



Small changes today for a healthier tomorrow

September 21 - 27, 2009  
Volume 7, Issue 4



# Fit School Newsletter



## Health Goal for the Week

**Goal:** This week, have each member of your family try a fruit or vegetable he/she has never tried before.

September is National Fruit and Veggies – More Matters Month. Studies show that eating more fruits and vegetables promotes good health and reduces your risk for developing many diseases.

By eating a variety of different colored fruits and vegetables, you give your body a wide range of the nutrients it needs to stay healthy and active throughout your life. To add variety, have each person in your family go to the store and choose a fruit or vegetable he/she has never eaten



before. Some examples include: plantains, persimmons, rhizomes, cactus, artichoke, red banana, kiwano melon, and guava. You can see the names, photos, and nutritional content of different fruits and vegetables at [www.fruitsandveggiesmatter.org](http://www.fruitsandveggiesmatter.org). Click on "Fruit & Vegetable of the Month".

Bananas	
<u>Nutrition Facts</u>	
Serving Size: ½ cup sliced (75g)	
Calories 70	
Fat Calories 0	
Amount/Serving	%DV
<b>Total Fat</b> 0g	0%
Sat. Fat 0g	0%
Trans Fat 0g	
<b>Cholest.</b> 0g	0%
<b>Sodium</b> 0g	0%
<b>Potassium</b> 400g	11%
<b>Total Carb.</b> 17g	6%
Fiber 9g	8%
Sugars 21g	
<b>Protein</b> 1g	
Vit. A 0%	Iron 2%
Vit. C 10%	
Calcium 0%	

**Math/Nutrition Connection:** Using the information in the Nutrition Facts Label, how many grams of potassium are in 1 cup of sliced bananas (Hint: make sure you look at the serving size!) (Answer on the bottom of the next page.)

## Recipe

### Banana Nut Smoothie

Makes 4 (1 cup) servings.

#### Ingredients

- 2 bananas, ripe
- 2 cups pineapple juice
- 2 Tbsp Creamy peanut butter
- 2 tsp plain yogurt
- 1 ½ tsp vanilla extract
- 6 ice cubes
- nutmeg

Combine all ingredients, except nutmeg, in blender. Cover and run on high until smooth and well-blended. Sprinkle with nutmeg.

Nutritional analysis per serving: Calories 177, Total Fat 5g, Calories from Fat 23%, Cholesterol 0mg, Fiber 2g, Sodium 41mg.

\*Recipe provided by Centers for Disease Control and Prevention



## Shopping List for Recipe

- \_\_\_\_\_ Bananas
- \_\_\_\_\_ Pineapple juice
- \_\_\_\_\_ Creamy peanut butter
- \_\_\_\_\_ Plain yogurt
- \_\_\_\_\_ Vanilla extract
- \_\_\_\_\_ Nutmeg

## Families On The Move

**Family Goal:** This week, have each member of your family write his/her exercise in an exercise log.

Many exercise logs are available for purchase, or you can write in an everyday notebook. By writing down the exercise, the amount of time you exercised, and the intensity of the exercise will help you evaluate your exercise program, see your accomplishments, and where you can improve.

**Math Connection:** Let's say you decide to eat lunch at Subway®. You choose a 6" Subway® Tuna Sandwich (540 Calories), a Subway® Pineapple Delight with Banana (160 Calories), and a small bag of Sunchips (140 Calories). If you burn 612 Calories for each hour of bicycling, how long would you need to exercise to burn the Calories from your lunch? (Please see answer at the bottom of this page.)

## Health and Fitness Resources

### Website

Centers for Disease Control and Prevention's fruit and vegetable site  
[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

### Parent's Book

*Vegetarian Cooking for Dummies* by Suzanne Havala Hobbs, Wiley, John & Sons, Inc., 2001

### Children's Book

*Vegetables* by Sara Anderson, Handprint Books, 2007

### DVD

*My Pyramid. Choosing Nutritious Food and Healthy Activities* by 100% Educational Videos, 2007

### CD-Rom

*Instant Home Cooking (23,600 recipes and access to 100,000 more!)*, by Topics Education: CounterTop software, 2001

## Well-Balanced Lunch Idea

- 1 whole-grain pita
- Sliced banana
- 2 TBLS peanut butter
- 8 mini-carrots
- 8 oz non-fat milk



## Nutrient of the Week

### Potassium

**Why we need it:** Plays a major role in maintaining fluid and electrolyte balance, transferring nerve impulses, and contracting muscles. Helps maintain a steady heartbeat.

### How much we need:

Children ages 1-3=3000 mg/day

Children ages 4-8=3800 mg/day

Females and Males ages 9-13=4500 mg/day

Females and Males ages 14 and older =4700 mg/day

Nursing Females = 5100 mg/day

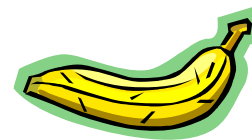
### Best Food Sources:

½ cup baked acorn squash = 525 mg potassium

Baked potato with skin = 525 mg potassium

Banana = 475 mg potassium

3 oz poached cod = 375 mg potassium



## Healthful Potassium Snacks

1. Acorn Squash
2. Strawberries
3. Low-sodium tomato juice

### 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 © 2009 Fit School, Inc.

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

Math/Nutrition Answer = 800mg Math Connection = 840 cal/612  
Calories = 1 hour, 22 minutes