



Small changes today for a healthier tomorrow
February 1 - 7, 2010
Volume 7, Issue 21



Fit School Newsletter



Health Goal for the Week

Goal: This week, make a positive change in your diet.

We tend to eat the same 15 to 20 foods each week. There are thousands of tasty, healthy foods available that we have never tried. This week, make a positive change in your diet. Below are some basics you should know before you begin:

1. Know how to read a Nutrition Facts Label
www.fda.gov/Food/LabelingNutrition/ConsumerInformation/ucm114022.htm
2. Know the Food Groups and how much you need from each group each day. At www.MyPyramid.gov, you can get a personalized printout of how much food you need from each food group.
3. Learn more about how to buy and prepare



healthy food. Go to www.Nutrition.gov and type "Shopping, Cooking, and Meal Planning" in the Search Box.

Ideas for Positive Changes to Diet

Add

- Eat plenty of fruits, vegetables, and whole grains
- Eat healthy portion sizes (use smaller plates at meals)
- Drink water and fat-free milk as your beverages
- Eat only fruits and vegetables as snacks before dinner

Eliminate

- Family agreement not to have chips or other high-calorie snacks in the house
- No eating after 7pm
- No eating while reading, playing video games, or watching TV

Recipe

Slow Cooker Beef Stew

- 1 1/2 - 2 pounds stew meat - cut into 1 inch cubes
 - 1/4 cup all purpose flour
 - Salt and pepper to taste
 - 2 cups water
 - 2 teaspoons or 2 cubes beef bouillon
 - 1 finely chopped garlic clove
 - 3 sliced carrots
 - 3 diced potatoes
 - 1 - 2 chopped onions
 - 1 sliced celery stalk
- Add herbs as desired: bay leaf, basil, oregano, etc.
1. Place meat in slow cooker.
 2. Mix flour, salt, and pepper in a medium bowl, and pour over meat; stir to coat.
 3. Add remaining ingredients and stir to mix.
 4. Cover and cook on LOW for 8 to 10 hours or HIGH for 4 to 6 hours.
 5. Stir stew thoroughly before serving. If using bay leaf, discard before serving.

Parent Tip: A great way to prepare a healthy at-home-meal is by using a slow cooker. You can mix the ingredients the evening before and store them in the refrigerator overnight. In the morning, just transfer them to the slow cooker and turn it on. When you return in the evening (hungry and tired!), you have a healthy meal waiting for you and your family.

Shopping List for Recipe

- _____ 2 lbs. Stew meat
- _____ Flour
- _____ Salt and Pepper
- _____ Beef Bouillon
- _____ Garlic
- _____ Carrots
- _____ Potatoes
- _____ Onions
- _____ Celery
- _____ Herbs: bay leaf, basil, oregano

Families On The Move

Family Goal: Have each member of your family write out a 2-month workout plan to help you stay consistent with your exercise until Spring.

The National Institute of Child Health and Human Development claims that the average person gains about a pound during the winter holiday seasons. This becomes a problem because the average person does not lose this extra pound, and it accumulates each year. This unhealthy weight gain can be avoided with a nutrition and exercise plan.

Here are some questions to help you get started with your workout plan:

1. What exercise will you do each day for at least 20 minutes?
2. What time will you exercise each day (write this in your calendar like you would any other appointment)

How will you support the others in your family to reach their exercise goals? (help them with their chores so they can get outside for a walk, encouraging words, etc.)

Health and Fitness Resources

Website

www.nal.usda.gov/fnic/pubs/bibs/gen/ea_tsmart.pdf USDA National Agricultural Library's *Eating Smart: A Nutrition Resource List for Consumers*

Parent's Book

The Harvard Medical School Guide to Healthy Eating for Kids: Eat, Play, and Be Healthy by Allan Walker, MD with Courtney Humphries 2005

Children's Book

Better Homes & Gardens New Junior Cook Book by Jan E. Miller, Meredith Books, 2004

Well-Balanced Lunch Idea

- 8" tortilla spread with all-natural peanut butter and filled with banana slices
- 8 oz low- or non-fat yogurt
- 1 celery stick

Subject of the Week

Nutrition Basics

Calories

Carbohydrates: Give us energy to move, digest food, and to do every function our bodies do

Proteins: Give us energy, builds and repairs muscles, tissues, red blood cells, and hormones

Fats: Give us energy, keep the body warm, protect the body's organs, and help the body use carbohydrates and proteins for fuel

Vitamins

Fat-Soluble Vitamins are stored in the body's fat and do not need to be eaten every day

Vitamin A Vitamin D Vitamin E Vitamin K

Water-Soluble Vitamins are not stored in the body and should be eaten every day

Vitamin C (ascorbic acid)

B Vitamins

Thiamin (Vitamin B-1) Riboflavin (Vitamin B-2)

Vitamin B-6 Niacin

Vitamin B-12 Folic Acid

Biotin Pantothenic acid

Minerals: inorganic nutrients that your body needs to work

Calcium	Phosphorous	Magnesium
Iron	Zinc	Iodine
Copper	Manganese	Fluoride
Chromium	Selenium	Molybdenum
Sodium	Potassium	Chloride

Healthful Snacks

1. Banana slices topped with walnut pieces
2. Hardboiled egg
3. ¼ cup pistachios

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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