



Small changes today for a healthier tomorrow

October 19 – 25, 2009  
Volume 7, Issue 8

# Fit School Newsletter

## Health Goal for the Week

**Goal:** This week, spend more time outdoors.

Many studies have surfaced lately about the effects that not having enough vitamin D have on the body. Researchers are finding that Vitamin D is more like a hormone than a vitamin. One way to get adequate amounts of vitamin D is to spend time outdoors. Our bodies are able to produce vitamin D by using the energy from sunlight. So, this week, have each member of your family spend a little more time outside and absorb some rays!

**Science Connection:** What is the difference between a vitamin and a hormone? (See



answer at the bottom of next page)

### Ways to Get More Vitamin D

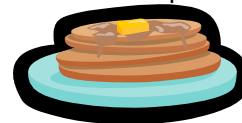
- Spend at least 15 minutes in the sun each day.
- Drink 3 glasses of low-or non-fat milk each day.
- Add dry, non-fat milk to casseroles and beverages.
- Eat salmon or tuna one time per week.
- Plan recipes using eggs.
- For a snack, eat a mix of high-fiber fortified cereal.

## Recipes

### Perfectly Pumpkin Pancakes

- 2 cups flour
- 2 Tablespoons brown sugar
- 1 Tablespoon baking powder
- 1 1/4 teaspoon pumpkin pie spice
- 1 teaspoon salt
- 1 egg
- 1/2 cup canned pumpkin
- 1 3/4 cup milk, low-fat
- 2 Tablespoons vegetable oil

1. Combine flour, brown sugar, baking powder, pumpkin pie spice and salt in a large mixing bowl.
2. In a medium bowl, combine egg, canned pumpkin, milk and vegetable oil, mixing well.
3. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. (For thinner batter, add more milk).
4. Lightly coat a griddle or skillet with cooking spray and heat on medium.
5. Using a 1/4 cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and cook until golden brown, 1 1/2 to 2 1/2 minutes. Repeat with remaining batter. Makes about 1 dozen 3 1/2 inch pancakes.



### Shopping List for Recipes

- |                         |            |
|-------------------------|------------|
| _____ Flour             | _____ Egg  |
| _____ Brown sugar       | _____ Salt |
| _____ Baking powder     |            |
| _____ Pumpkin pie spice |            |
| _____ Low-fat milk      |            |
| _____ Canned pumpkin    |            |
| _____ Vegetable oil     |            |

## Families On The Move

**Family Goal:** As a family, visit an orchard or farm.

Visiting an orchard or farm is a great way for your family to learn about how foods get to your table. When children learn about how different fruits and vegetables are grown and harvested, they are more likely to try them. Take time this week to spend time outdoors exploring a farm or orchard in your area.

**Agriculture Connection:** According to the USDA, how many farms were in the United States in 2008? How many acres of farmland are in the US? Is the number of farms and farmland in the US increasing or decreasing? To learn more about agriculture, visit [www.ageducate.org](http://www.ageducate.org). (Please see answers at bottom of page)

## Health and Fitness Resources

### Website

National Institutes of Health, Office of Dietary Supplements, *Vitamin D*, <http://ods.od.nih.gov/factsheets/vitaminD.asp>

### Parent's Book

*The Big Book of Recipes for Babies, Toddlers, and Children: 365 Quick, Easy and Healthy Dishes* by Bridget Wardley and Judy More, Sterling Pub Co, Inc., 2004

### Children's Book

*The Sun* by Ralph Winrich, Capstone Press, 2008

### Video/DVD

*Our Mr. Sun and – Strange case of the cosmic rays*, Frank Capra, Image Entertainment 2003

## Well-Balanced Lunch Idea

100% whole wheat hamburger bun  
Salmon burger  
1 TBLS ketchup  
1 TBLS relish  
2 TBLS grated carrot  
8 oz fat free milk



## Nutrient of the Week

### Vitamin D

**Why we need it:** helps the body make bones and helps the body absorb calcium and phosphorus

**How much we need:**

Females and Males ages 1-50 = 10 µg (micrograms)/day

Females and Males ages 51-70 = 10 µg/day

Females and Males ages 71 and older = 15 µg/day

### Best Food Sources

Our bodies are able to make vitamin D using the energy from sunlight. About 15 minutes of sunlight 4 times per week on clear summer days provides the energy for the body to make enough vitamin D. The amount of sun your body needs to make vitamin D depends on the length of time you are in the sun, the time of year, and the color of your skin (the lighter your skin, the less ultraviolet light is blocked out and the more vitamin D is made in your skin). Fortified milk and cereals are also good sources of vitamin D.

8 oz fortified fat free milk = 1.5 µg of vitamin D  
salmon, tuna, mackerel, cheese, mushrooms, egg yolks, fortified cereals

## Healthful Vitamin D Snacks

1. Whole-wheat cracker topped with tuna
2. Low-fat hot chocolate
3. Hard-boiled egg

### 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.

Copyright © 2009 Fit School, Inc.

For more information: [www.TheFitSchool.com](http://www.TheFitSchool.com)

**Science Answer** = Vitamins are organic (carbon-containing) nutrients that your body needs in very small amounts to stay healthy, to grow, and to stay alive. Hormones are chemical messengers that are secreted by glands in your body to alter conditions in your body **Agriculture Answer** = 2.2 million farms, 919.9 acres, farms and farmland are decreasing