

HARVEST OF THE MONTH: TOMATOES

Terrific Tomato Facts

Tomatoes are a fruit! A "fruit" is any fleshy material covering a seed or seeds.

- The cherry tomato is a primitive ancestor of the modern tomato.
- In 2003, California produced 937 million pounds of tomatoes. Florida is the only state that produced more.
- The tomato is a member of the Nightshade Family. Other family members include eggplant, potatoes & capsicum peppers.
- Tomatoes are a good source of Vitamin A, Vitamin C and potassium.
- Tomatoes should not be stored in the refrigerator. Cold temperatures cause tomatoes to lose their flavor and texture.

RECIPE: GAZPACHO

Gazpacho is a delicious tomato based soup which is served cold

Makes 8 one cup servings

Ingredients

- 2 pints of cherry tomatoes, cut in quarters
- 1 medium onion, chopped
- 2 cloves garlic, finely chopped
- 1 green pepper, chopped
- 1 cucumber, peeled and chopped
- ¼ cup white vinegar
- 1 cup low-sodium tomato juice

In a large bowl mix together ingredients (roughly puree in blender, if desired). Chill soup and serve.



Tomatoes: Color me red, yellow, orange, and green!

Carotenoids are a family of pigments which give vegetables and fruits their beautiful colors. Beta-carotene is one example of a carotenoid which gives carrots a bright orange color. Carotenoids cannot be made in the human body so we need to obtain them from colorful vegetables and fruits.

Tomatoes have a type of carotenoid called lycopene which is a powerful antioxidant. Antioxidants help protect the body from damage to the cells. Researchers discovered that when tomatoes are heated, their lycopene content increases dramatically; meaning that canned tomatoes and tomato sauces are even higher in lycopene. Evidence shows that people who eat large amounts of tomato and tomato products have a reduced risk for a number of types of cancer!

EXERCISE SCRAMBLER

See how fit you are by unscrambling these words. How many of these activities do you like to do?

- Example:
1. kgnibi = b i k i n g
2. kwailgn _____ k _____
3. miupjgn repo _____
4. hgniik _____
5. mwsimgni _____ m _____
6. ngiggoj _____
7. oufr qreaus _____ u _____
8. skatebbllal _____
9. iklablk k _____
10. darnenigg _____ a _____

Unscramble the shaded letters above for a secret message. Some of the letters are already provided!

_____ x _____ e

- Answer Key:
- gnikid .1
 - gniklow .5
 - sqon gnqimuj .8
 - gnikil .6
 - gnimimwe .2
 - gniggoj .3
 - snupde nout .7
 - llodskxend .8
 - llodskil .9
 - gninsbrag .10

Hold up to a mirror to find the answers!

scrtst Wszegod: 11 I I .scrtst

NUTRITION NEWS

GUIDELINES FOR A HEALTHIER YOU!

How can we feel better today and stay healthy for tomorrow?

The United States Department of Agriculture (USDA) has produced the *Dietary Guidelines for Americans, 2005*, to help us achieve this goal. Eating right and being physically active are not just a "diet" or a "program"—they are keys to a healthy lifestyle. With healthful habits, you may reduce your risk of many diseases such as heart disease, diabetes, osteoporosis, and certain cancers.

In this article, we will discuss daily food amounts, three key points of the Dietary Guidelines, and tips for eating at home and at fast food restaurants.

HOW MUCH TO EAT?

Eat according to your age and energy level

Base the number of daily food servings on your individual age and energy needs. Remember to stay within your daily calorie needs as shown in the "Daily Amounts" chart below.

TIP 1: VARIETY

Make smart choices from every food group

Give your body the balanced nutrition it needs by eating a variety of foods every day. A healthy eating plan includes:

MORE Fruits & vegetables; whole grains; low-fat milk & dairy products; lean meats, poultry, fish, beans, eggs, and nuts

LESS Saturated fats, trans fats & cholesterol; salt (sodium); and added sugars

Continued on page 2

Daily Amounts of Food from Each Group:

Food Group	What does a serving look like?	K- 3 rd grade child, Approx. 1400-1600 calories/day	4 th - 8 th grade child or adult woman Approx. 2000 calories/day	Adult male Approx. 2600 calories/day
Grains	= ½ cup			
Make ½ of your grain choices whole grains				
Vegetables	= ½ cup			
Eat colorful vegetables and fruits every day!				
Fruits	= ½ cup			
Meats	= 3 oz. * Deck of cards	4 - 5 oz. *	5 ½ oz. *	6 ½ oz. *
Dairy	= 1 cup **			

* 1 oz. meat or meat alternate = 1 egg; ¼ c. cooked dry beans or tofu; 1 Tbsp. peanut butter; ½ oz. nuts and seeds

** 1 c. milk = 1 c. yogurt or calcium fortified soymilk; 1 ½ oz. natural cheese or 2 oz. processed cheese

What's Inside?

In the Schools: TV Turn-Off Challenge...3

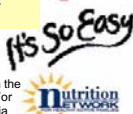
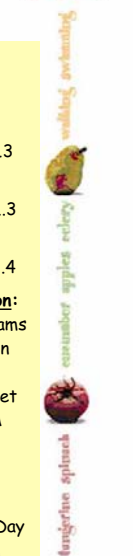
Physical Activity: Walking around SF.....3

Harvest of the Month: Tomatoes.....4

Contact Information: School Health Programs Nutrition Education Project
1515 Quintara Street San Francisco, CA 94116
415.242.2615
www.sfusd.edu

Visit California 5 A Day
www.ca5aday.com

Funded by the U.S. Department of Agriculture Food Stamp Program, an equal opportunity employer, through the California Nutrition Network. For information about the California Food Stamp Program, please call 415-558-4186.





NUTRITION NEWS

Volume 3 Number 3 April/May 2005

Nutrition Education Project



TP 2: BALANCE Food calories "in" should equal physical activity calories "out"

Regular physical activity is important for overall health and fitness. Exercise helps us control body weight by balancing calories we take in as food with calories we use.

- Adults should be active for at least 30 minutes every day
- Children and teenagers should be active for 60 minutes every day
- Remember physical activity can be walking, cleaning the house, shopping...



TP 3: EAT NUTRIENT-RICH Get the most nutrition for calories eaten

- Choose foods packed with vitamins, minerals, fiber, and other nutrients but lower in calories
- Read below to compare a nutrient-rich chicken sandwich meal with a double cheeseburger meal
- Find more specific information at www.healthierus.gov/dietaryguidelines

FAST FOOD TIPS: Follow the Guidelines at your favorite restaurant

It would be easiest to eat nutrient-rich meals if we cooked at home using fresh ingredients. However, eating healthy meals away from home can be more difficult. While fast food menus might be full of **tasty** choices, they are also full of items high in **fat, sodium, and sugar**. Those are the ingredients *The Dietary Guidelines* suggest that we limit for disease prevention and overall good health.

- Choose foods that include a full range of vitamins, minerals & nutrients
- Limit high calorie foods with few nutrients

Mc Health-ier Fast Food Menu

Include More Fruits & Vegetables:

- Lettuce, onion, and tomato added to sandwiches
- Colorful, delicious salads
- Baked potato with chili or salsa
- Fruit and yogurt parfaits
- Vegetables or pineapple pizza toppings
- 100% juice instead (of soda)

Stay lean with low-fat items:

- Grilled, broiled, or baked meats over those that are fried
- Light salad dressings
- Sandwiches, tacos, and salad *without* bacon, cheese, sour cream and mayonnaise
- Mustard or catsup instead of mayonnaise
- Low-fat frozen yogurt
- Whole beans instead of refried in tacos and burritos

Other options:

- Whole wheat rolls or bran muffins for fiber
- Order *small* sizes of French fries, nachos, soda, desserts
- Drink water or low fat milk to cut down on sugar

COMPARE LUNCHES! WHICH ONE GIVES THE MOST NUTRIENTS FOR CALORIES CONSUMED?

Double cheeseburger Large French fries Medium cola	Grilled Chicken Sandwich w/o mayo Side salad w/ 1/2 dressing Fruit and yogurt parfait Bottled water
--	--

Nutrient	1190	495	Recommended Daily Intake
Calories	1190	495	2000
Grams of fat	48 g	8 g	65 g
Grams of saturated fat	16 g	2 g	20
Milligrams of sodium	1485 mg	1400 mg	2400 mg
Grams dietary fiber	8 g	4 g	25 g
Approximate Fruit & Vegetable Servings	1/2	2.5	5 - 9 servings
	%		
	Recommended Daily Intake		
Vitamin A	10	52	
Vitamin C	17	52	
Calcium	32	32	
Iron	30	23	



NUTRITION NEWS

Volume 3 Number 3 April/May 2005

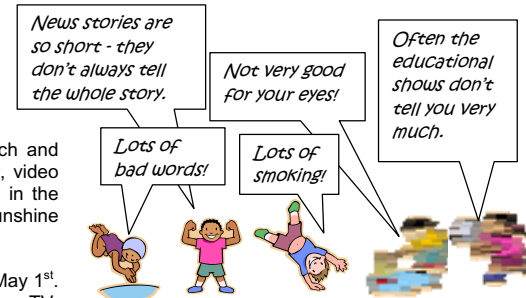
Nutrition Education Project



Take the "TV Turn-Off Week" Challenge



Students at Francis Scott Key give their opinions about TV watching!



TV has an amazing ability to glue us to the couch and make us feel sluggish. Whether it be a TV show, video game or DVD movie, our entertainment is getting in the way of a healthy lifestyle that includes fresh air, sunshine and 60 minutes of daily physical activity.

National TV-Turn-Off Week ran from April 25th to May 1st. It's not too late to take the challenge and turn off your TV, video games and computer games. See the world from a different perspective! Here's what some students from Francis Scott Key discovered when they turned off the TV:

"When I didn't have a TV I went to the park and played tennis with my Mom." – Anonymous

"My life without TV was fine, and I got a lot more work done. I was so happy. I was reading my book, jogging, riding my bike and going to the park. NOT watching TV is fun sometimes." – Mo

Plan a successful week without TV:

1. Hold a family planning meeting and brainstorm activities. Read "TV Alternatives" for suggestions.
2. Write a daily schedule.
3. Put together needed supplies:
 - a. Art supplies
 - b. Music for dancing
 - c. Board games

TV Alternatives

- Read! Read! Read!
- Learn a board game like chess
- Play a sport or go biking
- Go to the park or ride a bike
- Go jogging or learn to dance
- Learn all you can about your favorite subject
- Develop a skill like jumping rope
- Become an expert juggler
- Help with cooking
- Play with friends or start a garden
- Start an art project or draw



WALKING AROUND SAN FRANCISCO

We all want to be fit and exercise. It can be challenging to juggle work, children's schedules and commitments to family and community. This is why walking is an **ideal activity** whether we do it alone or with family or friends! We can walk any time of the day, any day of the week. Best of all, **it is free!**

Benefits from walking:

- Ease stress
- Manage weight
- Reduce risk for chronic diseases

Here are some ideas to help get you started!

- * Walk children to and from school
- * Run as many errands as possible by foot
- * Walk at sunrise or sunset – enjoy the view
- * Explore a new neighborhood
- * Park farther away from destinations and walk
- * Take the stairs

Great places to walk in San Francisco:

- * Find rare plants on Bay View Hill
- * Stroll along Crissy Field and admire the sights
- * Enjoy the view in Mission Dolores Park
- * Admire the rock formations in Glen Canyon Park

Remember to wear comfortable walking shoes and loose fitting clothes (reflective clothes at night). Watch for cars and bicyclists and choose a time of day when it is safe to walk.