



Small changes today for a healthier tomorrow

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# Fit School Newsletter



## Health Goal for the Week

**Goal: Pack lunch for the family at least one day this week.**

If any members of your family usually eat out for lunch, plan to pack a lunch. Because food tastes better with more salt, sugar, and fat, many restaurants add more of these ingredients to their foods than you would at home. A lot of extra calories and extra expense can be eliminated from your family's diet and budget by packing a lunch.

As a family, discuss which of the newsletter's "Well-Balanced Meal Ideas" sound the most appealing to you. Plan to buy the



ingredients and prepare the lunches the night before. Also, discuss who will make the lunches or if you will do this as a family. Make eating out for lunch a special treat instead of an every day thing.

**Math Connection:** You need to eat an extra 3,500 Calories over what your body uses to gain a pound. If you ate 200 Calories over what you use each day, how many pounds would you gain in one year? (Answer on bottom of next page)

Examples of 200-Calorie Foods

1-cup miniature marshmallows

2 Snickers® Fun Size bars

16 oz Coca-Cola® Classic / Caffeine Free

1 Krispy Kreme® maple-iced donut

McDonald's® small French fries

## Recipe

### Super Salmon Patties

- 1 egg
- 15 oz canned salmon\*
- ½ cup plain dried bread crumbs
- ½ cup low-fat mayonnaise
- 1 tsp dry mustard
- ½ tsp salt
- ¼ tsp pepper
- 1 tsp Worcestershire sauce
- cooking spray
- 2 cups cooked brown rice

- In large bowl, beat egg
- Add salmon, flaking while adding to bowl
- Add breadcrumbs, mayonnaise, dry mustard, salt, pepper, and Worcestershire sauce and mix with fork until blended
- Form 8 patties and set on plate
- Spray pan with cooking spray
- Fry salmon patties over medium heat until brown
- Flip patties over and brown other side
- Serve with brown rice

\***Parent Tip:** For added calcium, keep salmon bones in the recipe.



## Shopping List for Recipe

- \_\_\_\_\_ egg
- \_\_\_\_\_ 15 oz can salmon
- \_\_\_\_\_ Plain dried breadcrumbs
- \_\_\_\_\_ Low-fat mayonnaise
- \_\_\_\_\_ Salt
- \_\_\_\_\_ Pepper
- \_\_\_\_\_ Worcestershire Sauce
- \_\_\_\_\_ Cooking spray
- \_\_\_\_\_ Brown rice

## Families On The Move

**Family Goal: Buy a pedometer (less than \$10 on sale) and each member of the family wear it one day this week.**

Keep a running tally of how many steps each member of your family takes when it is his/her turn to wear the pedometer. Each week, challenge each member of your family to increase the number of steps he/she takes during the day. A great website to visit is [www.americaonthemove.org](http://www.americaonthemove.org). America On The Move is an organization that challenges Americans to walk an extra 2000 steps per day (about 1 mile) and eat 100 fewer calories each day. With these simple steps, people can lose weight and be healthier.



## Health and Fitness Resources

### Website

Centers for Disease Control and Prevention (Nutrition and Physical Activity)  
[www.cdc.gov/nccdphp/dnpa](http://www.cdc.gov/nccdphp/dnpa)

### Parent's Book

*Better Homes and Gardens, Kid Favorites Made Healthy, 150 Delicious Recipes Kids Can't Resist!*, Meredith Corporation, Des Moines, Iowa 2003

### Children's Book

*The Berenstain Bears and Too Much Junk Food* by Stan and Jan Berenstain, Random House, 1985

### Video

*Food Safari: Lunch*, Yum Yum Studios, 2003

## Well-Balanced Lunch Idea

- 2 slices whole wheat bread
- 1 TBLS low-fat mayonnaise
- 3 oz tuna fish
- 1 stalk celery with 1 TBLS all-natural peanut butter
- 8 oz low or non-fat yogurt
- 8 oz water



## Nutrient of the Week

### Vitamin B<sub>12</sub>

**Why we need it:** helps to make new cells and keep nerve cells in good working order

### How much we need:

Children ages 1-3 = 0.9 µg (micrograms)/day

Children ages 4-8 = 1.2 µg/day

Children ages 9-13 = 1.8 µg/day

Females and Males ages 14 and older = 2.4 µg/day

Pregnant Females = 2.6 µg/day

Nursing Females = 2.8 µg/day

### Best Food Sources:

2 oz canned tuna = 1.3 µg Vitamin B<sub>12</sub>

8 oz fruit flavored, low-fat yogurt = 1 µg

Vitamin B<sub>12</sub>

3 oz broiled hamburger = 0.8 µg Vitamin B<sub>12</sub>

## Healthful Vitamin B<sub>12</sub> Snacks

1. String cheese
2. Deviled eggs made with low-fat mayonnaise
3. Mix of fortified cereals

### Fit School Newsletter

Our Goal: To educate and motivate families to make small changes each day to live healthier lives.

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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: Almost 21 pounds!