



Small changes today for a healthier tomorrow

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Fit School Newsletter



Health Goal for the Week

Goal: Drink only water and fat-free milk as your beverages this week.

According to the Tufts University Health & Nutrition Newsletter, the average American takes in a fourth of his or her calories from beverages. Even though a person may drink a high calorie beverage, he or she does not feel full and will not reduce the calories eaten throughout the day.

If you decide to only drink water and three glasses of fat-free milk for your beverages, you would drink on average about 250 calories per day, compared to the 500 calories per day that an average American consumes. Also, your body will receive all of the vitamins and minerals that milk provides and the calorie-free hydration of the water.



Recipes

Fruit Spritzer

- 12oz can 100% juice concentrate
- 1 liter club soda
- Ice

-In large container, mix juice concentrate with club soda. Add ice

100% Juice Popsicles

- Juice (100% juice)
- Ice cubetray
- Toothpicks

- Fill ice cube tray with juice
- Place in freezer for 1 hour
- Take ice cube tray out of freezer and place 1 toothpick in the center of each cube
- Place ice cube tray in freezer 1 more hour
- Enjoy!



Math Connection: Let's say that you currently drink 3 servings of Coca-Cola® per day, and you decide to switch to 3 servings of fat-free milk. How many fewer calories would you drink each day, each week, and each year. Also, How many more grams of protein would you drink each day, week, and year? (Answer at bottom of page)

Nutrition Facts	
Coca-Cola®	
Serving Size: 8oz	
Calories 100	
Fat Calories 0	
Amount/Serving %DV	
Total Fat 0g	0%
Sat. Fat 0g	0%
Trans Fat 0g	
Cholest. 0g	0%
Sodium 35mg	1%
Potassium 0g	0%
Total Carb. 27g	9%
Fiber 0g	
Sugars 27g	
Protein 0g	
Vit. A 0%	Iron 0%
Vit. C 0%	Vit.D 0%
Calcium 0%	

Nutrition Facts	
Fat Free Milk	
Serving Size: 8oz	
Calories 90	
Fat Calories 0	
Amount/Serving %DV	
Total Fat 0g	0%
Sat. Fat 0g	0%
Trans Fat 0g	
Cholest. 5mg	2%
Sodium 130mg	5%
Potassium 410mg	12%
Total Carb. 13g	4%
Fiber 0g	
Sugars 12g	
Protein 9g	
Vit. A 10%	Iron 0%
Vit. C 2%	Vit.D 25%
Calcium 30%	

- ## Shopping List for Recipes
- _____ 12 oz 100% juice concentrate
 - _____ 1 liter club soda
 - _____ 100% juice
 - _____ Ice cube tray
 - _____ Toothpicks

Families On The Move

Family Goal: Go for a family swim.

Whether you live in a cold or warm climate, take a day this week and go for a family swim. If it is still too cold in your area to swim outside, search for a local indoor pool where you can spend time as a family swimming, splashing, and playing.

Swimming is great exercise because it is easy on your joints and allows your body to have a greater range of motion. After you are finished playing in the pool, take a few minutes to stretch in the pool as a family. Notice how relaxed and flexible your body is for the rest of the day.



Health and Fitness Resources

Website

Tufts University Health & Nutrition Newsletter
<http://www.tuftshealthletter.com/SearchPage.aspx?s=water>

Parent's Book

Volumetrics Eating Plan: Techniques and Recipes for Feeling Full on Fewer Calories, by Barbara Rolls, Ph.D. and Robert Barnett, HarperCollins Publishers, 2007

Children's Book

Water by Frank Asch and Deborah Halverson, Houghton Mifflin Harcourt, 2000

CD

Makin' Waves: Fun Family Songs by Leonardo Biciunas, Dune Disc, 2008

Well-Balanced Lunch Idea

Low-sodium chicken vegetable noodle soup
Whole-wheat bread with
2 tsp yellow mustard
slice of cheddar cheese
Apple 8 oz fat-free milk

Nutrient of the Week

Water

Why we need it: involved with most body functions

How much we need: About 8 (8-oz glasses) per day. You can get some of your water for the day when drinking milk, eating soup, and eating juicy fruits. Drink more if you exercise or drink caffeine

Children ages 1-3=1.3 Liters/day

Children ages 4-8=1.7 Liter/day

Females 9-13=2.1 Liters/day

Males 9-13=2.4 Liters/day

Females 14-18=2.3 Liters/day

Males 14-18=3.3 Liters/day

Females 19 and older = 2.7 Liters/day

Males 19 and older = 3.7 Liters/day

Pregnant Females = 3 Liters/day

Nursing Females = 3.8 Liters/day

*1 Liter = 33.8 fluid oz and 1 Liter = 1.06 quart, 1 cup = 8 fluid oz

Best Food Sources:

Water from the tap, milk, water-based (not cream-based) soups, and 100% fruit juice

* If you are drinking enough water, you should need to urinate every 2 to 3 hours. Your urine should be clear yellow. If you are not drinking enough, you will excrete dark colored urine and you are at risk for developing kidney stones.

Healthful Water-Based Snacks

1. 100% real fruit Popsicle
2. Watermelon
3. Fat-free milk

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: 30 calories and 27g protein per day, 210 calories and 189g protein per week, 10,950 calories and 9,855g protein per year