



Small changes today for a healthier tomorrow  
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# Fit School Newsletter



## Health Goal for the Week

**Goal: Have each member of your family eat breakfast each day this week**

Phosphorus is the second most abundant mineral found in your body. The best sources of phosphorus are from foods high in protein. Adding a breakfast that includes protein is an easy way to get this valuable mineral, maintain a healthy weight, and feel better throughout the day.

The National Weight Control Registry (NWCR) is a group of people who are at least 18 years of age and have maintained at least a 30-pound weight loss for one year or longer. Almost all (98%) of the people in the NWCR reported that



they made healthy changes to their food intake to lose the weight. Most (78%) of the people in the Registry eat breakfast every day. Eating breakfast in the morning not only helps to start the day with a healthy nourishment of the body, but also will hold off unhealthy cravings.

This week, plan time to have everyone in your family eat a healthy breakfast each morning. A little planning can lead to healthier bodies and more alert students.

<u>Breakfast Choices</u>		
	<b>Choice #1</b>	<b>Choice #2</b>
	Hard boiled egg	McDonalds
	Whole-wheat toast	Deluxe Breakfast
	1 tsp jelly	(reg size biscuit)
	Orange	w/o syrup or marg.
	8 oz fat-free milk	
Calories	367	1090
Fat	8g	56g
Saturated Fat	2.5g	19g
Sodium	332mg	2150mg
Fiber	6.5g	6g

## Recipe

### Healthful Breakfast Ideas

- Whole-grain cereal with fruit and milk
- Whole-grain cereal with a cup of yogurt
- Whole-grain toasted waffle topped with peanut butter
- Instant or homemade oatmeal with milk and dried fruit
- A whole-wheat pita stuffed with sliced hard-cooked eggs
- Scrambled eggs, whole-grain toast, and fruit
- Peanut butter or hummus on whole-wheat toast and milk
- Lean ham on a toasted English muffin with vegetable juice
- Breakfast wrap made with fresh or canned fruit and low-fat cream cheese rolled in a whole-wheat tortilla with milk

\*Breakfast ideas from American Dietetic Association [www.eatright.org](http://www.eatright.org)

**Math Connection:** Use the Breakfast Choices on the left. Let's say that you currently eat a McDonalds Deluxe Breakfast (Choice #2) one day per week. You decide to switch to eating at home that morning (Choice #1). How many fewer calories, fat grams, saturated fat grams, and sodium would you eat in a month and in one year? (Answers at bottom of next page)

## Shopping List for Recipe

- \_\_\_\_\_ Protein
- \_\_\_\_\_ -Eggs, lean ham, hummus, peanut butter
- \_\_\_\_\_ Dairy
- \_\_\_\_\_ -Low- or non-fat milk, yogurt
- \_\_\_\_\_ Grains
- \_\_\_\_\_ -Whole grain oats, wheat, corn
- \_\_\_\_\_ Fruits
- \_\_\_\_\_ -Orange, banana, strawberries, grapes

## Families On The Move

**Family Goal: Exercise for at least 1 hour on most days.**

According to The National Weight Control Registry, 94% of the people that have lost over 30 pounds and kept it off for a year or longer increased their physical activity. The biggest change that most of them made was to add walking to their daily routine.

Exercising for an hour each day can consist of getting up from your chair and walking, doing housework, taking the stairs, gardening, running, lifting weights, dancing, or just plain moving. Make it a game. Find different ways to move your body throughout the day and see how often you can move.



## Health and Fitness Resources

### Website

The National Weight Control Registry  
[www.nwcr.ws/Research/default.htm](http://www.nwcr.ws/Research/default.htm)

### Parent's Book

*American Heart Association Quick & Easy Cookbook: More Than 200 Healthful Recipes You Can Make in Minutes*, Crown Publishing Group, 1995

### Children's Book

*Gregory, The Terrible Eater* by Mitchell Sharmat, Ariane Dewey, and Jose Aruego, Scholastic, Inc., 1980

### DVD

*Healthy Habits 101: Teaching Kids to Stay Healthy for Life!* by Julia Hunt, Big Kids Productions, 2008

## Well-Balanced Lunch Idea

1 cup chili topped with 1 TBL shredded cheddar cheese  
1 slice cornbread  
Small side salad with  
1 TBLS low-fat dressing  
Water



## Nutrient of the Week

### Phosphorus

**Why we need it:** the second most abundant mineral in the body (calcium is the first). Phosphorus helps make strong bones and teeth, and helps transport nutrients throughout the body

**How much we need:**

Children ages 1-3 = 460 mg/day

Children ages 4-8 = 500 mg/day

Males and Females ages 9-18 = 1,250 mg/day

Females and Males ages 19 and older = 700 mg/day

**Best Food Sources:**

½ halibut fillet = 453 mg phosphorus

½ cup cornmeal = 430 mg phosphorus

8 oz low-fat yogurt = 326 mg phosphorus

1 oz sunflower seeds = 320 mg phosphorus

1 oz Swiss cheese = 216 mg phosphorus

3 oz lean, broiled hamburger = 159 mg phosphorus

## Healthful Phosphorus Snacks

1. ¼ cup pumpkin seeds
2. Low-fat oat-bran muffin
3. ½ cup cottage cheese topped with 1 tsp honey

### 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](http://www.TheFitSchool.com)

Math Answer: 2,892 Calories, 192g fat, 66g saturated fat, 7,272mg sodium per month

37,596 Calories, 2,496g fat, 858g saturated fat, 94,536mg sodium per