



Small changes today for a healthier tomorrow

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# Fit School Newsletter



## Health Goal for the Week

**Goal: Have each member of your family eat a healthy breakfast each day this week.**

According to the American Dietetic Association, children who eat breakfast “tend to have more strength and endurance, and better concentration and problem-solving abilities”. Also, the National Weight Control Registry has a database of more than 3,000 American adults “who have lost an average of 60 pounds and have kept it off for an average of six years”. These people have 4 common behaviors, one of which is eating a healthy breakfast every day.



So, give your family a healthy start to each day!

### Healthful Breakfast Ideas

- Whole-grain cereal with fruit and milk
- Whole-grain cereal with a cup of yogurt
- Whole-grain toasted waffle topped with peanut butter
- Instant or homemade oatmeal with milk and dried fruit
- A whole-wheat pita stuffed with sliced hard-cooked eggs
- Scrambled eggs, whole-grain toast, and fruit
- Peanut butter or hummus on whole-wheat toast and milk
- Lean ham on a toasted English muffin with vegetable juice
- Breakfast wrap made with fresh or canned fruit and low-fat cream cheese rolled in a whole-wheat tortilla with milk

\*Breakfast ideas from American Dietetic Association [www.eatright.org](http://www.eatright.org)

## Recipe

### Applesauce Pancakes

- |                       |                     |
|-----------------------|---------------------|
| 1 ¼ cups low-fat milk | 2 eggs              |
| 2 cups applesauce     | 3 cups flour        |
| 2 Tbsp baking powder  | ¼ cup vegetable oil |
| 1 tsp salt            | ¼ cup sugar         |
| ¼ tsp ground cinnamon |                     |

- In a mixing bowl, combine milk, eggs, oil, and applesauce. Mix for 1 minute or until blended.
- Sift in flour, baking powder, salt, sugar, and cinnamon. Mix batter for 15 seconds until combined. Scrape down the sides of the bowl. Increase speed and mix for 1 minute.
- Portion ¼ cup batter onto griddle, which has been heated to 375° F. (If desired, lightly oil griddle surface.)
- Cook until surface of pancake is covered with bubbles and bottom side is lightly browned, about 2 minutes. Turn and cook until lightly browned on other side, about 1 minute.

Yield: 25 servings: 3 lb 1 oz

Serving size: 1 piece provides the equivalent of 1 piece of bread Total fat: 4 g

Each serving provides:	Calories: 121
Protein: 3 g	Carbohydrate: 19 g
Total fat: 4 g	Saturated fat: 0.7 g
Cholesterol: 20 mg	Iron: 1 mg
Calcium: 86 mg	Fiber: 1 g

Recipe from [www.health.gov](http://www.health.gov)

## Shopping List for Recipe

- \_\_\_\_\_ Low-fat milk
- \_\_\_\_\_ Eggs
- \_\_\_\_\_ Applesauce
- \_\_\_\_\_ Flour
- \_\_\_\_\_ Baking powder
- \_\_\_\_\_ Vegetable oil
- \_\_\_\_\_ Salt
- \_\_\_\_\_ Sugar
- \_\_\_\_\_ Ground cinnamon

## Families On The Move

**Family Goal:** Have each member of your family choose a healthy habit he/she will do each morning.

Everyone has habits, from how we get out of bed in the morning, to what we will eat, and even how we get dressed! This week have each family member choose a new, healthy morning habit.

Start small. Develop a one-minute habit. Could you imagine how strong your arms would be if you did push-ups for one minute each day? Or, how flexible would you be if you stretched your legs while brushing your teeth? Have fun creating your new healthy habit!

**Math Connection:** If you did 10 push-ups each day, how many would you do in 1 year?



## Health and Fitness Resources

### Website

EatingWell Magazine  
[www.eatingwell.com](http://www.eatingwell.com)

### Parent's Book

*Quick Meals for Healthy Kids and Busy Parents: Wholesome Family Recipes in 30 Minutes or Less* by Sandra Nissenberg, Margaret Bogle, and Audrey Wright, Wiley, John & Sons, Inc., 1998

### Children's Book

*Max's Breakfast* by Rosemary Wells, Penguin Young Readers Group, 2004

### DVD

*Food Safari. Breakfast* by Robert and Katheryn Warren, Yum Yum Studios, 2003

## Well-Balanced Breakfast Idea

1 cup cooked oatmeal made with fat free milk, topped with ¼ cup raisins and ¼ cup pecans  
Banana  
Water



## Subject of the Week

### Breakfast

**Why we need it:** your body has gone at least 8 hours without eating and needs fuel for the day

### What is a Healthy Breakfast:

A healthy breakfast consists of at least one food from each of the food groups. Choose your favorite food from each group and enjoy! It may not look like a traditional breakfast, but it will be healthy. And, you'll be ready to take on the day.

**Fruit:** orange, peach, grapes, pear, plums, apricots, raisins, grapefruit, papaya, kiwi, prunes, cherries, cantaloupe, watermelon, nectarine, banana, blueberries

**Grains:** oatmeal, whole-grain bagel, whole-wheat toast, hot or cold whole-grain cereals

**Dairy:** fat-free or low-fat milk, yogurt, and cheeses

**Protein:** Hard-boiled egg, all-natural peanut butter, lean ham, salmon

## Healthful Breakfast Snacks

1. Low or non-fat yogurt
2. Chocolate or Strawberry flavored fat-free milk
3. Ready-to-eat cereal mix

### 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)

Math Answer = 3,650 push-ups