



NUTRITION NEWS



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Nutrition Education Project



February is SFUSD's Physical Activity Awareness Month!

Celebrate Valentine's Day by committing to daily physical activity to improve your well being, lift your spirits & strengthen your heart.

Tips to Help Your Family Get Physical:

1. Set a good example!

Be active and encourage your family to join in. Have fun together. Play with the kids or pets, go for a walk, or play catch.

2. Establish a routine.

Set aside time each day as activity time—walk, jog, dance, cycle, or swim. Adults need at least 30 minutes of physical activity most days of the week and children need 60 minutes every day or most days.

3. Have an activity party.

Make the next birthday party you plan centered on physical activity. Try backyard Olympics or relay races. Have a bowling, gymnastics or dance party.

4. Move it!

Instead of sitting through TV commercials, get up and move. When you talk on the phone, lift weights or walk around. Remember to limit TV, video game and computer time.

5. Give activity gifts.

Give gifts that encourage physical activity—active games or sporting equipment.



Steps to a Healthier You

Reaching and maintaining a healthier weight is important for your overall health and well being. If you are significantly overweight, you have a greater risk of developing many diseases including high blood pressure, type 2 diabetes, stroke, and some types of cancer.



This material was funded by USDA's Food Stamp Program through the California Department of Public Health's Network for a Healthy California. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 415-558-4186.

How Healthy are San Francisco Students?

Every year SFUSD students in grades 5, 7 & 9 undergo physical fitness testing to measure aerobic fitness, flexibility, and strength and to determine if individuals are at a healthy weight. Below are the FITNESSGRAM results for 2007 – 2008.

FITNESSGRAM	Grade 5	Grade 7	Grade 9
Percent of students who are aerobically fit	61.4%	62.7%	60.1%
Percent of students who are considered to be at a healthy weight	72%	74.6%	75.3%

The FITNESSGRAM test is mandated by the State of California. For more information see: www.healthiersf.org or <http://data1.cde.ca.gov/dataquest>.

Enjoy a Valentine's Day Treat!

FUDGY FRUIT

Makes 4 servings
(1/2 banana, 2 strawberries per serving)



Ingredients:

- 2 tablespoons semi-sweet chocolate chips
- 2 large bananas, peeled and cut into quarters
- 8 large strawberries
- 1/4 cup chopped unsalted peanuts

Preparation:

1. Place chocolate chips in a small microwave safe bowl. Heat on high for 10 seconds and stir. Repeat until chocolate is melted, about 30 seconds.
2. Place fruit on a small tray covered with a piece of waxed paper. Use a spoon to drizzle the melted chocolate on top of the fruit.
3. Sprinkle the fruit with chopped nuts.
4. Cover the fruit and place in the refrigerator for 10 minutes or until the chocolate hardens. Serve chilled.

Everyday Healthy Meals, 2007

Nutrition information per serving:

Calories: 151, Carbohydrates: 24 g, Dietary Fiber: 4 g, Protein: 3g, Total fat: 6 g, Saturated fat: 2 g, Trans fats: 0 g, Cholesterol: 0 mg, Sodium: 2 mg