



Small changes today for a healthier tomorrow

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# Fit School Newsletter



## Health Goal for the Week

**Goal:** This week, make higher-fiber choices.

Eating fiber plays an important role in maintaining a healthy weight and having a healthy lifestyle. Studies suggest that people who eat high-fiber diets weigh less, have lower LDL blood cholesterol (“bad cholesterol”), and have lower blood pressure than individuals who eat lower-fiber diets. High-fiber diets have even been linked to lower rates of certain types of cancer.

This week, have each family member choose higher-fiber foods. For example, instead of drinking apple juice, choose a whole apple. While apple juice has close to zero grams of fiber, an apple with its peel has 4.4 grams of fiber.



Make the Choice	
<u>Lower-Fiber</u>	<u>Higher-Fiber</u>
Orange juice 1 cup=0.7g	Orange 1 orange=3.1g
Pasta 1 cup=2.5g	Lentils 1 cup=15.6g
Corn flakes 1 cup=0.3g	Bran flakes 1 cup=7.1g
Applesauce ½ cup=1.3g	Apple 1 apple=4.4g
Potato chips 1 oz =1.2g	Popcorn 1 oz=4.1g
White flour 1 cup=3.4g	Wheat flour 1 cup=14.6g
White bread 1 slice=0.7g	100% whole wheat bread 1 slice=3g

## Recipe

### Lentil Soup

- 2 tablespoons olive oil
- 2 medium carrots, diced
- 2 medium stalks celery, chopped
- 1 small yellow onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ½ teaspoon ground black pepper
- 2 cups dry lentils
- 1 can (14½ ounces) crushed tomatoes
- 2 cups vegetable broth
- 6½ cups water

1. In a large soup pot, heat oil over medium heat. Add carrots, celery, and onions; cook and stir until the onion is tender.
2. Stir in garlic, oregano, basil, and pepper. Cook for 2 minutes.
3. Stir in lentils and tomatoes, then add the vegetable broth and water. Cover and bring to a boil. Reduce heat and simmer for at least 1 hour or until lentils are tender.
4. Store leftovers in the refrigerator and reheat on the stove or in the microwave. The soup will taste better the next day!

Serving size: 1 cup, Calories 151, Total Fat 3 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 248 mg, Total Fiber 7 g, Protein 9 g, Carbohydrates 24 g, Potassium 503 mg  
Recipe provide by The National Heart, Lung, and Blood Institute  
[http://www.nhlbi.nih.gov/health/public/heart/other/sp\\_recipe.htm](http://www.nhlbi.nih.gov/health/public/heart/other/sp_recipe.htm)

## Shopping List for Recipe

- |                        |                 |
|------------------------|-----------------|
| _____ Olive oil        | _____ Carrots   |
| _____ Celery           | _____ Garlic    |
| _____ Yellow onion     | _____ Basil     |
| _____ Oregano          | _____ Pepper    |
| _____ Lentils          | _____ Veg Broth |
| _____ Crushed tomatoes |                 |

## Families On The Move

**Family Goal:** To help you stay healthy and active during the winter and holiday seasons, set a fitness goal that you will achieve by sometime in the spring.

Without a plan, many people find the winter and holiday seasons a difficult times to stay healthy and active. With a plan, you and your family will have a reason to continue your fitness routines even when holiday stress starts to creep in and the winter days get shorter and colder. Some ideas include:

1. As a family, plan to complete a 5K road race (either walking or running) in your area in February or March
2. Find a hiking trail in an area you would like to see, and gradually increase your walking in the Winter so that you will be able to walk the distance of the trail comfortably in the Spring.
3. Plan a family bike trip on a weekend in the early Spring and start training by walking, running, skiing, ice-skating, roller-skating, swimming, or using an indoor bicycle.

**Math Connection:** Use the Fiber Chart on the 1<sup>st</sup> page. If you currently eat a sandwich every day made with 2-slices of white bread and you switch to 100% whole-wheat bread, how many more grams of fiber would you be eating in 1 day, one week and 1 year? (Answer at bottom of page)

## Health and Fitness Resources

### Website

Mayo Clinic's *Dietary Fiber: An Essential Part of a Healthy Diet*  
[www.mayoclinic.com/health/fiber/NU00033](http://www.mayoclinic.com/health/fiber/NU00033)

### Parent's Book

*The Complete Idiot's Guide to High-Fiber Cooking* by Liz Scott, Alpha Books, 2008

### Children's Book

*Eating Right* by John Burstein, Gareth Stevens Publications, 2007

### Video

*How to Read the Food Label Video*, 1999  
 Grades 6<sup>th</sup>-College [www.healthedco.com](http://www.healthedco.com)

## Well-Balanced Lunch Idea

- 1 cup lentil soup
- 5 whole-wheat crackers
- 1 oz cheddar cheese
- 1 medium apple
- 8 oz milk



## Nutrient of the Week

### Carbohydrates-Fiber

**What it is:** a complex carbohydrate with no nutritional value

**Why we need it:** helps to move waste through the body

### How much we need:

- Children ages 1-3 = 19 g/day
- Children ages 4-8 = 25 g/day
- Females ages 9-18 = 26 g/day
- Males ages 9-13 = 31 g/day
- Males ages 14-50 = 38 g/day
- Females ages 19-30 = 25 g/day
- Males ages 50 and older = 30 g/day
- Females ages 31 and older = 21 g/day
- Pregnant females = 28 g/day
- Nursing females = 29 g/day

### Best Food Sources:

- 1 cup lentils = 15.6 grams fiber
- ½ cup garbanzo beans (chick peas) = 9 grams fiber
- ½ cup dates = 7.1 grams fiber
- 1 cup canned pumpkin = 7.1 grams
- ¼ cup whole wheat flour = 3 grams fiber (compared to ¼ cup all-purpose white flour which contains less than 1 gram fiber)
- 1 cup raisin bran = 7 grams fiber
- 2/3 cup peas = 4 grams fiber
- 1 medium apple with skin = 4.4 grams fiber

## Healthful High-Fiber Snacks

1. ½ cup dates
2. Pear with skin
3. Raspberries

### 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 = 1 day=4.6g, 1 week=32.2g, 1 year=1,679g