



Small changes today for a healthier tomorrow

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# Fit School Newsletter



## Health Goal for the Week

**Goal:** This week, try to eat or drink 3 cups of calcium rich food each day.

Did you know that your bones are living tissue? Every day your body is using the calcium you eat to repair and replace bone tissue as you grow. If you are not eating enough calcium, your bones do not have the supply of calcium they need, so bones become weak and brittle. This is why it is so important to eat and drink enough calcium each day, especially as you are growing.



### Ways to Add Calcium to Your Diet

- Use fat free or low-fat milk instead of water when making oatmeal, tomato soup, pudding, or hot chocolate
- Use fat free or low-fat yogurt as a dip for fruits and vegetables
- Sprinkle fat free dry milk into casseroles, hot beverages, and soups
- For a healthy snack, serve sliced apples (dipped in lemon juice to prevent browning) with a slice of string cheese on top, held together with a toothpick

## Recipe

### Sure to Please Baked Eggs & Cheese

- 1 Tablespoon oil
- 6 eggs\*
- 1/2 cup nonfat milk
- 1/2 cup grated low-fat cheese
- 1 teaspoon garlic powder
- 1 1/2 teaspoons oregano

1. Preheat oven to 350 degrees.
2. Put oil in a medium baking dish or small cake pan and heat in the oven for a few minutes.
3. In a bowl, beat eggs. Mix in remaining ingredients. Pour into hot pan.
4. Bake 20 minutes or until eggs are firm. Serve immediately.

\* 4 eggs and 4 egg whites may be used instead of 6 eggs to reduce fat and cholesterol (nutrient analysis reflects this modification).

Nutrition Facts	
Serving Size 1/4 of recipe (133g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 160</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 10g</b>	<b>15%</b>
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol 215mg</b>	<b>72%</b>
<b>Sodium 230mg</b>	<b>10%</b>
<b>Total Carbohydrate 3g</b>	<b>1%</b>
Dietary Fiber 0g	0%
Sugars 2g	
<b>Protein 15g</b>	
Vitamin A 8%	Vitamin C 0%
Calcium 15%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Shopping List for Recipe

- \_\_\_\_\_ Canola oil
- \_\_\_\_\_ Garlic powder
- \_\_\_\_\_ Non-fat milk
- \_\_\_\_\_ Low-fat shredded cheese
- \_\_\_\_\_ Eggs
- \_\_\_\_\_ Oregano

