



Small changes today for a healthier tomorrow

January 4 – 10, 2010
Volume 7, Issue 17



Fit School Newsletter



Health Goal for the Week

Goal: Set a family goal this week for each person to try one new food each day.

Each day this week, have each member of your family try one new food. Have you ever tried a kumquat, persimmon, hominy, okra, or watermelon radish? This week, take a taste bud adventure and try new foods. Most people stay in the routine of eating the same foods each week. You can probably find a variety of different foods at the same grocery store you've always shopped. Look through the produce isle and even in the bulk food section. You will be surprised at the variety of food that you've passed by without even noticing on previous trips through the isles.



When trying the new foods, keep a list of the new foods that the family enjoyed and those that weren't particularly liked. Make it a game, and have each person try at least 2 bites of each new food. By adding more variety to your family's diet, there is a better chance that each person is getting the vitamins and minerals that he or she needs each day.

1																	2
3	4											5	6	7	8	9	10
11	12											13	14	15	16	17	18
19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36
37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
55	56											81	82	83	84	85	86
87	88	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	
Fr	Ra	Rf	Db	Sg	Bh	Hs	Mt	Ds	Rg	Cp	Uut	Uuq	Uup	Uuh	Uus	Uuo	
		57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	
		La	Ce	Pr	Nd	Pm	Sm	Eu	Gd	Tb	Dy	Ho	Er	Tm	Yb	Lu	
		89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	
		Ac	Th	Pa	U	Np	Pu	Am	Cm	Bk	Cf	Es	Fm	Md	No	Lr	

Science Connection: What is the chemical symbol for Iron? What is the atomic number for Iron? What is the atomic weight? (Answer at the bottom of next page)

Recipe

Mexican Pozole Soup

- 2 pounds cubed lean beef
- 1 Tablespoon olive oil
- 1 large onion
- 1 finely chopped garlic clove
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 cup cilantro
- 1 can (15 ounces) stewed tomatoes
- 2 ounces tomato paste
- 1 can (1 lb. 13 ounce) hominy

1. In a large pot, heat oil. Sauté beef.
2. Add onion, garlic, salt, pepper, cilantro, and enough water to cover the meat. Cover pot and cook over low heat until meat is tender.
3. Add tomatoes and tomato paste. Continue cooking for about 20 minutes.
4. Add hominy and continue cooking another 15 minutes, stirring occasionally, over low heat. If too thick, add water for desired consistency.

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

Shopping List for Recipe

_____ Lean beef	_____ Salt
_____ Olive oil	_____ Pepper
_____ 4 tomatoes	
_____ Onion	
_____ Garlic	
_____ Cilantro	
_____ Stewed tomatoes	
_____ Tomato paste	
_____ Hominy	

Families On The Move

Family Goals: This week, have each person in your family add weight-lifting to his or her exercise routine.

According to US Department of Health and Human Services, weight-lifting is the best way to increase strength. By adding a simple weight-lifting routine two or three times per week, you can add muscle, increase your metabolism, and reduce your risk of injury. Weights can consist of hand-held weights, soup cans, or even filled water bottles.

Plan two evenings this week where your family takes five minutes to do a quick weight-lifting routine. If you are sharing the weights, have your other family members do sit-ups, push-ups, or jumping jacks while he or she waits. Make it a game, and remember to have fun!

Math Connection: You decide to start lifting weights. Let's say that the fat that you replaced with muscle, burns approximately 10 Calories more each day. If it takes a deficit of 3,500 Calories to lose one pound, how much weight would you lose in 1 year, just by having more muscle mass and less fat? (Answer at the bottom of page)

Health and Fitness Resources

Website

National Institutes of Health Office of Dietary Supplements
www.ods.od.nih.gov/actsheets/iron.asp

Parent's Book

The Complete Idiot's Guide to Vitamins and Minerals by Alan Pressman, PhD and Sheila Buff, Penguin Group, 2007

Children's Book

Eat Right: Tips for Good Nutrition by Katie Bagley and Joan Bushman, Bridgestone Books, 2002

DVD

The Standard Deviants: Learn Nutrition 2004

Well-Balanced Lunch Idea

Whole-wheat roll with

- 1 TBLS mustard
- 3 ½ oz lean roast beef
- ½ sliced tomato

½ cup low-fat cottage cheese mixed with ½ cup peaches

8 oz Water

Nutrient of the Week

Iron

Why we need it: a trace mineral that helps to carry oxygen in the blood to all parts of your body

How much we need:

- Children ages 1-3 = 7 mg/day
- Children ages 4-8 = 10 mg/day
- Children ages 9-13 = 8 mg/day
- Females ages 14-18 = 15 mg/day
- Males ages 14-18 = 11 mg/day
- Females ages 19-50 = 18 mg/day
- Males ages 19 and older = 8 mg/day
- Females ages 51 and older = 8 mg/day
- Pregnant females = 27 mg/day
- Nursing females = 9 mg/day

Best Food Sources:

- 3 oz hamburger = 3 mg iron
- 3 oz roasted chicken or turkey = 1.5 mg iron
- ¼ cup dried pumpkin seeds = 5.2 mg iron
- ½ cup cooked garbanzo beans or chickpeas = 2.4 mg iron

The body more readily absorbs iron if it is from meat or fish and is eaten with Vitamin C.

Healthful Iron Snacks

1. Tuna on whole-grain cracker
2. Grits made with water
3. Cornbread

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 © 2009 Fit School, Inc.

For more information: www.TheFitSchool.com

Science Answer = Fe, atomic number = 26, atomic weight = 55.847

Math Answer = 1 pound