



Small changes today for a healthier tomorrow

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Fit School Newsletter



Health Goal for the Week

Goal: This week, have your family read the Nutrition Facts Labels for all pre-packaged foods that you eat.

Learning to read and use Nutrition Facts Labels is a great way to help your family become aware of what they are eating and make healthier choices. As a family, visit the US Food and Drug Administration's Make Your Calories Count website at www.fda.gov/Food/LabelingNutrition/ConsumerInformation/ucm114022.htm for a tutorial of how to use the Nutrition Facts Labels for healthy weight management.



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%	

Look at serving size

Number of Calories per serving

Limit these nutrients

Get 100% of these nutrients each day

Recipe

Baked Lemon Chicken

- 3 ½ pounds chicken - skinned and cut into 10 pieces
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 ½ thinly sliced cloves of garlic or 1 tsp garlic powder
- 4 fresh thyme sprigs or 1 tsp dried thyme
- 3 cups thinly sliced onions
- 1 ½ cups chicken stock or water
- ¼ cup lemon juice
- 1 lemon sliced into 10 slices, seeds removed

1. Combine salt, pepper, garlic, and thyme.
2. Lay chicken pieces into an 11x13 baking pan. Sprinkle seasonings over chicken.
3. Combine onions, stock, and lemon juice in a saucepan. Heat to a boil.
4. Pour hot lemon mixture around chicken. Top each chicken piece with a lemon slice.
5. Bake for 30 minutes at 400 degrees until golden brown and juices are clear colored.

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

- ### Shopping List for Recipe
- _____ Chicken
 - _____ Chicken stock
 - _____ Lemon juice
 - _____ Lemon
 - _____ Onion
 - _____ Salt
 - _____ Pepper
 - _____ Garlic
 - _____ Thyme

Families On The Move

Family Goal: Spend at least one hour this week doing an indoor, active activity with your family.

This week, spend some time as a family at an ice skating rink, indoor swimming pool, local gym, roller skating rink, or any indoor activity center. Sometimes people lose their exercise routines during the winter months. By making a list of indoor activity facilities and visiting them, you can be active as a family, while having a lot of fun.

Nutrition Connection: Using the Nutrition Facts Label on the first page, answer the following questions: 1. What is the serving size? 2. How many Calories are in one serving of this product? 3. Looking at the serving size, number of Calories, and different nutrients, guess what product this label was taken from? (See answers on bottom of page)

Health and Fitness Resources

Website

www.cfsan.fda.gov/~dms/foodlab.html
US Food and Drug Administration's *How to Understand and Use the Nutrition Facts Label*

Parent's Book

Guide to Healthy Fast-Food Eating by Hope Warshaw, American Diabetes Association, 2006

Children's Book

Looking at Labels: The Inside Story, Vol. 6 by Slim Goodbody and John Burstein, Crabtree Publishing Company, 2008

DVD

My Pyramid. Choosing Nutritious Food and Healthy Activities by Educational Videos, 2007

Nutrition Answer = 1. 1 container 2. 220 Calories 3. Yogurt

Well-Balanced Lunch Idea

- 1 serving whole-wheat crackers
- 3 oz tuna mixed with
 - 1 TBLS low-fat cream cheese
 - 1 TBLS low-fat mayonnaise
 - 1 TBLS relish
- 6 snow peas
- Apple
- 8 ounce non-fat milk



Subject of the Week

Reading Nutrition Facts Labels

What to look for:

1. Serving Size: Compare how much of the product you will eat to the serving size listed on the label
2. General Guidelines for Calories (and Calories from Fat):
 - 40 Calories = Low
 - 100 Calories = Moderate
 - 400 Calories or more = High
3. Percent Daily Value (%DV):
 - Limit** fat, saturated fat, trans fat, cholesterol, and sodium (Healthier choices have 5% DV or less)
 - Get 100% each day** of fiber, Vitamin A, Vitamin C, Calcium, Iron

Healthier Packaged Snacks

1. Whole-grain waffle
2. 1 cup pre-packaged cereal mix
3. 8 ounce non- or low-fat yogurt

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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