



Small changes today for a healthier tomorrow

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Fit School Newsletter



Health Goal for the Week

Goal: This week, have each member of your family try a fruit or vegetable he/she has never tried before.

September is National Fruit and Veggies – More Matters Month. Studies show that eating more fruits and vegetables promotes good health and reduces your risk for developing many diseases.

By eating a variety of different colored fruits and vegetables, you give your body a wide range of the nutrients it needs to stay healthy and active throughout your life. To add variety, have each person in your family go to the store and choose a fruit or vegetable he/she has never eaten



before. Some examples include: plantains, persimmons, rhizomes, cactus, artichoke, red banana, kiwano melon, and guava. You can see the names, photos, and nutritional content of different fruits and vegetables at www.fruitsandveggiesmatter.org. Click on "Fruit & Vegetable of the Month".

Bananas	
<u>Nutrition Facts</u>	
Serving Size: ½ cup sliced (75g)	
Calories 70	
Fat Calories 0	
Amount/Serving	%DV
Total Fat 0g	0%
Sat. Fat 0g	0%
Trans Fat 0g	
Cholest. 0g	0%
Sodium 0g	0%
Potassium 400g	11%
Total Carb. 17g	6%
Fiber 9g	8%
Sugars 21g	
Protein 1g	
Vit. A 0%	Iron 2%
Vit. C 10%	
Calcium 0%	

Math/Nutrition Connection: Using the information in the Nutrition Facts Label, how many grams of potassium are in 1 cup of sliced bananas (Hint: make sure you look at the serving size!) (Answer on the bottom of the next page.)

Recipe

Banana Nut Smoothie

Makes 4 (1 cup) servings.

Ingredients

- 2 bananas, ripe
- 2 cups pineapple juice
- 2 Tbsp Creamy peanut butter
- 2 tsp plain yogurt
- 1 ½ tsp vanilla extract
- 6 ice cubes
- nutmeg

Combine all ingredients, except nutmeg, in blender. Cover and run on high until smooth and well-blended. Sprinkle with nutmeg.

Nutritional analysis per serving: Calories 177, Total Fat 5g, Calories from Fat 23%, Cholesterol 0mg, Fiber 2g, Sodium 41mg.

*Recipe provided by Centers for Disease Control and Prevention



Shopping List for Recipe

- _____ Bananas
- _____ Pineapple juice
- _____ Creamy peanut butter
- _____ Plain yogurt
- _____ Vanilla extract
- _____ Nutmeg

Families On The Move

Family Goal: This week, have each member of your family write his/her exercise in an exercise log.

Many exercise logs are available for purchase, or you can write in an everyday notebook. By writing down the exercise, the amount of time you exercised, and the intensity of the exercise will help you evaluate your exercise program, see your accomplishments, and where you can improve.

Math Connection: Let's say you decide to eat lunch at Subway®. You choose a 6" Subway® Tuna Sandwich (540 Calories), a Subway® Pineapple Delight with Banana (160 Calories), and a small bag of Sunchips (140 Calories). If you burn 612 Calories for each hour of bicycling, how long would you need to exercise to burn the Calories from your lunch? (Please see answer at the bottom of this page.)

Health and Fitness Resources

Website

Centers for Disease Control and Prevention's fruit and vegetable site
www.fruitsandveggiesmatter.gov

Parent's Book

Vegetarian Cooking for Dummies by Suzanne Havala Hobbs, Wiley, John & Sons, Inc., 2001

Children's Book

Vegetables by Sara Anderson, Handprint Books, 2007

DVD

My Pyramid. Choosing Nutritious Food and Healthy Activities by 100% Educational Videos, 2007

CD-Rom

Instant Home Cooking (23,600 recipes and access to 100,000 more!), by Topics Education: CounterTop software, 2001

Well-Balanced Lunch Idea

- 1 whole-grain pita
- Sliced banana
- 2 TBLS peanut butter
- 8 mini-carrots
- 8 oz non-fat milk



Nutrient of the Week

Potassium

Why we need it: Plays a major role in maintaining fluid and electrolyte balance, transferring nerve impulses, and contracting muscles. Helps maintain a steady heartbeat.

How much we need:

Children ages 1-3=3000 mg/day

Children ages 4-8=3800 mg/day

Females and Males ages 9-13=4500 mg/day

Females and Males ages 14 and older =4700 mg/day

Nursing Females = 5100 mg/day

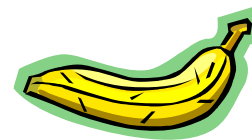
Best Food Sources:

½ cup baked acorn squash = 525 mg potassium

Baked potato with skin = 525 mg potassium

Banana = 475 mg potassium

3 oz poached cod = 375 mg potassium



Healthful Potassium Snacks

1. Acorn Squash
2. Strawberries
3. Low-sodium tomato juice

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/Nutrition Answer = 800mg Math Connection = 840 cal/612
Calories = 1 hour, 22 minutes