



Small changes today for a healthier tomorrow  
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# Fit School Newsletter



## Health Goal for the Week

**Goal:** This week, have each member of your family pay attention to everything he or she eats.

We tend to eat without even thinking about it. This week, pay attention to everything you eat. Humans are creatures of habit. The way you eat, when you eat, and where you eat are all habits that can be changed if you are not at your healthy weight.

When eating this week, portion out an amount of food in a small bowl or plate and sit down and think about what you are eating. When we begin to become aware of how we eat, we are



more likely to make healthier choices.

### How to Decrease Portion Size

- Use a dessert plate to serve your meals.
- Snack on fruits and vegetables throughout the day and serve yourself smaller portions at mealtime. You will feel full faster and have fewer cravings.
- Never eat from the package. Always take the time to place your snack on a plate or in a bowl so that you know exactly how much you are eating.
- Avoid eating while watching TV, reading, or playing video games. People have a tendency to consume many calories and eat unhealthy foods while doing these activities. If you choose to eat while doing these activities, make yourself a rule to only eat fruits and vegetables.

## Recipe

### Magic Muffin Meatloaf

- 1 egg
- 1/2 cup non-fat milk
- 3/4 cup oats
- 1 pound lean ground beef
- 3 Tablespoons chopped onion
- 1/2 teaspoon salt
- 1/2 cup grated cheese (any variety)

1. Preheat oven to 350 degrees.
2. Combine all ingredients and mix well.
3. Spoon mixture into greased muffin cups.
4. Bake for 1 hour, or until temperature in center of meat loaf is 160 degrees.
5. Cool slightly before removing from muffin cups.

Recipe provided by USDA  
<http://recipefinder.nal.usda.gov>

**Math Connection:** Let's say you decided to use a dessert plate instead of a dinner plate each evening for one year. Without even noticing, you decreased your portions for dinner by 100 Calories each evening. Since it takes a deficit of 3,500 Calories to lose 1 pound, how many pounds can you lose in 1 year? (Answer at bottom of next page)

## Shopping List for Recipe

- \_\_\_\_\_ Egg
- \_\_\_\_\_ Onion
- \_\_\_\_\_ Non-fat milk
- \_\_\_\_\_ Oats
- \_\_\_\_\_ Lean ground beef
- \_\_\_\_\_ Salt
- \_\_\_\_\_ Grated cheese

## Families On The Move

**Family Goal:** This week, take a family walk and enjoy the changing of seasons.

Walking as a family is a great way to enjoy nature and each other. Plan an hour this week to take a walk together to enjoy the new season. Take time to talk, plan, and dream about each family member's ambitions. Walking is a great way to reconnect as a family.

### Reading/Exercise Connection:

This week, have everyone in your family read the same book or a certain number of chapters from the same book. Plan a "Book Club Walk" where you each talk about what parts of the book you like and what parts of the book you did not enjoy. It's a fun way to have a common purpose as a family, while appreciating the different views of each family member.

## Health and Fitness Resources

### Website

<http://hp2010.nhlbi.nih.gov/portion>  
Portion Distortion Slide Show from the National Heart Lung and Blood Institute

### Parent's Book

*The Health Plan for Overweight Children: A Parent's Guide to Raising a Healthier Child* by Dr. Melissa Langone, iUniverse, Inc., 2007

### Children's Book

*Fun With the Food Pyramid for Kids: #1 Children's Guide to Eating Whole Foods* by George Roby, Nacim Khavarian, Drew Hofmann, AuthorHouse, 2008

### DVD

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

## Well-Balanced Lunch Idea

- 100% whole-wheat hamburger bun
- Veggie burger
- 1 tsp each ketchup, mustard, relish, onion
- 13 cashews
- 8 oz low or non-fat yogurt
- 8 oz water



## Subject of the Week

### Portion Size and Serving Size

**Portion size** is how much you actually eat of a certain food. **Serving size** is the recommended amount of food to eat. A challenge for people is to have their portion size equal a serving size.

The following are **Serving Sizes**:

#### Grain Group

- 1 cup flaked cereal = size of a fist
- 1 slice of bread = size of a cassette tape
- 1 piece of cornbread = size of a bar of soap
- ½ cup rice or pasta = size of half of baseball
- 1 pancake = size of a music CD

#### Vegetable Group

- 1 cup cooked vegetables = size of a fist
- 1 cup leafy salad greens = size of a baseball
- 1 baked potato = size of a fist

#### Fruit Group

- 1 medium fruit = size of a baseball
- ¼ cup raisins or other dried fruit = size of a golf ball
- ½ cup canned or fresh fruit = size of a half of a baseball

#### Milk Group

- 1 ½ oz cheese = 4 stacked dice
- ½ cup ice cream = size of a racquetball

#### Meat and Beans Group

- 3 oz beef, fish, and poultry = size of a deck of cards
- 2 Tablespoons peanut butter = size of a ping pong ball
- 1 oz nuts = size of a golf ball

## Healthful, Portion-Sized Snacks

1. 3 cups air-popped popcorn
2. 1 cup whole-grain cereal
3. 25 almonds

### Fit School Newsletter

Our Goal: To educate and motivate families to make small changes each day to live healthier lives.

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Math Answer = 10.4 pounds