



Fit School Newsletter

small changes today for a healthier tomorrow

Well-Balanced Diet

Volume 11, Issue 34

Health Goal for the Week

Goal: As a family, discuss how you will each eat a well-balanced, healthy diet.

To insure that your family's diet is well balanced, follow the ChooseMyPlate (<http://choosemyplate.gov>). Make sure you are eating at least the minimum number of cups or ounces in each food group (See "Subject of the Week" on next page). Be aware of the recommended daily amounts for each food group. They are smaller than you may think!



When planning a well-balanced diet, remember to plan for snacks. In order to keep your blood sugar at a constant level, try to eat small portions every 2 to 3 hours. Some tips for making sure these snacks are healthy are:

1. Have washed fruit in bowl on counter
2. Have washed vegetables and bottles of water on lower shelves in refrigerator so smallest child can see and reach them
3. Have unhealthy snacks (chips, cookies, cakes) in your house only for special occasions. Make snacking on higher calorie foods inconvenient (e.g., you would need to go to the store or make homemade cookies in order to eat cookies)

Science/Nutrition Connection: Using the food you have in your house, try to put a food from each group onto a sandwich. Make sure to eat it after you make it!



Recipe

Tuna Noodle & Peas Bake

12 oz wide egg noodles
 4 ½ cups fat free milk
 1 TBLS canola oil
 1 TBLS butter
 ½ cup flour
 ½ tsp salt
 1/8 tsp pepper
 2 (6-oz) cans tuna (packed in water), drained
 16 oz frozen peas, thawed and drained
 ½ cup breadcrumbs

- Preheat oven to 325°
- Cook egg noodles according to directions and drain
- Melt butter in saucepan and add oil
- Add flour, salt, pepper, milk and stir
- Cook on low, stirring continuously until thickens
- Add noodles, peas and mix
- Pour into 3x9x2 inch casserole dish
- Sprinkle top with breadcrumbs
- Bake uncovered for 30 minutes



Shopping List for Recipe

- _____ 12 oz wide egg noodles
- _____ Canola oil
- _____ Plain breadcrumbs
- _____ Flour
- _____ Salt
- _____ Pepper
- _____ 2 (6 oz) cans tuna packed in water
- _____ Fat free milk
- _____ Butter
- _____ 16 oz frozen peas

Families On The Move

Family Goal: Plan a "Family Adventure Camp".

Plan a week this summer when you will have "Family Adventure Camp". Look for hiking trails in your area at www.recreation.gov or www.trails.com. You can plan a walk through your city, build a fort in your backyard, camp out in your backyard, fly kites in a local park, or picnic by a lake, stream, or ocean. Even if the parents in your house work full-time, plan a week this summer when you will take a small adventure each evening. Plan to have healthy dinners prepared so that there is time to get on with your family adventure!

Reading/Art Connection: Before your adventure, read books about the animals in your area and search for them. When you return from your adventure, have each member of your family draw a picture of what he/she liked best. Share your drawings with each other.



Health and Fitness Resources

Website

Mayo Clinic www.mayoclinic.com

Parent's Book

American Academy of Pediatrics Guide to Your Child's Nutrition by Dietz and Stern, Villard Books, 1999

Children's Book

Showdown at the Food Pyramid by Rex Barron, GP Putnam's Sons, New York, NY 2004

Video

Food, Health, and Exercise Video, 2002 (Grades 7th – adult)
www.healthedco.com

Well-Balanced Breakfast Idea

- ¾ cup Bran Flakes
- 1 cup fat free milk
- 1 banana
- 1 slice whole-wheat toast with 2 tsp jelly or honey
- 6 oz cup orange juice
- Water

Subject of the Week

Food Groups and Daily Recommendations

Grain Group (half should be whole grains)

- Children ages 4-8 = 4-5 ounces
- Females 9-13 and 51 and older = 5 ounces
- Females ages 14-50, Males 9-13 and 51 and older = 6 ounces
- Males ages 14-18 and 31-50 = 7 ounces
- Males ages 19-30 = 8 ounces

Vegetable Group (should be a variety of dark green, orange, and starchy vegetables, peas, and beans)

- Children ages 4-8 = 1 ½ cups
- Females ages 9-13 and 51 and over = 2 cups
- Females ages 14-50, Males 9-13 and 51 and over = 2 ½ cups
- Males ages 14-50 = 3 cups

Fruit Group (try to eat whole fruit with skin)

- Children ages 4-8 = 1 to 1 ½ cups
- Females 9-18 and 31 and older, Males 9-13 = 1 ½ cups
- Females 19-30, Males 14 and older = 2 cups

Milk Group (try to eat non- or low-fat versions)

- Children ages 2-8 = 2 cups
- Females and Males 9 and older = 3 cups

Meat and Beans Group

- Children ages 4-8 = 3-4 ounces
- Females 9-18 and 31 and older, Males 9-13 = 5 ounces
- Females 19-30, Males 51 and older = 5 ½ ounces
- Males ages 14-18 and 31-50 = 6 ounces
- Males ages 19-30 = 6 ½ ounces

Healthful Snacks

1. Fruits
2. Vegetables
3. Whole-grains



Fit School Newsletter

Our Goal: To educate and motivate families to make small changes each day to live healthier lives.

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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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