



# The Gastrointestinal System

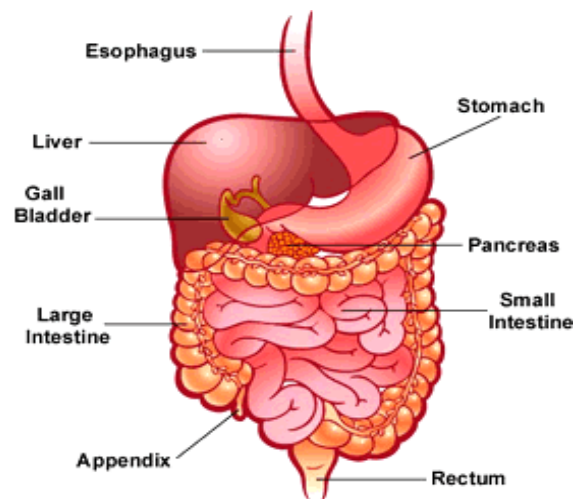
## What Your Kids Learned Week Five:

### Everything in Moderation

Balanced meals: fats, proteins, sugars, fibers, spicy, bland, etc.

### Eat Breakfast

Wake up more easily & perform better in school!

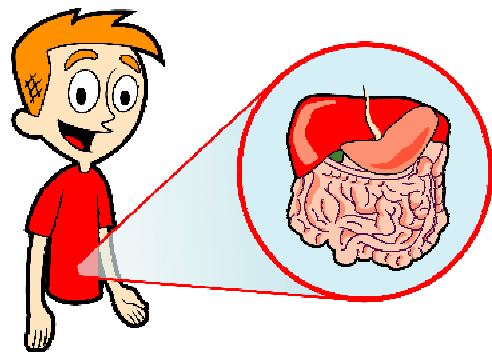


### Do Not Skip Meals & Eat Healthy Snacks

Fill in the gaps of your diet with small nutritious snacks, such as fruit. Keep a steady level of sugar in blood & prevent cravings.

### Listen to Stomach

Nerves in the stomach tell the brain when it is full & when it is empty.



### Weekly Family Challenge

#### Breakfast for A Week!

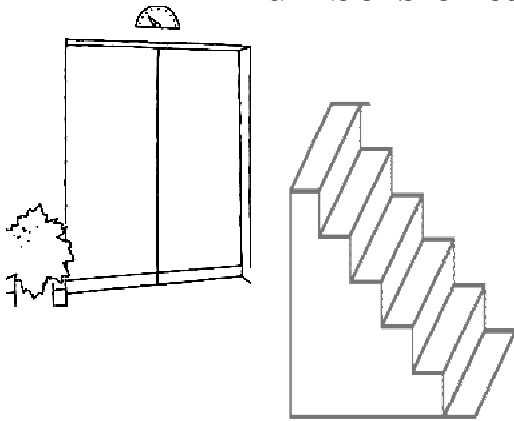
Get up with enough time each morning to have breakfast before starting the day.

#### Healthy Options:

- 1) Cereal with banana and low-fat milk
- 2) Scrambled egg whites with veggies and low-fat cheese and toast
- 3) Protein or granola bar with apple/banana and low-fat yogurt

# Health in the News: Simple Activities that Burn “Fuel” and Do Not Require a Gym Membership

From the Discovery Channel’s Online Calculator,  
the following everyday activities burn the estimated  
numbers of calories in an 150 pound person:



Taking the stairs for 5 minutes: **45**  
Taking the elevator for 1 minute: **<2**

Loading and unloading car for 10 minutes: **50**  
Carrying groceries up stairs for 15 minutes: **127**  
Dancing around the house for 20 minutes: **102**  
Washing dishes: **80**  
Playing piano for 1 hours: **170**  
Going to the grocery store for 1 hour: **160**

## Digestive Health: Fiber

### Importance of Fiber:

- Prevents colon cancer
- Prevents constipation
- Promotes healthy intestines
- Maintains healthy weight

### Sources of Fiber:

- Whole grain bread & cereal
- Fruits & Vegetables
- Popcorn
- Nuts and seeds
- Beans

**Remember: Be sure to  
drink plenty of water  
in addition to adding  
fiber to your diet!**



Reference Website:  
<http://health.discovery.com/tools/calculators/activity/activity.html>

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