



Small changes today for a healthier tomorrow
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Fit School Newsletter



Health Goal for the Week

Goal: As a family, read the food label ingredient list this week of every packaged food you eat.

A big part of eating a healthy diet includes knowing what you are putting into your body. The ingredient list for each packaged food you eat is at the bottom of each food label. Ingredients are listed in descending order of how much they weigh. So, the first food listed on the food label has the highest weight for the food. Sometimes, different forms of the same nutrient are listed separately. For example, a food may have "sugar" listed as the second ingredient and "corn syrup" as the fourth ingredient. These are both simple sugars and



are essentially the same nutrient. Therefore, simple sugars are making up a larger portion of the food than you may realize. Simple sugars are less nutritious than other ingredients.

Science/Nutrition Connection: Read the following Ingredients List and answer the questions that follow. (Answers at the bottom of next page)

Ingredients: Whole Grain Oat Flour (Includes The Oat Bran), Modified Food Starch, Wheat Starch, Sugar, Salt, Oat Fiber, Calcium Carbonate, Natural Flavor, Trisodium Phosphate, Vitamin E (Mixed Tocopherols) Added To Preserve Freshness

1. Which ingredient has the highest weight in this food?
2. Which ingredient has the lowest weight in this food?
3. What food do you think this is?

Recipe

Speedy Shrimp-Spinach Pasta

- 10 oz frozen spinach
- 16 oz whole-wheat pasta
- 1TBLS olive oil
- 2 cloves minced garlic
- 1 lb shrimp, peeled and de-veined
- 14 oz low-sodium chicken broth
- 1 ½ TBLS cornstarch
- 1 tsp dried basil
- ¼ tsp pepper
- 1/8 tsp red pepper flakes

- Defrost frozen spinach according to directions on box
- Cook pasta according to directions on package
- In frying pan, heat oil and cook garlic 15 seconds
- Add shrimp and stir for 3 minutes or until shrimps is opaque
- Remove frying pan from heat
- In large saucepan, mix chicken broth, cornstarch, basil, pepper, and red pepper flakes
- Place saucepan on medium heat and stir until mixture is thickened
- Add spinach and shrimp, heat through
- Toss in pasta and Enjoy!



Shopping List for Recipe

- _____ 10 oz frozen spinach
- _____ 1 lb shrimp
- _____ 16 oz whole-wheat pasta
- _____ Garlic bulb
- _____ 14 oz can low-sodium chicken broth
- _____ Olive oil
- _____ Cornstarch
- _____ Dried basil
- _____ Black pepper and red pepper flakes

Families On The Move

Family Goal: As a family, try a new indoor sport together.

Since it is winter, try a new indoor sport. Is there an ice skating rink, roller skating rink, or indoor swimming pool, soccer field, or tennis/racquetball facility in your town? If so, take a day and try this new activity together.



Social Studies Connection: The modern game of ice hockey originated in what country and around what year? (Answer at the bottom of page)

Health and Fitness Resources

Website

Eat Smart. Play Hard:
www.fns.usda.gov/eatsmartplayhard/home2.html

Parent's Book

The Lunchbox Book by Penny Stanway and Sara Lewis, Creative Publishing International, Minnetonka, Minnesota 2001

Children's Book

Blue Potatoes, Orange Tomatoes: How to Grow a Rainbow Garden by Rosalind Creasy, Sierra Club Books for Children, San Francisco, 1994

Video

Table Time for Tots: Help for Finicky Eaters, J&L Productions, Everett, WA 1997

Well-Balanced Dinner Idea

3 oz baked Halibut
½ cup brown rice with 1 tsp butter and ¼ tsp salt
1 cup mixed salad greens
1 TBLS olive oil-based salad dressing
Artichoke
8 oz fat free milk



Nutrient of the Week

Magnesium

Why we need it: helps in bone mineralization, muscle contraction, and helps the body use carbohydrates, fats, and proteins. It is found in every cell in your body!

How much we need:

Children ages 1-3 = 80 mg/day
Children ages 4-8 = 130 mg/day
Children ages 9-13 = 240 mg/day
Females ages 14-18 = 360 mg/day
Males ages 14-18 = 410 mg/day
Females ages 19-30 = 310 mg/day
Males ages 19-30 = 400 mg/day
Females ages 31 and older = 320 mg/day
Males ages 31 and older = 420 mg/day
Pregnant females = 350-360 mg/day
Nursing females = 310-320 mg/day

Best Food Sources:

3 oz baked halibut = 120 mg magnesium
¼ cup roasted peanuts = 63 mg magnesium
banana = 30 mg magnesium
1 cup fat free milk = 28 mg magnesium

Healthful Magnesium Snacks

1. ¼ cup cashews
2. Banana
3. 2 whole-wheat crackers each topped with 1 tsp peanut butter

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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Science/Nutrition Answer: 1. Whole Grain Oat Flour 2. Vitamin E 3. Toasted oat cereal Social Studies Connection: Canada in the 1800's