



Small changes today for a healthier tomorrow

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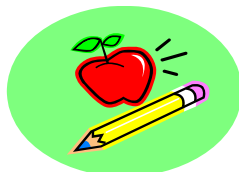
# Fit School Newsletter



## Health Goal for the Week

**Goal:** This week, choose low- or non-fat versions of food you usually eat.

A simple way to reduce the number of calories you eat each day and lower the amount of fat in your diet is to have your family try lower-fat alternatives to foods you commonly eat. Make sure you compare the calories in the regular and lower-fat versions of the same food. There are not always fewer calories in food labeled low-fat, so make sure you check the labels. Often manufacturers will increase the amount of sugars in the low-fat version of the food, which can increase the calories. So, if the low-fat version of the food still has fewer calories, give it a try.



### Lower-Fat Choices

- Low- or non-fat milk, cheese, sour cream, cottage cheese
- Tuna packed in water instead of oil
- Extra lean ground beef
- Unbreaded, baked fish
- Chicken cooked without skin or fat
- Broth-based soups instead of cream soups
- Light mayonnaise, mustard, salsa, and ketchup instead of regular mayonnaise
- Air-popped popcorn
- Fresh fruit dipped in fat-free whipped topping for dessert

**Nutrition Connection:** While visiting a grocery store this week, compare the fat and calories in different brands of the same foods. Some foods may surprise you!

## Recipe

### Turkey Salad with Orange Vinaigrette

- 1/4 cup orange juice
- 2 Tablespoons vinegar, white wine
- 2 Tablespoons finely chopped onion
- 1/4 teaspoon salt
- dash of pepper
- 1 Tablespoon oil
- 2 teaspoons Dijon mustard
- 4 cups torn salad greens
- 2 cups cooked turkey breast - cut into julienne strips
- 1 can (11 ounce) drained mandarin orange segments
- 1/2 cup sliced celery

1. In a jar with tight-fitting lid, combine all vinaigrette ingredients; shake well. If you don't have a container with a tight-fitting lid, place ingredients in a small mixing bowl and mix together with a whisk.
2. In large bowl, combine all salad ingredients; toss gently.
3. Serve with vinaigrette. If desired, garnish with fresh strawberries.

Recipe provided by the USDA  
[www.recipefinder.nal.usda.gov](http://www.recipefinder.nal.usda.gov)

## Shopping List for Recipe

- |       |                          |       |        |
|-------|--------------------------|-------|--------|
| _____ | Orange juice             | _____ | Celery |
| _____ | White wine vinegar       | _____ | Salt   |
| _____ | Onion                    | _____ | Pepper |
| _____ | Canola oil               |       |        |
| _____ | Cooked turkey breast     |       |        |
| _____ | Mandarin orange segments |       |        |
| _____ | Dijon mustard            |       |        |
| _____ | Salad greens             |       |        |

## Families on the Move

**Goal:** This week, have each member of your family find out his or her **Body Mass Index (BMI)**.

A good starting place to see what type of shape you are in and if you are at risk of certain diseases is knowing your BMI. Adults can find their BMI at [www.bcm.edu/cnrc/caloriesneed.htm](http://www.bcm.edu/cnrc/caloriesneed.htm). Children and teens can find their BMI at <http://apps.nccd.cdc.gov/dnpabmi>. BMI is a calculation using your height and weight.

**Math Connection:** Let's say you eat a sandwich with 1 Tablespoon of regular mayonnaise (90 Calories) 5 days per week. If you switched to light mayonnaise (45 Calories), how many extra calories would you eliminate from your diet in a week and in a year (Answer at bottom of page)

## Health and Fitness Resources

### Website

National Heart Lung and Blood Institute  
[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

### Parent's Book

*EatingWell Comfort Foods Made Healthy: the Classic Makeover Cookbook* by Jessica Price, Countryman Press, 2009.

### Children's Book

*Fats for a Healthy Body* by Jukkian Powell, Heinemann Library, 2009

### DVD

*Fat: What No One is Telling You* by Tom and Linda Spain, PBS Home Video 2007

### CD-Rom

*Instant Home Cooking, TOPICS*  
Entertainment, CounterTop Software 2001

## Well-Balanced Lunch Idea

- 1 whole-grain roll
- 1 TBLS relish
- 1 TBLS yellow mustard
- 2 slices white turkey meat
- ½ cup mixed greens
- ½ sliced tomato
- 8 oz fat free milk



## Nutrient of the Week

### Fats

**Why we need them:** used for energy, keeping the body warm, protecting the body's organs, and helping the body use carbohydrates and proteins for fuel

### How much we need:

A person's diet should be made up of 25% to 30% Calories from fat. For example, if a person eats a 2000-calorie-per-day diet, then the amount of fat she eats should be about 600 Calories (which equals about 65 grams of fat)

### Best Food Sources:

- ½ cup walnuts = 32 grams of fat
- Avocado = 21 grams of fat
- 2 Tablespoons all-natural peanut butter = 16 grams of fat
- 1 Tablespoon olive oil = 14 grams of fat
- 3 oz top sirloin beef = 12 grams of fat
- ¼ cup canned pink salmon = 5 grams of fat
- 1 cup roasted chicken breast, chopped = 5 grams of fat

## Healthful Higher-in-Fat Snacks

1. ¼ cup cashews
2. Olives
3. Avocado

### 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 = 1 week = 225 Calories 1 year = 11,700 Calories