



Small changes today for a healthier tomorrow

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Fit School Newsletter



Health Goal for the Week

Goal: Have your family eat only meatless meals for one day.

Many studies show that eating whole grains, vegetables, and fruits leads to a healthier heart and healthier body. This may seem like an easy thing to do. We can logically understand that putting these healthy foods into our bodies will help us feel better, make our body systems work better, and maybe even make us live longer, but putting healthy eating into practice is often difficult.



One way to start eating healthier is to choose a day this week for your family to eat only meatless meals. Plan a shopping list, meals, and snacks for that day. Add a variety of fruits, vegetables, and whole-grains. You may find that you enjoy the healthier food and feel a lot better.

Many advertisers claim that their vitamins can give you more energy and make you feel alive. In fact, your energy only comes from the calories contained in carbohydrates, fats, and proteins. Because vitamins do not contain calories, they cannot provide energy.



Recipe

Avocado Tacos

- 1 medium onion, cut into thin strips
- 2 large green peppers, cut into thin strips
- 2 large red peppers, cut into thin strips
- 1 cup fresh cilantro, finely chopped
- 1 ripe avocado, peeled and seeded, cut into 12 slices
- 1½ cups fresh tomato salsa (see ingredients below)
- 12 flour tortillas
- Vegetable cooking spray

Fresh Tomato Salsa Ingredients

- 1 cup tomatoes, diced
- 1/3 cup onions, diced
- ½ clove garlic, minced
- 2 tsp. cilantro
- 1/3 tsp. Jalapeno peppers, chopped
- ½ tsp. lime juice
- Pinch of cumin

1. Mix together all salsa ingredients and refrigerate in advance.
2. Coat skillet with vegetable spray.
3. Lightly sauté onion and green and red peppers.
4. Warm tortillas in oven and fill with peppers, onions, avocado, and salsa. Fold tortillas and serve.

Recipes Provided by CDC

<http://www.cdc.gov/features/diabetesandlatinos>



Shopping List for Recipes

- | | |
|------------------------|--------------------|
| _____ Onion | _____ Green pepper |
| _____ Avocado | _____ Red pepper |
| _____ Cilantro | _____ Tortillas |
| _____ Cooking Spray | _____ Tomatoes |
| _____ Onions | _____ Garlic |
| _____ Jalapeno peppers | _____ Lime juice |
| _____ Cumin | |

Families On The Move

Family Goal: This week, set up and do a family obstacle course.

Using items you have around the house, work together as a family to make an indoor or outdoor obstacle course. Have each family member go through the course. If you would like, use a stopwatch and time each family member. Family members can choose to either compete with each other or try to improve his or her time each time through the course. Remember to cheer each other on and to have fun!



History Connection: In what city were the 2010 Winter Olympics held? What is your favorite Winter Olympics' sport? (Answers at bottom of page)

Health and Fitness Resources

Website

Harvard School of Public Health
<http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/vitamins/>

Parent's Book

Vitamin and Mineral Food Counter by Annette B. Natow, Ph.D., C.D.N., and Jo-Ann Heslin, M.A., R.D., C.D.N., Simon & Shuster, 2004

Children's Book

Vitamins and Minerals by Trisha Sertori, Marshall Cavendish, Inc. 2008

DVD

The Standard Deviants School: Human Nutrition, Module 6 – Micronutrients (Vitamins) by Cerebellum Corp 2004

History Answer = Vancouver, BC, Canada

Well-Balanced Lunch Idea

Whole wheat English muffin topped with
 1 TBLS vanilla low-fat yogurt
 Papaya slices
 Kiwi slices
 ½ cup red, yellow, or green pepper slices
 8 oz fat-free milk

Subject of the Week

Vitamins: organic (carbon-containing) nutrients that your body needs in very small amounts to stay healthy, to grow, and to stay alive. Vitamins start or speed up chemical reactions in your body.

There are two types of vitamins your body needs: fat-soluble and water-soluble.

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

Healthful Vitamin Snacks

1. Hardboiled egg
2. Avocado
3. Red Bell Pepper

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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