grams of fat would you eat if you ate 8 cookies? (Answer at bottom of page)

## Health and Fitness Resources

### Website

American Heart Association (click on "Risk Assessment" under "Warning Signs")  
[www.americanheart.org](http://www.americanheart.org)

### Parent's Book

*The Complete Book of Food Counts* by Corinne T. Netzer, Dell Publishing, 2000.

### Children's Book

*Fats, Oils, and Sweets* by Helen Frost, Pebble Books, Mankato, MN 2000

### Video

*Janey Junkfood's Fresh Adventure (Pre-K-6<sup>th</sup> grade)* by Barbara Storper, MS, RD, FoodPlay, Forence, MA [www.foodplay.com](http://www.foodplay.com)

### CD-Rom

*Nutrition and Physical Activity* CD-Rom, 2003 (Grades 6-12) [www.healthedco.com](http://www.healthedco.com)

## Well-Balanced Lunch Idea

- 1 whole-wheat pita pocket
- 1 TBLS low fat mayonnaise
- 1 small avocado, sliced
- ¼ cup bean sprouts
- ½ cup mixed greens
- apple
- 8 oz fat free milk



## Nutrient of the Week

### Fats

**Why we need it:** used for energy, keeping the body warm, protecting the body's organs, and helping the body use carbohydrates and proteins for fuel

### How much we need:

A person's diet should be made up of 25% to 30% Calories from fat. For example, if a person eats a 2000-calorie-per-day diet, then the amount of fat she eats should be about 600 Calories (which equals about 65 grams of fat)

### Best Food Sources:

- 2 Tablespoons all-natural peanut butter = 16 grams of fat
- 1 Tablespoon olive oil = 14 grams of fat
- ¼ cup canned pink salmon = 5 grams of fat

## Healthful Higher-in-Fat Snacks

1. Almonds
2. Peanut butter on celery sticks
3. Buy a real coconut and break it open for the family to enjoy the coconut milk and meat

### 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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Math Answer = 10 grams of fat