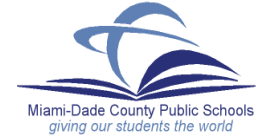


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MIAMI-DADE COUNTY PUBLIC SCHOOLS DEPARTMENT OF FOOD AND NUTRITION

August/September 2009

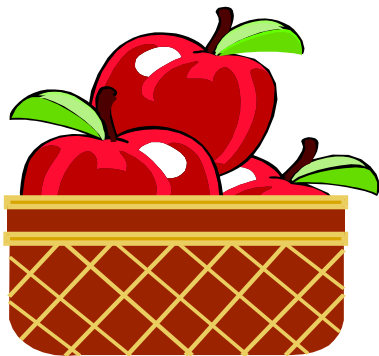
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In This Issue

- Florida School Breakfast Week
- Portion Distortion
- Healthy Celebrations at School

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Contact Us:

Mail/email your letters, your favorite fitness and nutrition tips or special activities your school has done to promote wellness to Ms. Susan Rothstein, Coordinator Nutritional Wellness, (e-mail srothstein@dadeschools.net)



Ready, Set, Go... Eat School Breakfast!

Florida will celebrate the 3rd Annual School Breakfast Week September 14 – 18, 2009. The Theme for this year's statewide campaign is, "ready, Set, Go...Eat School Breakfast" and its goal is to promote awareness about Florida's School Breakfast Program and to encourage children to participate in the school breakfast program. According to the Food Research & Action Center:

- Children who skip breakfast are less able to distinguish among similar images, show increased errors and have slower memory recall.
- Children experiencing hunger have lower math scores and are more likely to have to repeat a grade.
- Behavioral, emotional and academic problems are more prevalent among children with hunger.
- Children who eat a complete breakfast, versus a partial one, make fewer mistakes and work faster in math and number checking tests.
- Children who eat breakfast in school – closer to class and test-taking time – perform better on standardized tests than those who skip breakfast or eat breakfast at home.
- Participating in school breakfast is associated with improved math grades, attendance and punctuality.
- Children who eat breakfast tend to have more adequate nutrient intakes than children who do not.
- By eating breakfast, students also get more of important nutrients, vitamin and minerals such as calcium, dietary fiber and protein.
- Adolescents who eat breakfast tend to have a lower body mass index (BMI); higher BMIs can indicate overweight and obesity.

A nutritious breakfast should consist of a dairy product such as low-fat milk or yogurt, a grain such as high-fiber bread or a cereal, a protein such as peanut butter, low-fat cheese or an egg, and a fruit or 100% fruit juice. This is all found in your school cafeteria each morning, which offers a variety of foods to choose from. Remember, breakfast is served **FREE OF CHARGE** to all M-DCPS students. Participation in the School Breakfast Program will provide your students with a healthy breakfast each morning and prepare them for academic excellence.

Address:

The Family Health Letter
Department of Food and Nutrition
7042 West Flagler Street
Miami, Florida 33144



Please visit our Website:

<http://nutrition.dadeschools.net>

Related Websites:

<http://www.eatright.org>

<http://www.schoolnutrition.org>

School Nutrition Association

<http://www.mypyramid.gov>

The New Food Guide Pyramid



Portion Distortion – It's How Much You Eat That Counts

Do you think healthy eating is boring? Not so! You can eat healthy and still eat your favorites like chips, cookies and candy. One trick is to keep tabs on how much of these foods you eat.

Did you ever experience portion distortion? Like when you munch on an order of fries that could feed your whole family? Next time, halt portion distortion by splitting those fries with a friend or getting the smaller size. Instead of a mega-size candy bar, see whether the smaller size hits the spot just as well.

Don't sweat it if you pig out on a food sometimes. When that happens, balance it out by eating less than usual at your next meal and working in some extra walking or biking.

Meanwhile, check out this Portion Size Guide to see how common amounts of different foods compare to stuff you have around the house.

Portion Size Guide

- 1 cup fruit, vegetable, cooked cereal, pasta or rice = a baseball
- 3 ounces cooked meat, poultry or fish = deck of cards
- 1 tortilla (1 oz.) = a small (6 inch) plate
- ½ bagel (1 oz.) = the diameter of a small soft drink lid
- 1 teaspoon of margarine or butter = your thumb tip
- 1 tablespoon of peanut butter – 2 checkers
- 1 small baked potato (1 cup) = a computer mouse
- 1 pancake or waffle (1 oz) = a music CD
- 1 medium apple or orange (1 cup) = a baseball
- 3 cups of popcorn = 3 baseballs
- 1 ½ ounces of cheese = 6 dice
- 1 ½ cups of regular soft drink or fruit drink (12 oz.) = 1 can

Healthy Celebrations at School

We all love to celebrate birthdays in class, especially our own children's; however, we have to remember that our goal is to provide our children with foods of Maximum Nutritional Value on a regular basis. Although birthdays come only once a year, there may be 25 or more "celebrations" in class during the school year, plus celebrations of Valentines Day, Halloween, and other holidays. Typically, foods for school celebrations include cupcakes, candy, cookies, and soda. So what is the harm? There is nothing wrong with an occasional treat, but unhealthy choices have become the norm rather than the exception. Parties and treats used as classroom rewards, food fundraisers, and snacks available at school stores constantly expose children to high-fat, high-sugar, low-nutrient choices.

For recommendations on Healthy Celebrations at school go to

http://nutrition.dadeschools.net/Healthy_Celebrations.asp

WE FEED THE FUTURE!