



Small changes today for a healthier tomorrow

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# Fit School Newsletter



## Health Goal for the Week

**Goal:** As a family, sit down this week and learn to read nutrition labels.

The most important thing you can teach your children about nutrition is how to read nutrition facts labels. This will allow them to make informed choices about the foods they put into their bodies. Visit the US Food and Drug Administration's website at [www.cfsan.fda.gov/~dms/foodlab.html](http://www.cfsan.fda.gov/~dms/foodlab.html) for all of the information you should know about nutrition facts labels. There is even a video explaining how to read labels with a quiz at the end. Healthy choices start with having the tools to make informed decisions.



Nutrition Facts	
Serving Size: 1 Container	
<b>Calories</b> 220	
Fat Calories 25	
Amount/Serving	%DV
<b>Total Fat</b> 3g	4%
Sat. Fat 2g	9%
Trans Fat 0g	
<b>Cholest.</b> 15g	5%
<b>Sodium</b> 130g	6%
<b>Potassium</b> 350g	10%
<b>Total Carb.</b> 41g	14%
Fiber 0g	
Sugars 38g	
<b>Protein</b> 8g	
Vit. A 10%	Iron 0%
Vit. C 6%	Vit. D 25%
Calcium 35%	

Look at serving size

Number of Calories per serving

Limit these nutrients

Get 100% of these nutrients each day

## Recipe

### Fruity Acorn Squash

- 3 medium acorn squash
- 1/2 tsp salt
- 2 tart (like Granny Smith) apples diced
- 15-oz can pineapple chunks, drained
- 2 TBLS brown sugar
- 1 TBLS butter

- Cut squash in half and remove the seeds
- In shallow pan, place the cut side down and bake at 350° for 40 minutes
- Meanwhile, combine diced apples, pineapples, and brown sugar
- When squash has baked 40 minutes, turn cut side up and sprinkle with salt
- Fill each squash with apple mixture
- Dot each with butter
- Bake for 30 minutes more



**Social Studies Connection:** What were the three main foods thought to be cultivated by most Native American Indian tribes? (Answer on bottom of next page)

## Shopping List for Recipe

- \_\_\_\_\_ 3 acorn squash
- \_\_\_\_\_ 2 Granny Smith apples
- \_\_\_\_\_ 15-oz can pineapple chunks
- \_\_\_\_\_ Salt
- \_\_\_\_\_ Brown sugar
- \_\_\_\_\_ Butter

## Families On The Move

**Family Goal:** As a family, spend an afternoon visiting an orchard, picking fruit, and running around in the fields.

Visiting an orchard is a great way to teach your children about how food is produced. Plan on spending the afternoon learning about the orchard and the process of raising fruits and vegetables. Also, talk about what each person in your family would like to prepare with the harvest you bring home. Many children will try foods they normally wouldn't touch when they are part of the process of gathering or preparing the food.



**Math Connection:** Raking leaves uses about 300 Calories per hour and you must burn 3500 Calories to lose one pound. How many hours would you need to rake your lawn before losing one pound? (Answer at bottom of page)

## Health and Fitness Resources

### Website

[www.cfsan.fda.gov/~dms/foodlab.html](http://www.cfsan.fda.gov/~dms/foodlab.html)  
US Food and Drug Administration

### Parent's Book

*Quick Meals for Healthy Kids and Busy Parents: Wholesome Family Recipes in 30 Minutes or Less* by Nissenberg, Bogle, and Wright, Wiley, John & Sons Inc. 1995

### Children's Book

*Good Enough to Eat: A Kid's Guide to Food and Nutrition* by Lizzy Rockwell, HarperCollins Publisher 1999

### Video

*The Lunch Lady's Guide to the Food Pyramid* by Thinkeroo, Mazzarella Media, Bristol, CT 2006

## Well-Balanced Lunch Idea

- 1 slice Ak-Mak® Country Style "Whole of the Wheat" Cracker Bread
- Spread on 1 Tbs low-fat cream cheese, Chicken of the Sea® single serving salmon pouch, ¼ cup raisins, and ½ cup spinach leaves
- 4 sugar snap peas
- String cheese
- Water



## Subject of the Week

### Reading Nutrition Facts Labels

#### What to look for:

1. Serving Size: Compare how much of the product you will eat to the serving size listed on the label
2. General Guidelines for Calories (and Calories from Fat):  
40 Calories = Low  
100 Calories = Moderate  
400 Calories or more = High
3. Percent Daily Value (%DV):  
**Limit** fat, saturated fat, trans fat, cholesterol, and sodium (Healthier choices have 5% DV or less)  
**Get 100% each day** of fiber, Vitamin A, Vitamin C, Calcium, Iron

## Healthier Packaged Snacks

1. Health Valley® Breakfast Bars
2. Quaker Corn Bran® and Oat Squares®
3. Cream of Wheat®

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

Math = 11.7 hours to lose 1 pound! Social Studies = beans, corn, and squash