



Small changes today for a healthier tomorrow

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# Fit School Newsletter



## Health Goal for the Week

**Goal:** This week, try one new food that contains calcium.

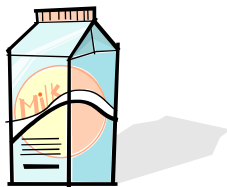
Most people get their daily requirement of calcium from dairy products like milk, cheese, and yogurt. While a lot of foods contain small amounts of calcium, dairy products contain the most calcium per serving. Adding new foods to your diet, however, is a good way to get other key nutrients.

This week, try at least one new food that contains calcium. Some ideas are cornmeal (1 cup = 483 mg), collard greens (1 cup = 357 mg), spinach (1 cup cooked = 291 mg), kale or



okra (1 cup cooked = 178 mg), tofu (4oz = 163 mg), dandelion greens (1 cup cooked = 147 mg), and white beans (1 cup cooked = 131 mg). While mentioning these foods may result in groans and faces of distaste, it is always healthy to try new nutritious foods. Who knows, you may just find your new favorite food!

**Parent Tip:** Sprinkling non-fat dried milk into casseroles, soups, and hot chocolate is a great way to add more calcium to your and your child's diet.



**Science Connection:** What is a common tool teachers use that contains calcium?

## Recipe

### Mango Shake

2 cups 1% or non-fat milk  
4 TBLS frozen mango juice (or 1 fresh pitted mango)  
1 small banana  
2 ice cubes

-Put all ingredients into a blender. Blend until foamy. Serve immediately.

*Variations: Instead of mango juice, try orange juice, papaya, or strawberries.*

Yield: 4 servings--Serving size:  $\frac{3}{4}$  cup

Each serving provides:

Calories: 106  
Total fat: 2 g  
Saturated fat: 1 g  
Cholesterol: 5 mg  
Sodium: 63 mg  
Calcium: 157 mg  
Iron: Less than 1 mg

Recipe from USA.gov  
[www.nhlbi.nih.gov/health/public/heart/other/syah/index.htm](http://www.nhlbi.nih.gov/health/public/heart/other/syah/index.htm)

**Math Connection:** There are 138 milligrams (mg) of calcium in 1 cup 1% fat cottage cheese. If you are 9-years-old, how many **more** milligrams of calcium do you need to eat that day to get your recommended daily value? (Recommended Dietary Allowances (RDA) and answer are on the next page)

## Shopping List for Recipe

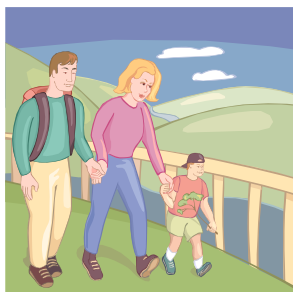
- \_\_\_\_\_ 1% or non-fat milk
- \_\_\_\_\_ Frozen mango juice (or 1 fresh mango)
- \_\_\_\_\_ Banana

## Families On The Move

**Family Goal: With your car, measure out a 1 mile walking route.**

Starting a new family walking routine may be met by some protests. Starting with "baby steps", like planning a walk 1 time per week, is a great way to ease your family into a healthier lifestyle.

While driving from your home this week, use your odometer to measure out a 1-mile route. Plan the day and time your family will get together to walk the new route. After a few weeks, the walk will become a habit and a great time to reconnect as a family.



## Health and Fitness Resources

### Website

Linus Pauling Institute at Oregon State University  
<http://lpi.oregonstate.edu/infocenter/minerals/calcium>

### Parent's Book

*ADA 365 Days of Healthy Eating* by Roberta Larson Duyff, MS, RD, FADA, CFCS Indianapolis, IN, Wiley Publishers, 2003

### Children's Book

*Milk and Cheese* by Sally Hewitt, Rosen Publishing Group, Incorporated, 2008

### Video

*The Milk Makers* by Reading Rainbow, The Library, Lincoln, Nebraska 1986

## Well-Balanced Lunch Idea

- 1 mini whole-wheat bagel with
- 1 TBLS low-fat cream cheese
- 4 red pepper slices
- ¼ cup almonds
- 1 small apple
- 8 oz fat free milk



## Nutrient of the Week

### Calcium

**Why we need it:** for strong teeth and bones

### How much we need:

Children ages 1-3=500 mg/day

Children ages 4-8=800 mg/day

Females and Males ages 9-18=1300 mg/day

Females and Males ages 19-50=1000 mg/day

Females and Males ages 51 and older=1200 mg/day

### Best Food Sources:

1 cup part skim ricotta cheese=669mg

1 cup plain, low fat yogurt=415mg

1 cup cooked rhubarb=348mg

8 oz fat free milk=306mg

1 cup spinach, frozen, cooked, and drained=291mg

1 oz provolone cheese=214mg

1 oz mozzarella cheese, part skim milk=207mg

3 oz canned pink salmon with bones=181mg

1 cup 1% fat cottage cheese=138mg

3 oz canned shrimp=123mg

## Healthful Calcium Snacks

1. 8 oz low- or non-fat milk with 1 TBLS chocolate or strawberry syrup
2. Strawberries dipped in yogurt
3. Calcium fortified orange juice

### 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)

**Science Answer:** chalk    **Math Answer:** 1300 mg – 138 mg = 1162 mg