



Small changes today for a healthier tomorrow  
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# Fit School Newsletter



## Health Goal for the Week

**Goal:** When eating this week, pay attention to how much food is on your plate and how much you eat.

We tend to eat without even thinking. Most people fall into patterns early in life and then don't give these habits much thought. This week, plan to pay attention to what you are eating and how much you are eating. Have you fallen into a pattern of eating while reading, watching TV, or while socializing? Do you always drink your morning coffee with a donut or always drink an afternoon soda?

We also tend to automatically pour out the



same amount of cereal or scoop out the same amount of pasta without thinking. With a little effort, these habits can be changed to healthier habits and will result in big differences in your health!

### Tips for Decreasing Portion Size

- Use a smaller plate or bowl for your meals.
- Measure out the foods you eat for 1 week (Measure out the amount of cereal, rice, pasta, etc., so that you become aware of how much you usually eat and compare this to the "Serving Size" on the "Nutrition Facts" Label.
- When eating out, ask for a "doggie bag" when the meal is served and save half your meal for tomorrow.
- Try not to keep convenient, high-calorie snacks in your house.

## Recipe

### Slow-Cooker Bar-B-Q Beef Sandwiches

- 4 lb bottom round beef roast, trim off extra fat
- 1 onion, chopped
- 1 cup each water and low-sodium ketchup
- 2 Tbs each chili powder, Worcestershire sauce, and vinegar
- 1 tsp each dry mustard and garlic powder
- 100% whole wheat hamburger buns

- In the morning, place beef in crock pot (refrigerate if preparing the night before)
- In medium bowl, combine onion, water, ketchup, chili powder, Worcestershire sauce, vinegar, dry mustard, and garlic powder
- Pour mixture over beef
- Cook on low in crock pot for at least 8 hours
- Serve on whole wheat hamburger buns



**Math Connection:** If you decreased your portions for breakfast, lunch, and dinner by 50 Calories each, and it takes a deficit of 3,500 Calories to lose 1 pound, how many pounds can you lose in 1 year? (Answer at bottom of next page)

## Shopping List for Recipe

- \_\_\_\_\_ 4 lb bottom round beef roast
- \_\_\_\_\_ Onion
- \_\_\_\_\_ Low-sodium ketchup
- \_\_\_\_\_ Chili powder
- \_\_\_\_\_ Worcestershire sauce
- \_\_\_\_\_ Vinegar
- \_\_\_\_\_ Dry mustard
- \_\_\_\_\_ Garlic powder
- \_\_\_\_\_ 100% whole wheat hamburger buns

## Families On The Move

**Family Goal:** Make sure that each family member is moving at least 1 hour per day.

Our bodies are designed to move. If we don't use them to move, they start to become inefficient and unhealthy. Sit down as a family and make a list of how each person can increase his/her time moving each day. Start with simple ideas like parking in the farthest parking space at school or work, using the stairs instead of elevators, and using restrooms further from the office. These small changes may be difficult or uncomfortable at first, but if you encourage each member of your family to move more, these new habits will become part of your everyday life.



### Science Connection:

How many muscles are in the human body? (Answers at the bottom of page)

## Health and Fitness Resources

### Website

[www.healthier.us.gov/dietaryguidelines](http://www.healthier.us.gov/dietaryguidelines)  
USDA's dietary guidelines

### Parent's Book

*Eat, Play, and Be Healthy (A Harvard Medical School Book)* by W. Allan Walker, McGraw-Hill, New York, NY 2005

### Children's Book

*Heart: Our Circulatory System* by Seymour Simon, HarperCollins Publishers, 2006

### DVD

*The Standard Deviants School: Human Nutrition, Module 10 – Weight Control & Metabolism* by Cerebellum Corp 2004

## Well-Balanced Lunch Idea

- 2 slices whole wheat bread
- 1 TBLS low-fat mayonnaise
- 3 oz tuna fish
- 1 stalk celery with 1 TBLS all-natural peanut butter
- 8 oz low or non-fat yogurt
- 8 oz water



## Subject of the Week

### Portion Size and Serving Size

**Portion size** is how much you actually eat of a certain food. **Serving size** is the recommended amount of food to eat. A challenge for people is to have their portion size equal a serving size.

The following are **Serving Sizes**:

#### Grain Group

- 1 cup flaked cereal = size of a fist
- 1 slice of bread = size of a cassette tape
- 1 piece of cornbread = size of a bar of soap
- ½ cup rice or pasta = size of half of baseball
- 1 pancake = size of a music CD

#### Vegetable Group

- 1 cup cooked vegetables = size of a fist
- 1 cup leafy salad greens = size of a baseball
- 1 baked potato = size of a fist

#### Fruit Group

- 1 medium fruit = size of a baseball
- ¼ cup raisins or other dried fruit = size of a golf ball
- ½ cup canned or fresh fruit = size of a half of a baseball

#### Milk Group

- 1 ½ oz cheese = 4 stacked dice
- ½ cup ice cream = size of a racquetball

#### Meat and Beans Group

- 3 oz beef, fish, and poultry = size of a deck of cards
- 2 Tablespoons peanut butter = size of a ping pong ball
- 1 oz nuts = size of a golf ball

## Healthful, Portion-Sized Snacks

1. ½ cup fruit salad in fruit juice
2. 13 cashews
3. ¼ cup raisins

### 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 = 15.6 pounds    Science Answer: over 600