



Small changes today for a healthier tomorrow
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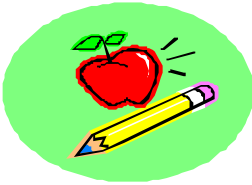
Fit School Newsletter



Health Goal for the Week

Goal: This week, take 15 minutes to sit down as a family and plan your week.

Families tend to eat more pre-prepared foods or dine out when they feel rushed, stressed, and overscheduled. Even though it may seem that you don't have enough time to sit and plan your week, a few minutes of planning will actually save you time, and money, and improve health. Sit down for 15 minutes as a family and write out everyone's activities on one calendar. Writing out the week's meals, snacks, and shopping list will help your family stay healthy and less stressed. In addition, everyone will feel involved, connected, and more likely to help other family members during the week.



Make Your Choice

	<u>Choice #1</u> <u>Oscar Mayer Lunchable</u> <u>Sub Sandwich</u> <u>Turkey and Cheddar</u>	<u>Choice #2</u> <u>Well-Balanced Lunch Idea</u> <u>Tuna Apple Sandwich</u> <u>5 Baby Carrots</u> <u>8 oz fat free milk</u>
Calories	360	360
Fat	8g	3g
Saturated Fat	2.5g	1g
Sodium	600mg	556mg
Dietary Fiber	4g	7.5g
Sugar	32g	29g
Protein	11g	30.5g
Calcium	20%	40%

Recipe

Apple Tuna Sandwiches

- 1 can (6.5 ounces) drained tuna, packed in water
- 1 apple
- 1/4 cup yogurt, low fat vanilla
- 1 teaspoon mustard
- 1 teaspoon honey
- 6 slices whole wheat bread
- 3 lettuce leaves

1. Wash and peel the apple. Chop it into small pieces.
2. Drain the water from the can of tuna.
3. Put the tuna, apple, yogurt, mustard, and honey in a medium bowl. Stir well.
4. Spread 1/2 cup of the tuna mix onto each 3 slices of bread.
5. Top each sandwich with a washed lettuce leaf and a slice of bread.

Recipe from the USDA at
http://recipefinder.nal.usda.gov/index.php?mode=display&rec_id=521&Language=SP

Math Connection: Let's say that you eat the same lunch every Monday. Comparing the two lunch choices to the left, how much more dietary fiber and protein would you eat in 1 year if you change from Choice #1 to Choice #2? (See answer on bottom of next page)

Shopping List for Recipe

- _____ 6.5 ounces tuna packed in water
- _____ Apple
- _____ Low-fat vanilla yogurt
- _____ Mustard
- _____ Honey
- _____ Whole wheat bread
- _____ Lettuce

Families On The Move

Family Goal: Have each member of your family do 5 crunches each day this week.

Crunches are a great way to build muscles in your abdomen and help support the bones and muscles in your back. A strong abdomen leads to less back pain and a better posture. The best way to start a muscle-building program is to start slow.

Make a pact with your family that you will each do 5 crunches each day this week. You may want to link doing the crunches to something like television viewing. For example, before you turn on the television, have everyone get down and do crunches. It's a great way to remember your exercise routine and establish a habit.



Health and Fitness Resources

Website

USDA's Shopping, Cooking, and Meal Planning
http://www.nutrition.gov/nal_display/index.php?info_center=11&tax_level=1&tax_subject=391

Parent's Book

Real Food for Healthy Kids: 200+ Easy, Wholesome Recipes by Tanya Wenman Steel and Tracey Seaman, HarperCollins Publishers, 2008

Children's Book

Kids Cook 1-2-3: Recipes for Young Chefs Using Only 3 Ingredients by Rozanne Gold and Sara Pinto, Bloomsbury USA, 2006

DVD

The Meaning of Food by Gargiulo, Bassford, Gee, and Mikulenka, PBS Home Video, 2005

Well-Balanced Lunch Idea

Apple Tuna Sandwich from recipe on page 1
5 baby carrots
8 oz fat-free milk



Nutrient of the Week

Magnesium

Why we need it: helps in bone mineralization, muscle contraction, and helps the body use carbohydrates, fats, and proteins. It is found in every cell in your body!

How much we need:

Children ages 1-3 = 80 mg/day
Children ages 4-8 = 130 mg/day
Children ages 9-13 = 240 mg/day
Females ages 14-18 = 360 mg/day
Males ages 14-18 = 410 mg/day
Females ages 19-30 = 310 mg/day
Males ages 19-30 = 400 mg/day
Females ages 31 and older = 320 mg/day
Males ages 31 and older = 420 mg/day
Pregnant females = 350-360 mg/day
Nursing females = 310-320 mg/day

Best Food Sources:

3 oz baked halibut = 120 mg magnesium
¼ cup roasted peanuts = 63 mg magnesium
2 TBLS peanut butter = 51 mg magnesium
banana = 30 mg magnesium
1 cup fat free milk = 28 mg magnesium

Healthful Magnesium Snacks

1. 23 almonds
2. Banana slices topped with 1 tsp peanut butter
3. 2 whole-wheat crackers each topped with 1 tsp low-fat tuna salad

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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For more information: www.TheFitSchool.com

Math Answer = 182 g more dietary fiber, 1,014g more protein