



Small changes today for a healthier tomorrow  
September 29 – October 5, 2008  
Volume 6, Issue 5



# Fit School Newsletter



## Health Goal for the Week

**Goal:** If anyone in your family needs to increase their fiber intake, increase your fiber by 1 gram each day this week.

Fiber is a complex carbohydrate that helps waste move through the body. High fiber diets have been shown to have many health benefits such as lowering cholesterol and lowering your risk for developing colon cancer, Type II diabetes, and much more. Foods that are high in fiber not only reduce the risk of developing health problems, but also contain many valuable nutrients.



Remember to increase your fiber intake gradually! If you are currently eating 1 piece of fruit per day, try eating 2 pieces of fruit each day the following week, followed by 3 pieces of fruit per day the following week.

### Ways to Increase Fiber in Your Diet

1. Choose prepared cereals that contain at least 1 gram of fiber per serving.
2. Prepare at least 1 meal each week using beans or legumes.
3. Gradually increase your fruit and vegetable intake so that you are eating 2 to 4 servings of fruit and 3 to 5 servings of vegetables each day. Try to stick to fruits and vegetables in their true form, such as an entire apple with the skin instead of applesauce.

## Recipe

### Slow-Cooker Sweet and Sour Pineapple Beans

- 3 cans (15 oz) low-sodium red beans, drained
- 1 can (20 oz) pineapple tidbits, undrained
- 1 onion, chopped
- ½ cup low-sodium ketchup
- 1/3 cup white vinegar
- 2 Tbls brown sugar
- 1 tsp dry mustard
- 1 tsp soy sauce
- 3 cups cooked brown rice

- Add ketchup, vinegar, brown sugar, dry mustard, and soy sauce, mix
- Add beans, pineapple, and vinegar, mix
- Cook on low in slow-cooker for 6 to 8 hours
- Serve 1 cup of mixture over ½ cup brown rice

### Tips for Using Dry Beans

Always soak dry beans first. Two methods of soaking dry beans:

- **Hot Soak:** Place 1 lb dry beans in large saucepan with 10 cups hot water. Boil for 3 minutes, remove from heat, cover, and let sit 1 to 4 hours.
  - **Overnight Soak:** Place 1 lb dry beans in large saucepan with 10 cups hot water. Cover and let soak overnight for at least 8 hours. Finally, rinse the soaked beans before using.
- Visit [www.AmericanBean.org](http://www.AmericanBean.org)

## Shopping List for Recipe

- \_\_\_\_\_ 3 cans (15 oz) low-sodium red beans
- \_\_\_\_\_ 1 can (20 oz) pineapple tidbits
- \_\_\_\_\_ 1 onion
- \_\_\_\_\_ Low-sodium ketchup
- \_\_\_\_\_ White vinegar
- \_\_\_\_\_ Brown sugar
- \_\_\_\_\_ Dry mustard
- \_\_\_\_\_ Soy sauce
- \_\_\_\_\_ Brown rice

## Families On The Move

**Family Goal: Plan a challenging physical activity and have each person in your family plan his/her training for it.**

Whether you choose a long bicycle, mountain bike, walking, hiking, kayaking, swimming, cross country skiing, or running trek, plan a challenging physical activity. If you are not sure you know how to train for such a feat, look in your local "Yellow Pages" for a personal trainer. Ask the personal trainer if he/she is willing to consult with your entire family and help write-up a plan to help you train for your "Family Physical Fitness Challenge"!

Bagel 20 Years Ago  
3-inch diameter



Bagel Today  
6-inch diameter



### Math Connection:

Portion sizes have increased over the past 20 years. A bagel 20 years ago contained 140 calories, while an average bagel today contains 350 calories. How many more calories does an average-sized bagel contain?

## Health and Fitness Resources

### Website

Center for Digestive Health and Nutrition: [www.gihealth.com](http://www.gihealth.com)

### Parent's Book

*Kid Favorites Made Healthy* by Jan Miller, Better Homes and Gardens Books, Des Moines, IA 2003

### Children's Book

*Why Do I Vomit?: And Other Questions About Digestion* by Angela Royston, Heinemann Library, Chicago, IL 2003

### Video

*How to Read the Food Label Video*, 1999 Grades 6<sup>th</sup>-College [www.healthedco.com](http://www.healthedco.com)

## Well-Balanced Lunch Idea

½ cup garbanzo beans

3 oz tuna fish (packed in water and drained)

1 medium tomato (diced)

1 medium carrot (chopped)

Mix above ingredients and sprinkle with 1 tsp olive oil and 1 TBLS balsamic vinegar

Serve on triangles of Nann bread or whole-wheat tortilla  
8 oz milk

## Subject of the Week

### Carbohydrates-Fiber

**Why we need it:** a complex carbohydrate with no nutritional value but important because it helps to move waste through the body

**How much do we need:**

Children ages 1-3 = 19 g/day

Children ages 4-8 = 25 g/day

Females ages 9-18 = 26 g/day

Males ages 9-13 = 31 g/day

Males ages 14-50 = 38 g/day

Females ages 19-30 = 25 g/day

Males ages 50 and older = 30 g/day

Females ages 31 and older = 21 g/day

Pregnant females = 28 g/day

Nursing females = 29 g/day

### Best Food Sources:

½ cup garbanzo beans (chick peas) = 9 grams fiber

¼ cup whole wheat flour = 3 grams fiber (compared to ¼ cup all-purpose white flour which contains less than 1 gram fiber)

1 cup raisin bran = 7 grams fiber

2/3 cup peas = 4 grams fiber

1 slice whole wheat bread = 3 grams fiber

## Healthful High-Fiber Snacks

1. Peanuts
2. Sunflower seeds
3. Whole-grain cereal mix

### 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 = 210 calories