



Small changes today for a healthier tomorrow
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Fit School Newsletter



Health Goal for the Week

Goal: As a family this week, visit www.MyPyramid.gov and have each person make a printout of his/her daily food requirements.

MyPyramid.gov provides a variety of valuable information for your family on nutrition and exercise. After entering your age, height, weight, and physical activity level, the website will provide you with a personalized nutrition plan. On the website there is also an individualized menu planner as well as food intake and physical activity assessors. The first part of becoming healthier is becoming aware of where you can improve.



Nutrition Connection: Each day this week, have each member of your family keep track of the amounts he or she eats from each food group. Then compare this with the amount recommended for him or her from MyPyramid.gov.

The Food Pyramid is divided into 5 groups. The groups include:

1. Grain Group
2. Vegetable Group
3. Fruit Group
4. Milk, Yogurt, and Cheese Group
5. Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group



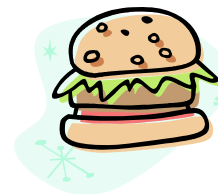
Recipe

Turkey Patties

- 1 1/4 pound ground turkey
- 1 cup bread crumbs
- 1 egg
- 1/4 cup chopped green onion
- 1 Tablespoon prepared mustard
- 1/2 cup chicken broth
- nonstick cooking spray

1. Mix ground turkey, bread crumbs, egg, onions, and mustard in a large bowl. Shape into 4 patties, about 1/2 inch thick.
2. Spray a large skillet with cooking spray. Add patties and cook, turning once to brown other side. Cook until golden brown outside and white inside, about 10 minutes. Remove.
3. Add chicken broth to skillet and boil over high heat until slightly thickened, about 1 to 2 minutes. Pour sauce over patties.
4. Serve on buns.

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



Shopping List for Recipe

- _____ Ground turkey
- _____ Bread crumbs
- _____ Egg
- _____ Green onion
- _____ Mustard
- _____ Chicken broth
- _____ Cooking spray

Families On The Move

Family Goal: Each day this week, have each member of your family write down his/her physical activity.

Just like becoming aware of your eating habits, becoming aware of your exercise habits is the first step in making positive changes to your health. This week, have each member of your family write down the amount of time and the activity he or she does each day. Your family can track their physical activity at the Health and Human Services website at www.SmallStep.gov. Also at this website, you can set goals and gain knowledge about how to become more active.

Math Connection: Let's say that your family decides to go on a one-hour bike ride each week. If riding a bike burns about 300 Calories per hour, how many Calories would each member of your family burn in 1 year? (Answer at the bottom of page)

Health and Fitness Resources

Website

MyPyramid www.MyPyramid.gov

Parent's Book

Real Food for Healthy Kids: 200+ Easy, Wholesome Recipes by Tanya Wenman Steel and Tracey Seaman, HarperCollins Publishers 2008

Children's Book

My Food Pyramid: Eat Right, Exercise, Have Fun by Alisha Niehaus, DK Publishing, 2007

Video

The Lunch Lady's Guide to the Food Pyramid, Tinkeroo, Mazzarella Media, 2006

Well-Balanced Lunch Idea

- 1 whole grain
- 1 vegetable
- 1 fruit
- 1 Meat, poultry, fish, beans, eggs, or nuts
- 1 Milk, yogurt, or cheese

Subject of the Week

Food Pyramid

Grain Group (at least half should be whole grains)

- Children ages 4-8 = 4-5 ounces
- Females 9-13 and 51 and older = 5 ounces
- Females ages 14-50, Males 9-13 and 51 and older = 6 ounces
- Males ages 14-18 and 31-50 = 7 ounces
- Males ages 19-30 = 8 ounces

Vegetable Group (should be a variety of dark green, orange, and starchy vegetables, peas, and beans)

- Children ages 4-8 = 1 ½ cups
- Females ages 9-13 and 51 and over = 2 cups
- Females ages 14-50, Males 9-13 and 51 and over = 2 ½ cups
- Males ages 14-50 = 3 cups

Fruit Group (try to eat whole fruit with skin)

- Children ages 4-8 = 1 to 1 ½ cups
- Females 9-18 and 31 and older, Males 9-13 = 1 ½ cups
- Females 19-30, Males 14 and older = 2 cups

Milk Group (try to eat non- or low-fat versions)

- Children ages 2-8 = 2 cups
- Females and Males 9 and older = 3 cups

Meat and Beans Group

- Children ages 4-8 = 3-4 ounces
- Females 9-18 and 31 and older, Males 9-13 = 5 ounces
- Females 19-30, Males 51 and older = 5 ½ ounces
- Males ages 14-18 and 31-50 = 6 ounces
- Males ages 19-30 = 6 ½ ounces

Healthful Food Pyramid Snacks

1. Baked sweet potato
2. Hard boiled egg
3. Orange

Fit School Newsletter

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

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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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For more information: www.TheFitSchool.com

Math Answer = 15,600 Calories burned in 1 year