



Small changes today for a healthier tomorrow

October 26 – November 1, 2009  
Volume 7, Issue 9



# Fit School Newsletter



## Health Goal for the Week

**Goal: Eat at least one Vitamin C rich food each day this week.**

Vitamin C helps repair our bodies, boosts our immune systems, and helps our bodies absorb iron. This week, challenge your family to eat at least one Vitamin C rich food each day this week.

**Math Connection:** Let's say that you are trying to decide to eat an orange each morning or drink orange juice each morning for the next year. If you ate the orange, how many fewer calories would you consume and how many more grams of fiber would you consume than if you drank the juice? Use the nutrition facts



labels below for information on these foods. (Answer at the bottom of next page)

<p><b>Orange</b> <b><u>Nutrition Facts</u></b> Serving Size: 1 Orange <b>Calories</b> 65 Fat Calories 0 <b>Amount/Serving</b> <b>Total Fat</b> 0g Sat. Fat 0g Trans Fat 0g <b>Cholest.</b> 0g <b>Sodium</b> 0g <b>Potassium</b> 238g <b>Total Carb.</b> 16g Fiber 3g Sugars 13g <b>Protein</b> 1g</p> <p>Vit. A 6%      Iron 0% Vit. C 106% Calcium 6%</p>	<p><b>Orange Juice</b> <b><u>Nutrition Facts</u></b> Serving Size: 8 ounces <b>Calories</b> 112 Fat Calories 4 <b>Amount/Serving</b> <b>Total Fat</b> 0g      1% Sat. Fat 0g      0% Trans Fat 0g <b>Cholest.</b> 0g      0% <b>Sodium</b> 2mg      0% <b>Potassium</b> 473g <b>Total Carb.</b> 26g      9% Fiber 0g      2% Sugars 21g <b>Protein</b> 2g</p> <p>Vit. A 10%      Iron 3% Vit. C 207% Calcium 3%</p>
--	---

## Recipe

### Orange Honeyed Acorn Squash

- 3 small acorn squash
- 2 Tablespoons orange juice
- 1/4 cup honey
- 2 Tablespoons butter or margarine
- 1/8 teaspoon nutmeg (optional)

1. Preheat oven to 400 degrees.
2. Cut squash in half. Remove seeds and place halves in shallow baking pan.
3. Combine orange juice and honey. Mix well. Put some of the orange juice/honey mixture in each squash cavity.
4. Add 1 Tablespoon of the margarine to each squash half. Sprinkle with nutmeg, if desired.
5. Cover pan with aluminum foil to keep steam in and speed cooking.
6. Bake 30 minutes. Remove foil and continue baking 30 minutes more, or until squash is tender.



## Shopping List for Recipe

- \_\_\_\_\_ 3 acorn squash
- \_\_\_\_\_ Orange juice
- \_\_\_\_\_ Honey
- \_\_\_\_\_ Butter
- \_\_\_\_\_ Nutmeg

## Families On The Move

**Family Goal:** Find a community walk or run in your area, and participate as a family.

Late fall and winter are great times to start a training plan to help your family get and stay in shape. Look for a community walk or run in your area 2 to 4 months away. Races are posted on [www.RunnersWorld.com](http://www.RunnersWorld.com). Scroll down to RaceFinder and type in your town to find a list of area walks and runs. Having a family goal will help your family have a common goal and help you train through the winter.

**Training Tip:** Start Slow! The best thing you can do to get in shape is to start slow. Start today with walking one block. Next week, try walking two blocks. Keep adding blocks each week. If you start slow, you will stay injury-free and be amazed how far you go after a few months!

## Health and Fitness Resources

### Website

Linus Pauling Institute  
<http://lpi.oregonstate.edu/infocenter/vitamins/vitaminC>

### Parent's Book

*The Backyard Orchardist: A Complete Guide to Growing Fruit Trees in the Home Garden* by Stella Otto, 1995

### Children's Book

*Eating the Alphabet: Fruits & Vegetables from A to Z* by Lois Ehlert, Houghton Mifflin Harcourt, 1993

### DVD

*Food Web* with Bill Nye the Science Guy, Disney Educational Productions, 2003

## Well-Balanced Lunch Idea

Multi-grain or whole-wheat tortilla  
¼ cup cooked, chopped chicken  
¼ cup chopped mango  
¼ cup grated carrot  
2 TBLs salsa  
8 oz fat free milk



## Nutrient of the Week

### Vitamin C (Ascorbic Acid)

**Why we need it:** A water soluble vitamin that helps make and repair muscles, tendons, skin, bones, teeth, cartilage. Boosts the immune system, and helps with the body's absorption of iron

### How much we need:

Children 1-3 = 15 mg/day  
Children ages 4-8 = 25 mg/day  
Children ages 9-13 = 45 mg/day  
Females ages 14-18 = 65 mg/day  
Males ages 14-18 = 75 mg/day  
Females ages 19 and older = 75 mg/day  
Males ages 19 and older = 90 mg/day  
Pregnant Females = 85 mg/day  
Nursing Females = 120 mg/day

### Best Food Sources:

½ cup chopped, raw red bell pepper = over 100 mg vitamin C  
1 cup fresh strawberries = 88 mg vitamin C  
1 kiwi = 73 mg vitamin C  
1 medium orange = 70 mg vitamin C  
1 cup cantaloupe = 45 mg vitamin C  
1 slice watermelon = 28 mg vitamin C

## Healthful Vitamin C Snacks

1. Peach
2. Red, yellow, orange peppers
3. Papaya

### 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)

Math Answer = 17,155 Calories, 1,095 grams of fiber