



Small changes today for a healthier tomorrow  
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# Fit School Newsletter



## Health Goal for the Week

**Goal: This week, have each of your family members concentrate on getting most of his or her carbohydrates from whole grains, fruits, and vegetables.**

Carbohydrates have gotten a bad rap because of our cultures' love of sugar, high fructose corn syrup, and white flour. While these foods are mostly "empty calories", energy with little or no nutrients, there are a wide variety of foods that have a lot of nutrients in addition to energy.

Your diet should be made up of 40 – 60% carbohydrates. Eating carbohydrates, vitamins, minerals, and fiber, and other nutrients in their natural form is the healthiest way to have a well-balanced diet. For example, it is healthier to top your morning oatmeal with a sliced banana



instead of table sugar. The banana provides your body with carbohydrates plus potassium, fiber, and many other nutrients, while the table sugar only provides carbohydrates. Below is a list from the National Institutes of Health to help you increase the nutrient-rich carbohydrates in your diet.

**Ways to Increase Complex Carbohydrates and Healthy Nutrients**

1. Eat more whole fruits and vegetables
2. Eat more whole-grain rice, breads, and cereals
3. Eat more legumes (beans, lentils, and dried peas)

www.nlm.nih.gov

## Recipe

### English Muffin Veggie Pizza

- 1 cup cooked chopped broccoli
  - 4 whole (8 halves) whole-wheat English muffins
  - 1 cup pizza sauce (or spaghetti sauce)
  - 1/2 cup mozzarella cheese, shredded, part skim
  - 3 Tablespoons shredded carrots
  - 1 teaspoon grated Parmesan cheese
1. Cut the broccoli to make 1 cup of chopped broccoli.
  2. Put the broccoli in a saucepan with water. Cook on medium until tender.
  3. Drain the water from the saucepan. Let the broccoli cool.
  4. Cut 4 English muffins in half. Toast the 8 muffin halves.
  5. Shred the mozzarella cheese to make 1/2 cup of shredded cheese.
  6. Peel and shred the carrots to make 3 tablespoons shredded carrots.
  7. Spoon 2 tablespoons pizza sauce over each English muffin half.
  8. Sprinkle 1 tablespoon shredded mozzarella cheese on top of each half.
  9. Put 2 tablespoons broccoli and 1 teaspoon shredded carrots on top of each half.
  10. Sprinkle each half with 1 teaspoon grated Parmesan cheese.
  11. Toast in the toaster oven for 2 minutes, until the cheese melts.

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

**Shopping List for Recipe**

- \_\_\_\_\_ Broccoli
- \_\_\_\_\_ Whole-wheat English muffins
- \_\_\_\_\_ Pizza Sauce
- \_\_\_\_\_ Mozzarella cheese
- \_\_\_\_\_ Carrots
- \_\_\_\_\_ Parmesan cheese

## Families On The Move

### Family Goal: Plan and do a Circuit Training night.

Circuit training is a fun and easy way to add variety to your exercise program. Circuit training involves going through a series of different exercises in a sequence of timed intervals. Set a timer for 1 minute and do as many repetitions of the exercise that you can in that amount of time. At the end of the minute, switch exercises and go again for one minute. Continue the cycle for at least 10 minutes.

#### Sample Circuit Training Workout

1. Sit-ups
2. Push-ups
3. Jump rope
4. Run in place
5. Lift hand weights
6. Dance

\*Have stations for each activity and have your family rotate through and then repeat. Remember to have fun!

## Health and Fitness Resources

### Website

Medline Plus from the US National Library of Medicine and the National Institutes of Health [www.nlm.nih.gov/medlineplus](http://www.nlm.nih.gov/medlineplus)

### Parent's Book

*Calorie King Calorie, Fat, & Carbohydrate Counter 2009* by Allan Borushek, Borushek, Allan & Associates, Inc. 2008

### Children's Book

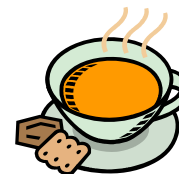
*Carbohydrates for a Healthy Body* by Hazel King, Heinemann Library, Chicago, IL 2003

### DVD

*Nutrition and the New Food Pyramid* by SchoolMedia, Inc., 100% Educational Videos, 2007

## Well-Balanced Lunch Idea

- 1 ½ cups low-sodium chicken noodle soup
- Whole-wheat roll
- Broccoli with low-fat ranch dressing
- ½ cup fruit salad in own juice
- 8-ounce fat-free milk



## Nutrient of the Week

### Carbohydrates

**Why we need them:** body's main source of energy

### How much we need:

Adults and all children ages 1 and over = 130 g/day

Pregnant females = 175 g/day

Nursing females = 210 g/day

### Best Food Sources:

Apple = 21 grams of carbohydrate

¼ cup dry brown rice = 33 grams of carbohydrates

1 slice whole-wheat bread = 20 grams of carbohydrates



**Math Connection:** If you have 4 people in your family, and each person makes a pact to eat 2 pieces of fresh fruit each day for a week, how many pieces of fruit do you need to buy that week? (Answer at the bottom of the page)

## Healthful Carbohydrate Snacks

1. 100% whole-grain mini muffin
2. ½ cup fruit cocktail in own juice
3. 1 ounce whole-grain crackers

### 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: 56 pieces of fruit