



Small changes today for a healthier tomorrow

September 22 – 28, 2008  
Volume 6, Issue 4



# Fit School Newsletter



## Health Goal for the Week

**Goal:** This week, try to focus on eating more nutrient dense calories.

Calories are important because they are stored energy that you need to keep your heart beating, your brain working, and your legs moving. There are differences in the foods that you eat to get your energy. There are foods that have empty calories, and there are foods that have nutrient-dense calories.

You can only eat a limited number of calories each day, so it is important for you to get as much nutrition (vitamins, minerals, protein, and fiber) from the calories that you do consume.



Your goal in eating a healthy, balanced diet is to obtain your energy from a variety of foods that are nutrient dense and limit empty calorie foods. Below is an example of Nutrient-Dense Calories vs. Empty Calories:

### Nutrient-Dense Calories

- 1 apple (80 Calories)
- 1 peach (50 Calories)
- 8 oz fat-free milk (110 Calories)
- Total = 240 Calories

### Empty Calories

- 1.69 oz package of M&M's®
- Total = 240 Calories



## Recipe

### Chicken Noodle Soup

- |  |                        |
|--|------------------------|
| 1 tsp vegetable oil                          | 1/2 cup onion, minced  |
| 1/2 cup carrots, diced                       | 1/2 cup celery, sliced |
| 1/2 tsp garlic powder                        | 1/8 cup flour          |
| 1/4 tsp dried oregano flakes                 |                        |
| 3 cups chicken broth, reduced sodium         |                        |
| 2 cups potatoes, peeled, diced               |                        |
| 1/4 cup chicken, cooked, chopped             |                        |
| 1/2 cup non-fat milk                         |                        |
| 1 cup noodles, yolk-free, enriched, uncooked |                        |

1. Heat oil over medium heat in large sauce pan. Add minced onions, carrots, celery, and garlic powder. Cook until onions are tender, about 3 to 5 minutes.
2. Sprinkle flour and oregano over vegetables; cook about 1 minute.
3. Stir in chicken broth and potatoes. Cover and cook until tender, about 20 minutes.
4. Add chicken, milk, and noodles. Cover and simmer until noodles are tender, about 10 minutes.

### PER SERVING:

- |                       |                          |
|-----------------------|--------------------------|
| Calories 205          | Total fat 4 grams        |
| Saturated fat 1 grams | Cholesterol 8 milligrams |
| Sodium 107 milligrams |                          |

## Shopping List for Recipe

- |  |               |
|--|---------------|
| _____ Vegetable oil                      | _____ Carrots |
| _____ Onion                              | _____ Celery  |
| _____ Garlic powder                      | _____ Flour   |
| _____ Potatoes                           | _____ Milk    |
| _____ Chicken breast                     |               |
| _____ Dried oregano flakes               |               |
| _____ 24 oz reduced sodium chicken broth |               |
| _____ Egg-free noodles                   |               |

## Families On The Move

**Family Goal:** Just as you are trying to choose more nutrient-dense Calories this week, work on putting a little more effort into your workouts.

Make a pact this week with your family to put more effort into everything you do this week. While you may think that adding extra effort will deplete your energy, it will actually make you feel like you have more energy. If your choice of exercise is walking, try to pick up your pace a little or walk an extra block. Sometimes, by changing a little thing, you can add more excitement to your exercise routine. By trying a little harder, you will also feel better about yourself!

### Science/Nutrition Connection: Where do you get your energy (Calories)?

- A. Carbohydrates
- B. Proteins
- C. Fats
- D. Vitamins
- E. Minerals
- F. A, B, and C
- G. All of the above



## Health and Fitness Resources

### Website

Centers for Disease Control and Prevention  
[www.cdc.gov/nccdphp/dnps](http://www.cdc.gov/nccdphp/dnps)

### Parent's Book

*Dr. Susan's Kids-Only Weight Loss Guide: The Parent's Action Plan for Success* by Susan Bartell, Parent Positive, 2007

### Children's Book

*Fats, Sugars, and Empty Calories: The Fast Food Habit* by Autumn Libal and Victor Garcia, Mason Crest Publishers, 2004

### DVD

*Karate for Kids* by SRO Sports Entertainment, NJ 1994

### Music CD

*Makin' Music Boogie to the Beat* by Makin' Music Rockin' Rhythms, 2003

## Well-Balanced Lunch Idea

- 1 whole-wheat roll
- 3 oz chicken breast, chopped
- 1 TBLS mustard
- 1 TBLS low-fat mayonnaise
- 4 baby carrots
- 3 cherry tomatoes
- 2 leaves spinach
- 8 oz fat free milk



## Nutrient of the Week

### Calories

**Why we need them:** Give us energy to move, digest food, and to do every function our body does

**How much we need:** You can calculate your personal caloric needs for each day at:

#### For Adults

[www.dallasdietitian.com](http://www.dallasdietitian.com) Dallas Dietetic Association

#### For Children

[www.bcm.edu/cnrc/consumer/nyc/vol1\\_03/energy\\_calculator.htm#](http://www.bcm.edu/cnrc/consumer/nyc/vol1_03/energy_calculator.htm#) Baylor College of Medicine

**Empty Calories:** foods with little nutritional value. Give you energy from sugar and/or fat, but contain little or no protein, fiber, vitamins, or minerals. Examples: candy, donuts, cookies, cake, potato chips, soda pop

**Nutrient-Dense Calories:** foods with high nutritional value. These foods are low in sugars and fats and high in protein, fiber, vitamins, and minerals. Examples: whole-grain breads, pasta, and cereals, rice, beans, vegetables, fruit

## Healthful Low-Calorie Snacks

1. Rice cakes
2. Air-popped popcorn sprinkled with Butter Buds
3. Green, yellow, red, orange peppers with low-fat Ranch dressing

### 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.

Copyright © 2008 Fit School, Inc.

For more information: [www.TheFitSchool.com](http://www.TheFitSchool.com)