



Small changes today for a healthier tomorrow

March 8 - 14, 2010
Volume 7, Issue 26



Fit School Newsletter



Health Goal for the Week

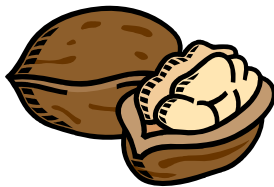
Goal: Try a new seed or nut this week.

Have you ever eaten a mongongo nut, Gevuina nut, Brazil nut, lotus seed, or pumpkin seed? Nuts and seeds are a great source of Vitamin E, healthy unsaturated fats, protein, and fiber. Even though nuts and seeds are high in calories (160 to 200 calories per ounce), researchers are finding many healthy benefits to eating a small portion each day.

A lot of research is being conducted on the health benefits of seeds and nuts. The National Heart, Lung, and Blood Institute recommends eating 4 to 5 servings of nuts, seeds, and



legumes per week to help reduce blood pressure. Also, the U.S. Food and Drug Administration claims that "Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease." As long as you have no allergies related to seeds and nuts, adding a variety of them into your diet can have a positive impact on your health.



Science Connection: What are the six major plant parts? Use a biology book or the internet to find your answer. (Answer on bottom of next page.)

Recipe

Sesame-Beef-Almond-Vegetable Stir fry

- 4 cups cooked brown rice
- Cooking spray
- ½ tsp ginger
- 1/3 cup low-sodium teriyaki sauce
- 1 lb thinly sliced, cooked lean steak
- 1 lb frozen stir fry vegetable mix
- 5 TBLS sliced almonds
- 5 TBLS sesame seeds

- Microwave frozen vegetable according to directions
- Coat large skillet with cooking spray
- Place skillet on medium heat
- Add sliced almonds for 4 minutes, stirring occasionally
- Add sesame seeds for 3 minutes, stirring occasionally
- Add cooked beef, ginger, and teriyaki sauce and heat through
- Place ½ cup rice, 1 cup vegetables, and ½ cup meat mixture on each plate
- Enjoy!

Parent Tip: To save time and energy, grill a large amount of beef, chicken, or pork at one time. Slice into thin strips and freeze in meal size portions. You can then quickly thaw the meat in a microwave and use it in a variety of quick and healthy recipes.

Shopping List for Recipe

- _____ Brown rice
- _____ Cooking Spray
- _____ Ginger
- _____ Low-sodium teriyaki sauce
- _____ Lean steak
- _____ Stir fry frozen vegetable mix
- _____ Sliced almonds
- _____ Sesame seeds

Families On The Move

Family Goal: This week, start a family exercise reward system.

Do you have some family members that find it difficult to stay consistent with their exercise routine? To help them stay motivated and encouraged, start a family exercise reward system. One idea would be to provide a token for every 15 minutes of exercise. These tokens can then be exchanged for an equivalent amount of television, computer, or video game time. Or you could accumulate and pool tokens to earn a trip to a zoo or amusement park. A common goal brings families closer together, builds support, and is a lot more fun!



Health and Fitness Resources

Website

University of Nebraska Cooperative Extension-Lancaster County: *Nuts for Nutrition*
<http://lancaster.unl.edu/food/ftmar04.htm>

Parent's Book

1,001 Low-Fat Vegetarian Recipes: Delicious, Easy-to-Make Healthy Meals for Everyone by Sue Spitler and Linda Yoakam, Surrey Books, 2006

Children's Book

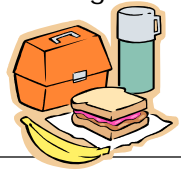
Berries, Nuts, and Seeds by Diane Burns and John McGee, Gareth Stevens Publishers 2000

DVD

Koi and the Kola Nuts by Brian Gleeson, Ken Hoin and C.W. Rogers, Rabbit Ears Entertainment 2005

Well-Balanced Lunch Idea

- 2 slices whole-wheat bread with
- 1 TBLS all-natural almond butter
- 1 sliced banana
- ½ cup raw broccoli w/ low-fat Ranch dressing
- 8 oz fat-free milk



Nutrient of the Week

Vitamin E

Why we need it: protects cell membranes from oxidative damage from free radicals

How much we need:

- Children ages 1-3 = 6 mg/day
- Children ages 4-8 = 7 mg/day
- Children ages 9-13 = 11 mg/day
- Females and Males ages 14 and older = 15 mg/day
- Nursing Females = 19 mg/day

Best Food Sources:

- ¼ cup sunflower seeds = 28 mg vitamin E
- ¼ cup almonds = 14 mg vitamin E
- 1 cup chopped, boiled spinach = 6.7 mg vitamin E
- 1 Tablespoon sunflower oil = 5.6 mg vitamin E
- 1 ounce nuts, hazelnuts, filberts = 4.3 mg vitamin E
- 1 oz wheat germ = 3.8 mg vitamin E
- 1 cup canned tomato sauce = 3.5 mg vitamin E
- ½ cup yellow corn meal = 3.4 mg vitamin E

Healthful Vitamin E Snacks

1. 1 ounce almonds
2. Mango
3. 1 ounce sunflower seeds

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: roots, stems, leaves, flowers, fruits, and seeds