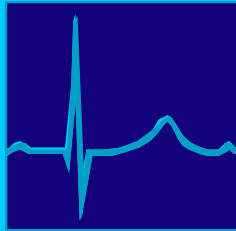


# PARENT WELLNESS NEWSLETTER

October 2006

Volume I, Issue I



*shaping the future*

*Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity. -John F. Kennedy*

## **Physical Education for Progress (PEP) Grant**

*Miami-Dade County Public Schools  
Physical Education and Health Literacy  
Division of Student Services*

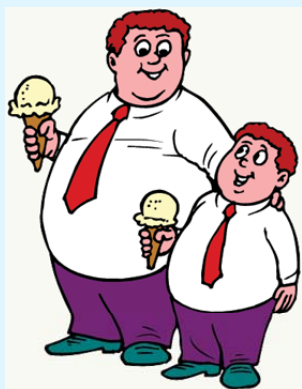
*Dear Parents:*

*Miami-Dade County Public Schools, Physical Education Program, is pleased to provide you with a monthly newsletter informing you of the latest programs and projects that we have developed to ensure that your child is provided with all of the necessary tools to maintain a healthy and active lifestyle. We encourage your family to become a part of the solution by becoming a "Fit Family" in reducing childhood obesity and Type 2 Diabetes prevalent among today's youth. We welcome your input and appreciate your support in keeping our students healthy and fit.*

*Dr. Jayne Greenberg*

### **TRACK YOUR FOOD INTAKE**

The USDA website at [www.mypyramid.com](http://www.mypyramid.com) will let you check the nutrition content and calories in the foods you eat. Keep a log of your food intake for several days and use the MyPyramid Food Tracker to get a complete nutritional analysis.



### **Why Fitness is Important...**

The following facts points out why it is important for young people to achieve a healthy fitness level:

- More than 9.2 million children and adolescents (ages 6-19) are considered overweight or obese. In Florida 32% of 10-17 year olds are overweight or obese.
- One-third of young people in grades 9-12 do not get a sufficient amount of moderate to vigorous physical activity.
- Only 22% of high school students get the recommended number of fruits and vegetables each day.



## NUTRITION INFORMATION FOR STUDENTS AND THEIR FAMILIES

The key message of the 2005 U.S. Dietary Guidelines is that Americans need to consume **fewer calories**, be more **active**, and make **wiser choices** within and among food.



## 2005 U.S. DIETARY GUIDELINES

The dietary guidelines issued by the federal government urge Americans to eat fewer calories and exercise more. Described in this newsletter are the key recommendations from the report.

For the full report go to:

[www.health.gov/dietaryguidelines/dga2005/recommendations.htm](http://www.health.gov/dietaryguidelines/dga2005/recommendations.htm)

### ADEQUATE NUTRIENTS WITHIN CALORIE NEEDS

Consume a variety of nutrient-dense foods and beverages within and among the basic food groups while choosing foods that limit the intake of **saturated and trans fats, cholesterol, added sugars, salt, and alcohol.**

### PHYSICAL ACTIVITY

Engage in **regular physical activity** and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight. **Achieve physical fitness** by including cardiovascular conditioning, stretching exercises for flexibility and resistance exercises or calisthenics for muscle strength and endurance.

### WEIGHT MANAGEMENT

Maintain body weight in a healthy range, **balance calories** from foods and beverages with calories expended.

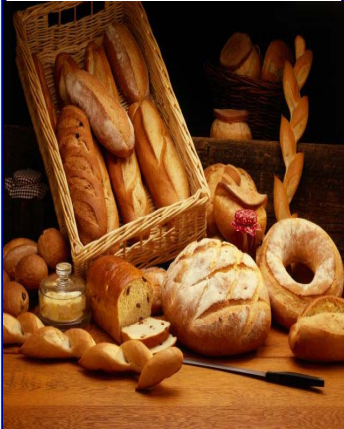
To **prevent gradual weight** gain over time, make small decreases in food and beverage calories and increase physical activity.

### FOOD GROUPS TO ENCOURAGE

- Choose a variety of fruits and vegetables each day.
- Consume 3 or more ounce-equivalents of whole-grain products per day with the rest of the recommended grains coming from enriched or whole-grain products. In general, at least half of grains should come from whole grains.
- Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.



## Nutrition Update



*The food and physical activity choices you make every day affect your health - how you feel today, tomorrow, and in the future.*



*The sooner you start the better for you, your family, and your future.*

## FATS

- Consume less than 10 percent of calories from saturated fatty acids and less than 300 mg/day of cholesterol, and keep trans fatty acid consumption as low as possible.
- Keep total fat intake between 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils

## SODIUM AND POTASSIUM

- Consume less than 2,300 mg (approximately 1 teaspoon of salt) of sodium per day.
- Choose and prepare foods with little salt. At the same time, consume potassium-rich foods, such as fruits and vegetables.

## FOOD SAFETY

To avoid microbial food borne illness:

- Clean hands, food contact surfaces, and fruits and vegetables. Meat and poultry should not be washed or rinsed.
- Separate raw, cooked, and read-to-eat foods while shopping, preparing, or storing foods.
- Cook foods to a safe temperature to kill microorganisms.

## CARBOHYDRATES

- Choose fiber-rich fruits, vegetables, and whole grains often.
- Choose and prepare foods and beverages with little added sugars or caloric sweeteners.

## ALCOHOLIC BEVERAGES

- Those adults that choose to drink alcoholic beverages should do so sensibly and in moderation – defined as the consumption of up to one drink per day for women and up to two drinks per day for men.
- Alcoholic beverages should be avoided by individuals engaging in activities that require attention, skill, or coordination, such as driving or operating machinery.
- Alcoholic beverages should be avoided by all youth, teens and adolescents.

- Chill (refrigerate) perishable food promptly and defrost foods properly.
- Avoid raw (unpasteurized) milk or any products made from unpasteurized milk, raw or partially cooked eggs or foods containing raw eggs, raw or undercooked meat and poultry, unpasteurized juices, and raw sprouts.

## NUTRITION FACTS

- Make your calories count. Look at the calories on the label and compare them with what nutrients you are also getting to decide whether the food is worth eating. When one serving of a single food item has over 400 calories per serving, it is high in calories.
- Since sugars contribute calories with few, if any, nutrients, look for foods and beverages low in added sugars. Some names for added sugars (caloric sweeteners) include sucrose, glucose, high fructose corn syrup, corn syrup, maple syrup and fructose.

## FIND YOUR BALANCE BETWEEN FOOD AND PHYSICAL ACTIVITY

- Be physically active for at least 30 minutes most days of the week.
- Increasing the intensity or the amount of time that you are physically active can have even greater health benefits and may be needed to control body weight. About 60 minutes a day is needed to prevent weight gain.
- Children and teenagers should be physically active for 60 minutes every day, or most every day.  
(Healthy People 2010, HHS)



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## Let's Eat Healthy!!!

Get the family to help you try this easy, healthful recipe:

### Garden Burgers

1/2–1 c. celery, chopped, 2 medium carrots, grated, 1 medium onion, chopped fine, 1/2 c. tomato juice, 1/2 c. quick oats, 1 c. sunflower seeds, ground, 2 tsp. parsley, dry or freshly minced, 1/4 c. barley, wheat flakes, or rolled oats, 1/4 tsp. sweet basil, 1 tsp. sea salt.

Carrots, onion, and celery may be finely chopped in food processor. Mix well with remaining ingredients. Form patties with ice cream scoop or spoon. Bake on parchment paper covered cookie sheet at 350° for 30 minutes.

## Why *FITNESSGRAM*? What is it?

M-DCPS assesses the health-related fitness of all students at least once a year. The purpose of the testing is to help individuals gain information to help them set goals and develop an exercise program. Results of the tests are analyzed by a program called *FITNESSGRAM* which provides a complete report for students and parents. Reaching the Healthy Fitness Zone is important because achieving these standards will help one avoid health problems now and in the future. Students are encouraged to follow the recommendations in the *FITNESSGRAM* report to improve their fitness level and then reassess their fitness level on a regular basis. You do not need to be an athlete to achieve the healthy fitness zone – everyone can be a winner and achieve the zone!



### Stress Buster

Deep breathing is an excellent way to reduce stress and relax. Each time you become aware of tension or stress, try slow, deep breathing for a minute. Allow your lungs to take in as much oxygen as possible. See if you notice a relief from your tension.



### Family Activities – Let's Do it Together!

Each weekend plan one special physical activity event, such as a walk, bicycle trip, swim, etc.

### Wellness Websites

The following websites are excellent sources of information about wellness and fitness:

- [www.eatright.org](http://www.eatright.org)
- [www.medlineplus.gov](http://www.medlineplus.gov)
- [www.affa.com](http://www.affa.com)

