



Small changes today for a healthier tomorrow

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Fit School Newsletter

Health Goal for the Week

Goal: This week, eat a variety of protein-rich foods.

Adding a variety of foods to our diet, helps our bodies get all of the vitamins and minerals they need in order to be healthy. Eating a variety of protein foods this week will help you expand your diet and be healthier.

Protein is made up of 20 amino acids. Amino acids are the building blocks of protein, and protein is the building block of your muscles, tissues, and blood cells. Proteins are either complete or incomplete.



Complete Protein: protein that contains all 20 of the essential amino acids (Animal-based foods - beef, fish, chicken, milk, eggs)

Incomplete Protein: protein that does not contain all of the essential amino acids (plant-based foods - beans, rice, corn, tofu)
Incomplete proteins can be become "complete" (containing all 20 amino acids) by eating a combination of foods such as rice and beans or peanut butter on whole wheat bread.

Math Connection: Using the information in the "Nutrient of the Week" box on the next page, answer the following question. If you are a 10-year-old boy and eat a ½-roasted chicken breast and an 8oz glass of fat-free milk, will you eat enough protein for the day? (Answer at the bottom of the next page)

Recipe

Baked Spicy Fish

Servings = about 3 ounces each

Cod fillets, fresh or frozen 1 pound
Paprika 1/4 teaspoon
Garlic powder 1/4 teaspoon
Onion powder 1/4 teaspoon
Pepper 1/8 teaspoon
Ground oregano 1/8 teaspoon
Ground thyme 1/8 teaspoon
Lemon juice 1 tablespoon

1. Thaw frozen fish according to package directions.
2. Preheat oven to 350° F.
3. Separate fish into four fillets or pieces. Place fish in ungreased 13- by 9- by 2-inch baking pan.
4. Combine paprika, garlic and onion powder, pepper, oregano, and thyme in small bowl. Sprinkle seasoning mixture and lemon juice evenly over fish.
5. Bake until fish flakes easily with a fork, about 20 to 25 minutes.

Recipe provided by USDA's Recipes and Tips for Healthy, Thrifty Meals

<http://www.cnpp.usda.gov/Publications/FoodPlans/MiscPubs/FoodPlansRecipeBook.pdf>



Shopping List for Recipe

- _____ Cod fillets
- _____ Paprika
- _____ Garlic and Onion Powder
- _____ Ground oregano and thyme
- _____ Pepper
- _____ Lemon juice

Families On The Move

Family Goal: Have each family member try a new physical activity this week.

In the same way that eating a variety of different foods helps your body stay healthy, adding a variety of physical activity to your life helps your muscles, joints, and tendons stay healthy and strong. This week, have everyone in your family try an exercise or activity that he or she has never tried before or hasn't tried in a long time. Moving your body in different ways builds different muscle groups and allows for more flexibility in that part of your body. Whether you choose walking, running, cycling, ballet, jazz dancing, karate, weight lifting, swimming, rollerblading, skiing, or skipping, have fun with your new adventure!

Math Connection: Let's say that you currently walk 20 minutes every day and walk 1 mile during that time (100 Calories burned). You decide to jog instead for 20 minutes and jog 2 miles during that time (200 Calories burned). How many more Calories do you burn per week and per year? (Answers at the bottom of page)

Health and Fitness Resources

Website

Nemours KidsHealth® Nutrition and Fitness
http://kidshealth.org/parent/nutrition_fit

Parent's Book

Strength and Power for Young Athletes by Annette B. Natow and Jo-Ann Heslin, Simon & Shuster, Inc, 2003

Children's Book

Good for You! Nutrition Book and Games by Connie Liakos Evers, Disney Learning 2006

Video

MyPyramid: Pass it on!, Learning ZoneXpress, 2005

Well-Balanced Lunch Idea

- 3 oz canned chicken mixed with
 - 1 TBLS low-fat mayonnaise
 - 1 TBLS raisins
- 2 slices whole wheat bread
- 6 thin pepper strips (red, green, and yellow)
- 8 oz fat free milk

Nutrient of the Week

Protein

Why we need it: builds and repairs muscles, tissues, red blood cells, and synthesizes hormones

How much we need:

- Children ages 1-3=13 g/day
- Children ages 4-8=19 g/day
- Children ages 8-13=34 g/day
- Females ages 14 and older =46 g/day
- Males ages 14-18=52 g/day
- Males ages 19 and older =56 g/day
- Pregnant and Nursing Females =71 g/day

Best Food Sources:

- ½ halibut fillet = 42 grams
- 3 ½ oz lean round steak = 29 grams
- 3 ½ oz canned tuna fish in water = 28 grams
- ½ roasted chicken breast = 27 grams
- Fast food hamburger = 26 grams
- 3-oz salmon = 23 grams
- 1 cup boiled soybeans = 22
- ½ cup 2% cottage cheese = 15 grams
- 1 cup fat free milk = 8 grams
- 2 Tbsp peanut butter = 8 grams
- 1-oz (14 halves) walnuts = 4 grams

Healthful Protein Snacks

1. 2 whole-wheat crackers topped with low-sodium lunchmeat and cheese
2. Soy nuts
3. 8 oz yogurt

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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Math Answer #1 = Yes, a 10-year-old male needs 34 grams of protein each day. ½ roasted chicken breast (27g) + 8oz fat free milk (8g) = 35 grams protein
Math Answer #2 = 700 Calories more per week, 36,500 Calories more per year!