



Fit to Print

Newsletter of the
Weigh Smart® Program



Back to School-tips for eating healthy at school

To do well at school, kids need to be fueled with both a healthy breakfast and healthy lunch. Meals should have a protein, fat and complex carbohydrates. Weigh Smart® has reviewed the Baltimore City & County School lunch menus and picked the healthier options.

Baltimore City Schools	Baltimore County Schools
<p>Top 5 entrée choices:</p> <p>Turkey Breast on a Wheat Roll (235 calories) Cheeseburger on a White Wheat Roll (192 calories) Meatloaf with Gravy (209 calories) Egg Salad Sandwich (244 calories) Tuna Salad on a Wheat roll (257 calories)</p>	<p>Top 5 entrée choices:</p> <p>Turkey with Gravy Diced (85 cal) Taco Salad Box (131 cal) Chicken Salad (130 cal) Tuna Salad (145 cal) Chef Salad Box with Turkey (181 cal)</p>
<p>Top 5 side item choices:</p> <p>Fresh Apple (36 calories) Green Beans (14 calories) Broccoli Florets (33 calories) Orange (62 calories) Tossed Salad with Dressing (27 calories)</p>	<p>Top 5 side item choices:</p> <p>Tossed side salad (7 calories) Baby Carrots (16 calories) Strawberries (13 calories) Watermelon (24 calories) Canned green beans (18 calories)</p>

Healthy Lunch Box Ideas or Make your own 100 calorie packs- All under 100 Calories!

- 1 Medium Hard-Boiled Egg (78 cal)
- 1/2 Small Apple with 2 tsp peanut butter (99 cal)

- 28 Grapes (95 cal)
- four 1-oz slices of turkey breast lunch meat (87 cal)
- 1 stick string cheese (80 cal)
- 15 dry roasted peanuts (88 cal)

A healthier option at... Subway!



Instead of ordering:	Consider:
Sausage 8" Pizza (820 cal, 34 g fat)	Kids Pak Sandwich Veggie Delight (150cal, 1.5g fat)
6" Meatball Marinara (580 cal, 23g fat)	Turkey Breast Salad with Fat free Italian Dressing (145 cal, 2 g fat)
Cream of Potato with Bacon (240cal 14g fat)	Roasted Chicken Noodle Soup (80 cal, 2 g fat)
6" Philly Cheese-steak (520 cal, 18 g fat)	Kids Pack Sandwich with Ham on wheat bread with lettuce, tomatoes, onions and green peppers (180 cal, 2.5g fat)
6" Sweet Onion Chicken Teriyaki on Flat-bread (410 cal, 7 g fat)	Oven Roasted Chicken Breast Salad (130 cal, 2.5g fat)

**Weigh Smart® Program
Mt. Washington Pediatric
Hospital**

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We want to hear from you!

Is there something you'd like to see in the next issue? Would you like to share a recent "yeah" moment or picture with your Weigh Smart® friends? If so, send email to Michelle at mdemeule@mwph.org. Send us your e-mail address and we'll add you to our online Weigh Smart® club. You'll receive this journal right away in your e-mail box instead of a few days later in your mailbox. Your e-mail address will be sent out "blind copy," meaning it will be seen only by Michelle or Weigh Smart® staff when the issues go out on e-mail.

Please Note:

We will not be sending out postcards announcing support group anymore but will put details about the following months support group in your newsletters. Live support groups are every other month



What's been going on at Weigh Smart®?

Back to School Night was a Success!

It was a very informative evening with Kyra, Bernard, & Ashley. We talked about making good food choices as well as time & stress management skills during the school year. Reaching your goals doesn't have to be such a challenge even though your busier than ever with school. One of the many helpful tips we discussed was packing lunches the night before which can be a great way to stay on task with your Weigh Smart Goals!



Join us in October for a Yoga workshop!



We will host a Yoga Night with Merritt Athletic Club on Thurs, Oct 22nd for both kids & parents 5:30-6:30. Come relieve some stress with the power of yoga. Learn how to do a downward dog! Kids & parents both welcome. **Call Ms. Debbie or Ms. Michelle 410-578-5343/2 by Oct 19th to RSVP. Space is limited.**

In other news....



Kyra was on the honor roll last year & started at Loch Raven Academy this year. Congrats! Bernard is playing football this fall and Ashley is playing soccer twice a week! James took a trip to New Orleans for a community service project. He went with 17 classmates from Boys Latin School and stayed 7 days to help rebuild parts of the city. He assisted Habitat for Humanity build a fence, mix concrete, & dig holes for a home they were constructing. He had a great time & enjoyed New Orleans! Great job! Maria said she has gone 9 months without any regular soda and is on track for her goal of no regular soda for one year!! Keep it up Maria!

Whole Foods Market-Mt. Washington 5% Day Was a Whole Day of Fun!

Many came out to support Mt. Washington Pediatric Hospital and the Weigh Smart® Program. On Tuesday, September 1st, a total of 5% of net proceeds went to MWPH and the Weigh Smart Program. More than \$3700 was raised for Weigh Smart@!!!



Molly from Whole Foods, Ravens Dietitian Sue & Michelle making smoothies

The Raven's Dietitian made post game Raven's smoothies just like the Ravens drink after games and City Council President Stephanie Rawlings-Blake was also there to bag groceries. Kate Amara and Dave Collins were there from WBAL as well as Baltimore Blast player Carlos Garcia. Our very own Bria won the Fastest Bagger Competition. Many thanks to all who came in support and the Mt Washington Whole Foods for all their hard work! Special thanks to Bria & Rashaad who were fierce competitors in the Fastest Bagger competition.

