



Small changes today for a healthier tomorrow

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Fit School Newsletter



Health Goal for the Week

Goal: As a family, sit down this week and learn to read nutrition labels.

The most important thing you can teach your children about nutrition is how to read nutrition facts labels. This will allow them to make informed choices about the foods they put into their bodies. Visit the US Food and Drug Administration's website at www.cfsan.fda.gov/~dms/foodlab.html for all of the information you should know about nutrition facts labels. There is even a video explaining how to read labels with a quiz at the end. Healthy choices start with having the tools to make informed decisions.



Nutrition Facts	
Serving Size: 1 Container	
Calories 220	
Fat Calories 25	
Amount/Serving	%DV
Total Fat 3g	4%
Sat. Fat 2g	9%
Trans Fat 0g	
Cholest. 15g	5%
Sodium 130g	6%
Potassium 350g	10%
Total Carb. 41g	14%
Fiber 0g	
Sugars 38g	
Protein 8g	
Vit. A 10%	Iron 0%
Vit. C 6%	Vit.D 25%
Calcium 35%	

Look at serving size

Number of Calories per serving

Limit these nutrients

Get 100% of these nutrients each day

Recipe

Fruity Acorn Squash

- 3 medium acorn squash
- 1/2 tsp salt
- 2 tart (like Granny Smith) apples diced
- 15-oz can pineapple chunks, drained
- 2 TBLS brown sugar
- 1 TBLS butter

- Cut squash in half and remove the seeds
- In shallow pan, place the cut side down and bake at 350° for 40 minutes
- Meanwhile, combine diced apples, pineapples, and brown sugar
- When squash has baked 40 minutes, turn cut side up and sprinkle with salt
- Fill each squash with apple mixture
- Dot each with butter
- Bake for 30 minutes more



Social Studies Connection: What were the three main foods thought to be cultivated by most Native American Indian tribes? (Answer on bottom of next page)

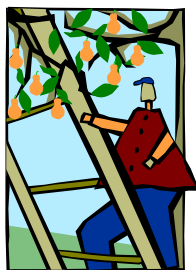
Shopping List for Recipe

- _____ 3 acorn squash
- _____ 2 Granny Smith apples
- _____ 15-oz can pineapple chunks
- _____ Salt
- _____ Brown sugar
- _____ Butter

Families On The Move

Family Goal: As a family, spend an afternoon visiting an orchard, picking fruit, and running around in the fields.

Visiting an orchard is a great way to teach your children about how food is produced. Plan on spending the afternoon learning about the orchard and the process of raising fruits and vegetables. Also, talk about what each person in your family would like to prepare with the harvest you bring home. Many children will try foods they normally wouldn't touch when they are part of the process of gathering or preparing the food.



Math Connection: Raking leaves uses about 300 Calories per hour and you must burn 3500 Calories to lose one pound. How many hours would you need to rake your lawn before losing one pound? (Answer at bottom of page)

Health and Fitness Resources

Website

www.cfsan.fda.gov/~dms/foodlab.html
US Food and Drug Administration

Parent's Book

Quick Meals for Healthy Kids and Busy Parents: Wholesome Family Recipes in 30 Minutes or Less by Nissenberg, Bogle, and Wright, Wiley, John & Sons Inc. 1995

Children's Book

Good Enough to Eat: A Kid's Guide to Food and Nutrition by Lizzy Rockwell, HarperCollins Publisher 1999

Video

The Lunch Lady's Guide to the Food Pyramid by Thinkeroo, Mazzarella Media, Bristol, CT 2006

Well-Balanced Lunch Idea

1 slice Ak-Mak® Country Style "Whole of the Wheat" Cracker Bread
Spread on 1 Tbs low-fat cream cheese, Chicken of the Sea® single serving salmon pouch, ¼ cup raisins, and ½ cup spinach leaves
4 sugar snap peas
String cheese
Water



Subject of the Week

Reading Nutrition Facts Labels

What to look for:

1. Serving Size: Compare how much of the product you will eat to the serving size listed on the label
2. General Guidelines for Calories (and Calories from Fat):
40 Calories = Low
100 Calories = Moderate
400 Calories or more = High
3. Percent Daily Value (%DV):
Limit fat, saturated fat, trans fat, cholesterol, and sodium (Healthier choices have 5% DV or less)
Get 100% each day of fiber, Vitamin A, Vitamin C, Calcium, Iron

Healthier Packaged Snacks

1. Health Valley® Breakfast Bars
2. Quaker Corn Bran® and Oat Squares®
3. Cream of Wheat®

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

Math = 11.7 hours to lose 1 pound! Social Studies = beans, corn, and squash