



Small changes today for a healthier tomorrow
March 1 - 7, 2010
Volume 7, Issue 25



Fit School Newsletter



Health Goal for the Week

Goal: Eat more whole grains.

Read the ingredient statement for the products you purchase. Manufacturers must list ingredients in descending order by weight. Look for products that list whole grains first. If your children aren't used to eating whole grains, start with products that list whole grains further down the list and gradually offer more whole grains throughout the school year.

For many whole grains, the word "whole" usually is listed before the type of grain, such as "whole-wheat flour," "whole-durum flour," "whole-grain barley," "whole cornmeal," or "whole white wheat." Other ways to identify whole grains are:

- Some whole grains have a standard of identity and do not include the word "whole," such as "cracked wheat," "crushed wheat," and "graham flour."
- The term "berries" or "groats" indicate a whole, unrefined grain – for example, rye berries or buckwheat groats.
- Rolled oats, oatmeal, brown rice, brown rice flour, and wild rice are also whole grains.



Did You Know?

Whole grains consist of the entire cereal grain seed or kernel. The kernel has three parts—the bran, the germ, and the endosperm. Usually the kernel is cracked, crushed, or flaked during the milling process. If the finished product retains the same relative proportions of bran, germ, and endosperm as the original grain, it is considered a whole grain.

Recipe

Oven-Baked Three-Grain Pancakes

- 1 cup whole-wheat flour
- 1 cup enriched buckwheat flour
- 1 cup wheat bran
- 2 TBLS baking powder
- ¼ cup sugar
- 1½ tsp salt
- 3 eggs
- ¼ cup vegetable oil
- 3 cups fat-free or low-fat milk

1. Combine flours, wheat bran, baking powder, sugar, salt, eggs, oil, and milk in a mixing bowl. Using the whip attachment, mix for 30 seconds on low speed. Scrape down sides of bowl.
2. Mix for 1 minute on medium speed until batter is smooth.
3. Into a half-sheet pan (13"x 18"x 1") which has been lightly coated with pan release spray, pour 2 lb 15 oz (1 qt 1 cup) of batter.
4. Bake until golden brown:
Conventional oven: 450° F for 10 minutes
Convection oven: 400° F for 8 minutes.
5. Cut pieces 5 x 5 (25 pieces). Portion is 1 piece.

Recipe from USDA <http://healthymeals.nal.usda.gov>

Shopping List for Recipe

- _____ Whole-wheat flour
- _____ Buckwheat flour
- _____ Wheat bran
- _____ Baking powder
- _____ Sugar
- _____ Salt
- _____ Eggs
- _____ Vegetable oil
- _____ Fat-free or low-fat milk

Families On The Move

Family Goal: Do a family boot camp workout.

Boot camp workouts are a popular exercise class at gyms across the country. These workouts consist of short, fast bursts of exercise followed by short rest periods. The purpose is to burn a lot of calories and gain muscle in a short period of time.

This week, gather all of your exercise equipment around your house and place it in a centralized location. Have each member of your family plan at least two exercises that each person must do for 5 minutes each. Allow at least 1 minute rest in between each activity.

Example Family Boot camp

- 1 minute stretch
- 5 minute walk
- 1 minute rest
- 5 minute as many crunches you can do
- 1 minute rest
- 5 minute jumping jacks
- 1 minute rest
- 5 minute as many pushups as you can do
- 1 minute rest
- 5 minute walk
- 1 minute stretch

Health and Fitness Resources

Website

USDA's National Agricultural Library
www.nal.usda.gov/wicworks/Learning_Center/FP/wg_resource.pdf

Parent's Book

Whole Grains for Busy People by
Lorna Sass, Crown Publishing Group,
2008

Children's Book

Magic Kitchen Cookbook by Stephanie
Karpinske, Sheena Chihak, Meredith
Books 2007

Well-Balanced Lunch Idea

Whole-grain bagel filled with 1 slice Provolone cheese, 2 slices lower-sodium turkey lunchmeat, sliced avocado, 1 TBL raisins and shredded carrots
Water

Subject of the Week

Whole Grains

Which foods are in the grain group:

Any food made from wheat, rice, oats, cornmeal, barley or other cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

Grains are divided into 2 subgroups, **whole grains** and **refined grains**.

Whole grains contain the entire grain kernel - the bran, germ, and endosperm. Examples include:
whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, brown rice

Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins. Some examples of refined grain products are: white flour, degermed cornmeal, white bread, white rice

Most refined grains are *enriched*. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains. Check the ingredient list on refined grain products to make sure that the word "enriched" is included in the grain name. Some food products are made from mixtures of whole grains and refined grains.

Healthful Whole-Grain Snacks

1. Air-popped popcorn
2. Whole-wheat toast with 1 tsp jelly
3. Whole-grain cereal mix

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.

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