



Small changes today for a healthier tomorrow

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# Fit School Newsletter



## Health Goal for the Week

**Goal: As a family, make lower-sodium food choices this week.**

According to a recent study conducted by the National Heart, Lung, and Blood Institute, high amounts of sodium in a person's diet have been linked to high blood pressure and heart disease, especially if a person's intake of potassium is low. On average, Americans consume about 3,300 milligrams of sodium per day (1 ½ teaspoons), which is far above the recommended amounts. (Please see "Nutrient of the Week" on next page.) By taking a few simple steps and making lower-sodium food choices, your family can be on its way to a healthier diet and healthier heart.



### Ways to Lower Sodium in Your Diet

1. Instead of using table salt to flavor food, use a variety of spices and herbs
2. Eat at home (Most restaurants use fat, salt, and sugar to make food taste good)
3. Learn to read the Nutrition Facts Labels and choose lower-sodium alternatives of the same foods you usually eat
4. Eat fruits and vegetables as snacks instead of pre-packaged foods
5. Eliminate the salt shaker from your table

Over time, your taste and "need" for salt will decrease.

## Recipe

### Turkey Salad with Orange Vinaigrette

- 1/4 cup orange juice
- 2 Tablespoons vinegar, white wine
- 2 Tablespoons finely chopped onion
- 1/4 teaspoon salt
- dash of pepper
- 1 Tablespoon oil
- 2 teaspoons Dijon mustard
- 4 cups torn salad greens
- 2 cups cooked turkey breast - cut into julienne strips
- 1 can (11 ounce) drained mandarin orange segments
- 1/2 cup sliced celery

1. In a jar with tight-fitting lid, combine all vinaigrette ingredients; shake well. If you don't have a container with a tight-fitting lid, place ingredients in a small mixing bowl and mix together with a whisk.
2. In large bowl, combine all salad ingredients; toss gently.
3. Serve with vinaigrette. If desired, garnish with fresh strawberries.

Another way to add crunch to your salad would be to use 4 tablespoons chopped walnuts instead of the celery.

Recipe provided by <http://recipefinder.nal.usda.gov>

### Shopping List for Recipe

- |       |                        |       |        |
|-------|------------------------|-------|--------|
| _____ | Orange juice           | _____ | Celery |
| _____ | Vinegar                | _____ | Onion  |
| _____ | Salt and Pepper        | _____ | Oil    |
| _____ | Dijon mustard          |       |        |
| _____ | Salad Greens           |       |        |
| _____ | Turkey Breast          |       |        |
| _____ | 1 can mandarin oranges |       |        |

## Families On The Move

**Family Goal:** For a family activity, rent a workout DVD or videotape and follow the routine together.

Changing routine once in a while is good. This week, instead of sitting and watching a TV show or movie together, rent a workout video tape or DVD and workout as a family. Encourage each other to do the different activities and have fun sweating and laughing as a family.

**Nutrition Connection:** Which food has more calories: an Auntie Anne's® Cinnamon Sugar Pretzel or a McDonald's Quarter Pounder? (See answers on bottom of page)

### McDonald's Nutritional Information

[http://nutrition.mcdonalds.com/nutritionexchange/nutrition\\_facts.html](http://nutrition.mcdonalds.com/nutritionexchange/nutrition_facts.html)

### Auntie Anne's® Nutritional Information

[http://www.auntieannes.com/nutritional\\_cards.aspx](http://www.auntieannes.com/nutritional_cards.aspx)

## Health and Fitness Resources

### Website

[www.americanheart.org/presenter.jhtml?identifier=336](http://www.americanheart.org/presenter.jhtml?identifier=336)  
American Heart Association

### Parent's Book

*The Hasty Gourmet Low-Sodium Favorites: 300 easy-to-make, great tasting recipes for a healthy lifestyle* by Bobbie Mostyn, InData Group 2005

### Children's Book

*What the World Eats* by Peter Menzel and Faith D'Alusio, Tricycle Press, 2008

### DVD

*Luck of the Lock Ness Monster: a tale of picky eating* by A.W. Flaherty and Scott Magoon, 2008

## Well-Balanced Lunch Idea

- 1 whole-grain bagel topped with
- 1 Tablespoon all-natural jelly
- ½ cup fresh broccoli
- 1 small mandarin orange
- 8 ounce fat free milk



## Nutrient of the Week

### Sodium

**Why we need it:** affects the movement of fluids in the body, helps with nerve impulses, and helps control the body's pH

#### How much we need:

Children ages 1-3=1000 mg/day  
Children ages 4-8=1200 mg/day  
Females and Males ages 9-50=1500 mg/day  
Females and Males 51-70=1300 mg/day  
Females and Males ages 70 and older = 1200 mg/day  
Foods to limit because of high sodium chloride (table salt) content:

Fast foods, frozen dinners, take-out pizza, Crackers, pickles, olives, hot dogs, lunch meat, cheese

**Flavors to use instead of salt:** Processed, ready-made foods are very high in sodium. Try reducing the amount of salt your family eats by preparing quick, healthy meals and seasoning with garlic, reduced-sodium soy sauce, lemon juice, dry mustard, pepper, thyme, sage, curry, bay leaf, dill, onions, oregano

**¼ teaspoon of table salt = 590mg sodium**

## Healthier Low-Sodium Snacks

1. Avocado
2. 1 slice whole-wheat toast with 2 tsp honey
3. Tangerine

### 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](http://www.TheFitSchool.com)

Nutrition Answer = Auntie Anne's® Cinnamon Sugar Pretzel Also, an Auntie Anne's® Cinnamon Sugar Pretzel (470 Calories) and a McDonald's Quarter Pounder (410 Calories) both have 7 grams of saturated fat!