



Small changes today for a healthier tomorrow
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Fit School Newsletter



Health Goal for the Week

Goal: Sit down as a family one day this week and write a list of healthy lunches for each family member.

Preparing a healthy lunch does not have to be time consuming or difficult to make. While many pre-made lunches are available to purchase, most are high in fat, sodium, and/or sugar, and low in fiber and many essential nutrients. By making a list of the ingredients to have on hand and shopping once a week, your family can have tasty, low-cost, healthy lunches every day.

Start by having each member of your family look over the list under "Build a Healthy Lunch"



on this page. On one sheet of paper, have each person write a list of at least 3 food items they would eat from each food group and what combinations of food they would like to eat. This will serve as the family lunch shopping list.

Social Studies Connection: On the internet, look up the traditional types of foods that people eat from different countries.

Below is the word "lunch" in different languages:

- Spanish: almuerzo
 - Italian: pranzo
 - French: de'jeuner
 - German: Mittagessen
- *Translations from www.WorldRefernce.com



Recipe

Build a Healthy Lunch

Allow each member of your family to build his/her own well-balanced lunch by choosing a food from each list. Sometimes the lunch will not look like a "traditional" lunch, but it will be healthy and well-balanced.

Protein: lean ground beef patty, almond butter, all-natural peanut butter, lean lunch meat, chicken or turkey, tofu, walnuts, pecans, pistachios, almonds, legumes, black beans, pinto beans, white beans, soy nuts, hummus, eggs, canned light tuna or salmon (EPA recommends 12 oz or less per week due to risk of mercury consumption www.epa.gov)

Grain (mostly whole-grain): bread, tortilla, pita, English muffin, low-calorie muffin, Nann bread, brown rice, barley, mini-bagel ("regular" size bagels are high in calories)

Vegetables: snap peas, mini carrots, broccoli, cauliflower, cucumbers, cherry tomatoes, celery, sweet potato, green beans, canned pumpkin, beets, wax beans, sliced red, green, and yellow peppers

Fruit: mango, strawberries, apples, oranges, pears, peaches, pineapple, bananas, grapes, apricots, watermelon, cantaloupe, figs, kiwi, cherries, blueberries, raspberries, ¼ cup dried fruit (limit dried fruits and fruit juice because they are high in calories)

Dairy (mostly non- or low-fat): milk, yogurt, cottage cheese, string cheese,
 1/3 cup shredded cheese = 1 cup dairy
 1 ounce of cheese (size of 2 dice) = 1 cup dairy

Shopping List for Recipe

Proteins _____

Grains _____

Vegetables _____

Fruits _____

Dairy _____

Families On The Move

Family Goal: This week, plan an active family adventure.

This week, sit down as a family and plan a day, time, and place to take a family adventure. The adventure could be visiting a favorite theme park, hiking on a nearby trail, golfing, kayaking, swimming at an aquatic center, or walking around a local college or university. On the day of the adventure, pack a healthy lunch and off you go!

Math Connection: Below are two choices for a lunch to take on your adventure:

Choice 1: Double Quarter Pounder® w/cheese, large French fries, large Coca Cola® = 1,610 Calories

Choice 2: Well-Balanced Lunch Idea on this page = 465 Calories

What is the difference in number of Calories between the two choices? If you burn 8 Calories per minute of walking, how many minutes would you need to walk to burn the Calories from Choice 1? How long for Choice 2? Which is the "healthier" choice? (Answer at bottom of page)

Health and Fitness Resources

Website

Centers for Disease Control and Prevention's Fruits & Veggies More Matters™ www.FruitsAndVeggiesMatter.gov

Parent's Book

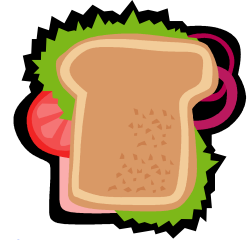
Lunch Boxes and Snacks: Over 120 Healthy Recipes, from Delicious Sandwiches and Salads to Hot Soups and Sweet Treats by Annabel Karmel, Simon & Shuster Adult Publishing Group, 2007

Children's Book

Lunch Munch: Step-by-Step Recipes by Bobbie Kalman, Crabtree Publishing Company, 2003

Well-Balanced Lunch Idea

- ¼ can (2oz) tuna fish mixed with
- 1 tsp mustard, 1 TBLS ketchup, and
- 1 TBLS raisins
- 2 slices whole wheat bread
- 1 carrot stick
- 1 stick string cheese
- 8 oz water



Subject of the Week

Lunch

Items to always have on hand for making quick, healthy lunches

- Large, insulated lunch bag for each member of your family
- Non-spill, non-leak water bottle for each family member
- 2 small icepacks for each family member (just in case 1 is left in a lunch box overnight!)
- Small thermos for each family member (great for soups, noodles, and an occasional hot chocolate!)
- 100% Whole-wheat bread (keep in freezer, make sandwich on frozen bread and it will thaw during the day)

Healthful Lunch Snacks

1. ½ cup canned pumpkin sprinkled with ½ tsp cinnamon
2. Apple
3. Unsweetened applesauce

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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Math Answer: Difference = 1,145 Calories, Choice 1 = 201.25 minutes, Choice 2 = 58.13 minutes, Choice 2 is the "healthier" choice