



Small changes today for a healthier tomorrow

Volume 5, Issue 32



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 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.



Recipe

"Think Summer" Hawaiian Wrap

- 1lb package low-fat veggie wraps
- 8 oz low-fat cream cheese
- 16-oz can pineapple tidbits, drained
- 4 oz honey mustard
- 1 lb thinly sliced ham lunchmeat
- 8 oz shredded cheddar cheese
- 3 sliced tomatoes
- 1 each green, yellow, orange, and red peppers sliced
- 8 oz bag shredded salad greens
- 16 oz pineapple salsa

-On low-fat veggie wrap, spread 1 Tbls low-fat cream cheese and 1 tsp honey mustard
 -Add 2 slices lunchmeat, 1 Tbls Cheddar cheese, 2 slices tomato, 1 slice of each pepper, ¼ cup shredded salad greens, and 1 Tbls salsa
 -Enjoy a nutritious, easy meal!



Math Connection: If you decreased your portions for breakfast, lunch, and dinner by 50 Calories each, and 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)

Nutrition Facts

Serving Size: 1 Container

Calories 220

Fat Calories 25

| Amount/Serving | %DV |
|------------------------|------------|
| Total Fat 3g | 4% |
| Sat. Fat 2g | 9% |
| Trans Fat 0g | |
| Cholest. 15g | 5% |
| Sodium 130g | 6% |
| Potassium 350g | 10% |
| Total Carb. 41g | 14% |
| Fiber 0g | |
| Sugars 38g | |
| Protein 8g | |
| Vit. A 10% | Iron 0% |
| Vit. C 6% | Vit. D 25% |
| Calcium 35% | |

Total Fat 3g 4%

Sat. Fat 2g 9%

Trans Fat 0g

Cholest. 15g 5%

Sodium 130g 6%

Potassium 350g 10%

Total Carb. 41g 14%

Fiber 0g

Sugars 38g

Protein 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

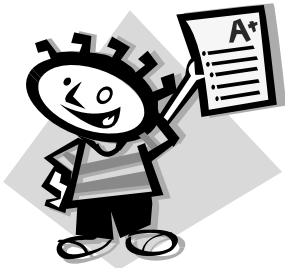
Shopping List for Recipe

- _____ Low-fat veggie wraps
- _____ Low-fat cream cheese
- _____ 16-oz can pineapple tidbits
- _____ honey mustard
- _____ 1 lb ham lunchmeat
- _____ 8 oz cheddar cheese
- _____ 3 medium sized tomatoes
- _____ 1 each green, yellow, orange, and red peppers
- _____ 8-oz bag shredded salad greens
- _____ 16 oz pineapple salsa

Families On The Move

Family Goal: Write down on paper one family exercise goal this week using the guidelines below.

1. Set goals that say exactly what you plan to do.
2. Set goals that are measurable (For example, write down the number of miles or minutes you plan to walk).
3. Set positive goals instead of negative goals (For example, "I walk at least 20 minutes each day" instead of, "I will not miss one day of walking.")
4. Write down the date by which you would like to achieve your goal.



Goal Example:
As a family, we walk two miles on Saturday, May 19th.

Health and Fitness Resources

Website

US Department of Health and Human Services and Centers for Disease Control and Prevention kid's site: www.bam.gov

Parent's Book

The Healthy Family Cookbook by Hope Ricciotti, W.W. Norton, New York, NY 2004

Children's Book

Eating the Alphabet: Fruits and Vegetables From A to Z by Lois Ehlert, Harcourt Brace Jovanovich, San Diego, 1996

Video

Sight: Eyewitness Video Series, DK Vision: BBC Worldwide Americas, New York, NY 2002

CD Rom

Millie Meter's Nutrition Adventure by Christian Schlosser and Maren Barber, Tivola Electronic Publishing, London 2000

Well-Balanced Lunch Idea

- 1 whole-wheat pita pocket
- 1 TBLS low-fat mayonnaise
- 1 small avocado, sliced
- ¼ cup shredded carrots
- ½ cup mixed greens
- apple
- 8 oz fat-free milk



Nutrient of the Week

Vitamin A

Why we need it: necessary for growth, reproduction, healthy skin, and normal vision

How much we need:

Children 1-3 = 300 µg (micrograms)/day

Children ages 4-8 = 400 µg/day

Children ages 9-13 = 600 µg/day

Females ages 14 and older = 700 µg/day

Males ages 14 and older = 900 µg/day

Pregnant Females = 770 µg/day

Nursing Females = 1300 µg/day

Best Food Sources:

½ cup canned pumpkin = over 1000 µg vitamin A

½ cup cooked sweet potato = 950 µg vitamin A

½ cup canned spinach = 525 µg vitamin A

1/2 cup raw carrots = 460 µg vitamin A

1 medium mango = 400 µg vitamin A

½ cup baked winter squash = 265 µg vitamin A

½ cup raw red pepper = 116 µg vitamin A

½ cup apricots, canned with skin = 103 µg vitamin A

Healthful Vitamin A Snacks

1. ½ cup canned pumpkin sprinkled with 1 teaspoon brown sugar
2. Fresh or dried mango
3. Cantaloupe

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 © 2007 Fit School, Inc.

For more information: www.TheFitSchool.com

Math Answer = 15.6 pounds