You need at least 5 servings of fruit and vegetables each day to:
- Keep your heart, nerves, and muscles working.
- Build strong bones and a resilient immune system.
- Keep your eyes, skin, and hair healthy.
- Maintain a properly functioning digestive system.

Fruits and vegetables also contain:
- Fiber, which can lower your risk of developing heart disease and certain types of cancer.
- Phytochemicals, which protect your body from disease.

Six Ways to Eat More Fruits and Vegetables:
1) Drink 100% fruit juice and low sodium vegetable juices
2) Snack on carrots and celery sticks
3) Try dried fruit
4) Add vegetables to soups, pasta, and omelets
5) Make a fresh fruit smoothie
6) Add fruit to yogurt and waffles

June 2010

Celebrate These Themes!
National Fresh Fruits and Vegetables Month
Sports Kids America Month
Dairy Month

Independence Day (Philippines)
Commemoration of the 1838 Trail of Tears
Juneteenth (announcement that finally freed Texas slaves in 1865)

Independence Day in the Philippines commemorates the declaration of independence from Spain on June 12th, 1898. The 1838 Trail of Tears refers to the forced relocation of Cherokee Indians that resulted in the deaths of more than 1/4 of the population.

For more handouts and activities, visit www.canfit.org.
Cinco de Mayo marks the defeat of the French colonial forces at the city of Puebla. This holiday is more popularly celebrated in the U.S. than in Mexico.

**CANFIT’s Golden Rules for Physical Activity**
1) Create an environment that fosters participation by all
2) Choose activity and enjoyment over competition
3) Emphasize health at every size
4) Respect different cultures within your program

Visit www.parks.ca.gov to find a safe park near you!

Donate online at www.canfit.org

For more handouts and activities, visit www.canfit.org.
Asian Pacific American Heritage Month
is celebrated in May to commemorate the contributions of those people of Asian and Pacific Islander descent in the US.

Did you know?
In 1956, Dalip Singh Saund (India) became the first Asian American elected to Congress. He opened the door for Asian Americans to enter US politics.

Game Time!
1, 2, 3 Dragon (China)
Players: 10 or more
The players form a line with each player holding the shoulders of the person in front of them. The person in the front is the “Head” and the person in the back is the “Tail.” When the tail shouts “1, 2, 3 dragon!”, the head leads the line and tries to catch the tail. The line must stay together the whole time. If the dragon breaks, then the head moves to the end of the line and becomes the tail. The second person in line now becomes the head.

Recipe of the Month: Tomato Salad (Cambodian)
Mix 1/2 cup peanuts (roasted and coarsely ground), 1 pound of plum tomatoes (sliced 1/4” thick), 1/2 English cucumber (thinly sliced), 1/2 cup of fresh mint leaves, and 1/2 cup fresh basil leaves. If you use dressing, make sure it is low-fat, and pay attention to serving sizes!

donate online at www.canfit.org

For more handouts and activities, visit www.canfit.org.
The Truth About Soda

Sodas provide no vitamins or minerals and can put young people at risk of developing nutrient deficiencies, tooth decay, and unhealthy weight gain.

A 12 ounce can of soda contains about 10 teaspoons of sugar is loaded with empty calories and additives. Drinking just one can of soda a day for one year adds up to 32 pounds of sugar!

Water, non-fat or 1% milk, 100% fruit juice with no added sugar, and unsweetened teas are healthier choices.

“[I learned that] Nutrition is not the focus for the companies that are marketing to our children. Nutrition should be the focus for the parent and we should pay more attention to what it is that we are exposing our children to. Habits either good or bad can last a lifetime.” - Participant in CANFIT workshop

donate online at www.canfit.org

Canfit “What’s in my Drink” Display

August 2010

Celebrate These Themes!
- Stress Awareness Month
- Celebrate Diversity Month
- Physical Wellness Month
- National Minority Health Awareness Month

Cambodian, Thai, and Laos New Year is at the end of the dry season and the beginning of the rainy season. Myanmar and Sri Lanka also celebrate the new year around these dates.

Gathering of the Nations Powwow (American Indian)

Gathering of the Nations Powwow attracts over 500 tribes from the U.S. and Canada.
Health at Every Size

During adolescence, youth often experience concern about their body weight and shape, as well as the changes their bodies are going through.

To counteract an adolescent’s unhealthy body image, encourage him or her to obtain a “healthy weight,” or the natural weight the body adopts when provided with a healthy diet and meaningful amounts of physical activity.

Good health is not defined by body size. People of all shapes and sizes can reduce their risk of poor health by adopting a healthy lifestyle.

Tips for Obtaining a Healthy Weight

1) Eat a variety of fruits and vegetables (at least 5 servings a day)
2) Choose a diet low in sat fat and cholesterol, and moderate in total fat
3) Choose and prepare foods with less salt
4) Choose a variety of grains daily, especially whole grains
5) Choose foods and beverages low in sugar
6) Get at least 60 minutes of physical activity each day

donate online at www.canfit.org
Hispanic Heritage Month is celebrated in the month of September in honor of the independence days of several Latin American countries.

Did you know? Luiz Walter was the first Hispanic American to receive a Nobel Prize in Physics. Walter later proposed the now accepted theory that the mass dinosaur extinction was caused by a meteor impact.

Game Time!

Carpenteros, Carboneros, and Cardinales (Mexico)

Players: 20 or more

One player is chosen as the leader. The other players form two parallel lines about 3 feet apart and face each other. One team is the carpenteros (carpenters) and the other is the carboneros (coal miners). If the leader yells “Carpenteros!” that team turns and runs to a line 30 feet away. The carboneros try to tag them before they cross the line. The players who are tagged are out. If cardinales is yelled, neither team should move. The team with the most players at the end wins.

For more handouts and activities, visit www.canfit.org.

CANFIT Trainings and Workshops:

CANFIT trainings are designed for youth providers and community members that work with adolescent youth. In our train-the-trainer approach, we deliver hands-on ways to empower the community around creating a healthier environment for youth. We have a variety of food, nutrition, physical activity and policy related trainings as well as trainings in Spanish.

donate online at www.canfit.org
### Effects of Caffeine on Youth

Caffeine affects children the same way as adults, but because their bodies are smaller, less caffeine is needed to get the same impact.

### Consequences of too much caffeine intake

1. **Poor dental health** including cavities from high sugar content and enamel erosion from acidity.
2. **Increased risk of obtaining an unhealthy weight** due to caffeine products' empty calorie replacement of more nutritious foods and drinks.
3. **Weak bones and teeth:** for every 150 mg of caffeine consumed, the body loses 5 mg of calcium!

Adolescents should have less than 85 mg of caffeine per day.

Cut back on caffeine gradually to reduce withdrawal effects like irritability, headaches, fatigue, aches, and pains. Try drinking water or 100% fruit juice for that burst of energy.

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### Energy Drinks and Youth:

With more than 500 types launched in 2006, energy drinks have rapidly replaced soda as youth's caffeinated drink of choice. With two or three times the caffeine as a regular soda, energy drinks can pose a serious threat to those 30-40% of youth ages 12-17 years that consume energy drinks. In addition, with the drinks' high sugar and acidity levels, youth are at risk for teeth decay and weight gain in addition to heart disease.

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### How much caffeine are you drinking??

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**Donate online at** www.canfit.org

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**For more handouts and activities,** visit www.canfit.org
**“Eat Slow, Not Fast”**

Most fast foods are high in fat and calories. Eating a lot of fat can put you at risk for being overweight, developing heart disease, and/or getting cancer.

Note that if you “supersize” your fast food meal, you almost double the amount of fat and calories. A super sized meal with a large burger, fries, and soda has 1720 calories and 75 grams of fat. This is equal to almost 75% of an adolescent’s total recommended daily intake of calories and fat.

Unfortunately, for many young people living in low income, urban communities, fast food is the most readily available choice. Therefore, if you are unable to completely remove fast food from your diet, here are six ways to make better fast food choices:

1. Pass on the soda
2. Avoid fried foods
3. Watch out for added fat in cheese and mayo
4. Watch portion sizes
5. Never “supersize”
6. Ask to see the nutrition information

**Recipe of the Month: Vegetable Quesadillas**

**Ingredients:**
- 1 large carrot, grated
- 1 zucchini, grated
- 8 whole wheat tortillas
- 3/4 cup skim mozzarella

**Steps:** In a small bowl, mix carrot and zucchini. Sprinkle 1/2 cup vegetable mixture over half of the tortillas. Top each tortilla with 3 tablespoons of cheese. Cover with second tortilla. Heat nonstick pan over medium hot heat. Place each quesadilla in a pan. Cook one minute. Turn over and cook one minute longer or until hot and cheese melts. Serve with pico de gallo or fruit salsa.

**Donate online at www.canfit.org**

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February 2010

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**Celebrate These Themes!**
- Black History Month
- International Boost Self Esteem Month
- National Cancer Prevention Month
- American Heart Month
Black History Month
Recognized since 1926, Black History Month is celebrated in commemoration of the many important people and events in African American history.

Did You Know?
Yams and collard greens - two popular “soul food” dishes - contain large amounts of vitamins, fiber, and antioxidants that can decrease your risk of developing heart disease.

Collard greens also provide a variety of health benefits. To name a few, organosulfur compounds lessen the occurrence of a variety of cancers while zinc and vitamin A boost your immune system.

For more handouts and activities, visit www.canfit.org.

"CANFIT gets the real-life issues in diverse communities and works in tandem with them to create solutions for improving the health of today’s youth”
- After School Director

donate online at www.canfit.org

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Game Time! Pilolo or “Time to Search for” (Ghana)
Players: 10 or more
Equipment: Cones, any objects, beanbags, etc.
The players will line up standing in a straight line with their eyes closed. A leader hides objects all around the play area. Once the objects are placed, (s)he will announce “Pilolo!” When the announcement is made, players are to actively gather as many of the hidden objects as they can in the play area. After they are done searching, they come back to their original position. All players get a chance to be the leader and hide the objects. The player with the highest number of collected objects is declared the winner. A leader can decide different ways to get the objects also (like hopping, skipping, etc.)

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Celebrate These Themes!
- National Vegetarian Month
- Breast Cancer Awareness Month
- Eat Better & Eat Together Month
- Healthy Literacy Month

Indigenous People’s Day
- is a day of Native American celebration replacing Columbus Day. Native peoples use this day to recognize the genocide and invasion resulting from colonialism.

Indigenous People’s Day Celebration
- (Berkeley, CA)
American Indian Heritage Month is celebrated to recognize intertribal culture and to educate the public about the heritage, history, art, and traditions of the American Indian and Alaskan Native people.

Did You Know? American Indians and Alaska Natives are twice more likely to have diabetes than Caucasians. In some tribes, 50% of the population has diabetes. Here are some community-based ways to reduce these high rates of diabetes:
1) Provide healthier school meals (and include more ethnic food choices).
2) Utilize nutrition experts in schools and communities to evaluate meals and menu options.
3) Subsidize or incentivize restaurants and stores to provide healthier foods.
4) Make existing facilities accessible for physical activity through joint use agreements.
5) Mobilize youth to advocate for changes in their schools and communities.
6) Incorporate culturally competent strategies.

 donate online at www.canfit.org
The Importance of Breakfast

What you eat everyday is related to your physical health, growth and development, your ability to learn, and your chance of getting a disease.

Failing to eat breakfast in the morning can affect test scores, grades, and performance during after school activities.

Skipping meals can stunt your growth, make you constantly tired, increase your risk of getting sick, decrease your bone mass, and increase your risk of breaking a bone.

For more handouts and activities, visit www.canfit.org.

January 2010

Youth participate in the Reading Food Labels Activity found in CANFIT’s Super Manual

The Low Down on Sugar

1) When it comes to breakfast, watch out for cereals with added sugar by checking the nutrition facts label for the amount of sugar.
2) Look at the ingredients list to make sure that sugar isn’t one of the first two ingredients.
3) Choose a cereal that was no more than 8 grams of sugar.

November 2010

The Low Down on Sugar

1) When it comes to breakfast, watch out for cereals with added sugar by checking the nutrition facts label for the amount of sugar.
2) Look at the ingredients list to make sure that sugar isn’t one of the first two ingredients.
3) Choose a cereal that was no more than 8 grams of sugar.

The Low Down on Sugar

1) When it comes to breakfast, watch out for cereals with added sugar by checking the nutrition facts label for the amount of sugar.
2) Look at the ingredients list to make sure that sugar isn’t one of the first two ingredients.
3) Choose a cereal that was no more than 8 grams of sugar.
7 Ways You Can Start Eating Healthier for the New Year

1) Cut back on soda, juices, or fruit drinks loaded with sugar
2) Check portion sizes
3) Eat more fresh, canned, or dried fruits and vegetables as snacks
4) Drink at least eight glasses of water everyday
5) Eat less fast food!
6) Buy fewer cookies, cakes, and candies.
7) Watch out for high sugar cereals.

New Year’s Resolution
Make a New Year’s resolution to make a healthier you! Resolve to eat at least five fruits and vegetables every day, get 60 minutes of physical exercise daily, or drink more water instead of soda and sugary drinks. To help keep you on track during the year, recruit family members and friends to adopt a healthier lifestyle too!

donate online at www.canfit.org
**Kwanzaa** begins after an East African harvest festival. The colors used for decorations symbolize different things: RED for the struggle and blood of ancestors, BLACK for the beauty of black people, and GREEN for youth and renewed life.

**About Us**

CANFIT helps bridge the gap between communities and policymakers. In valuing community-based solutions, youth engagement, cultural competency, social justice and collaboration, we strive to improve the health of today’s youth.

### MO Project Youth Convening in Kettleman City

### December 2010

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- **Christmas Day**
- **New Year’s Eve**
- Celebrate These Themes! Stress Free Holidays Month Universal Human Rights Month