

NUTRITION FIRST NEWS



March 2018



Debunking Myths About Children's Nutrition & Health

Adapted from: Parents Magazine

Much information exists regarding nutrition. The problem, unfortunately, is a lot of that information is inaccurate. Let's debunk a few common myths to boost confidence about healthy eating. (This information from Parents magazine was adapted by the Child Care Food Program Roundtable.)

Myth #1 – A child with a cold should not have milk.

Dairy products do not increase mucus production or thicken nasal secretions. "The cold virus itself causes mucus production in the nose and the back of the throat," explains Kathleen J. Motil, M.D., Ph.D., Baylor College of Medicine. You can continue to offer children milk or other dairy products when they are sick with a cold. Give plenty of other liquids as well, such as water, juice, tea and chicken soup. It is important children get plenty to drink to ward off dehydration and keep mucus flowing through nasal passages.

Myth #2 – Children need red meat to prevent anemia.

Although red meat is a good source of iron, children can get plenty of iron in their diet without consuming red meat. Other sources include fortified cereals and breads, dried fruits such as raisins, spinach, molasses, beans, lentils, eggs, certain fish and dark meat poultry. Iron deficiency is a greater risk among very young children. Data from the Centers for Disease Control and Prevention reveals that 9% of toddlers between 1 and 2 are deficient in iron. That figure drops to about 3% for children 3 to 5 and 2% for children 6 to 11.

Myth #3 – To prevent obesity, you should limit fat intake early on.

Babies and toddlers need about 40 percent of their daily calories from fat because their brains and bodies are developing rapidly. That is why most experts recommend that children under age 2 drink whole milk. Older children still need essential fatty acids in their diet for healthy skin, proper growth and vitamin absorption, but after the age of two, getting 30 percent of their daily calories from fat is sufficient. Fats also help children fill full, so if a child's fat intake is restricted, they may overeat to compensate.

Myth #4 – Juice is a healthy thirst quencher.

Though 100 percent fruit/vegetable juice is definitely more nutritious than soda, it shouldn't be the drink children reach for when they are thirsty. Juice decreases a child's appetite for more nutritious foods and may displace milk and water as a beverage. What's more, because of the high sugar content of juice, drinking an excessive amount can harm teeth and contribute to overweight and obesity. Offer whole fruits and vegetables and limit juice to 4 ounces or less per day. Water is a better choice for thirsty children.

Myth #5 – All brown bread is whole grain.

Just because bread is brown does not make it whole grain. Unfortunately many brown breads are simply white bread with caramel coloring added. To make things more confusing, terms like multi-grain do not guarantee bread actually has whole grains in it. Read the ingredient label to ensure you choose the healthiest option; the word "whole" should be listed with the primary first ingredient, for example whole wheat, or 100% whole wheat. A whole grain has all the grains components: the bran, germ and endosperm. These components have an array of essential nutrients, vitamins, minerals and fiber.

Myth #6 – Simply sitting with children during mealtime is sufficient to model healthy eating.

Adults are the best role model for children. Children mimic the behavior and eating habits of adults by watching them. Sitting with children **and** eating the same foods they are having is the best way to encourage them to try new foods and model good eating habits and table manners.

Myth #7 – All "milks" are created equal.

Soy, almond, coconut, rice, hemp; we now have many choices when it comes to the type of milk we drink. However, not all "milks" contain the same essential nutrients that are available in cow's milk. The biggest difference is the protein, with cow's milk containing 8 grams in a one cup serving, while most others have only 1 gram or less. Alternative milks may also have added ingredients such as salt, stabilizers, thickening agents and sugar. Fortified soy milk is the best alternative to cow's milk, with 8 grams of protein in a one cup serving and other similar nutrients.

There's no shortage of foods myths and healthy eating advice on the internet and from well-meaning acquaintances. To uncover the truth behind common food and nutrition myths, trust reliable sources to discover what's actually backed by science and what is purely fiction.



Samurai Banana Sushi Roll

- 100% whole wheat flour tortilla, small
- 1 large banana
- 2 tablespoons peanut or almond butter

Have a pair of children work together to make this fun snack. Give each set of kids a tortilla with the peanut butter and let them spread it on the tortilla with the back of a spoon. Place peeled banana at one end and roll it up. Slice into 8 pieces. (Serves 2 children, whole grain and fruit, ages 1-5)

Baked Nut Butter Bananas

Baked bananas have been around for at least 100 years with recipes originating all over the world. Eaten savory, sweet, fried, baked, raw, frozen and even grilled...the banana is very versatile. Although many baked banana recipes are meant to be a dessert, this recipe isn't drowning in butter, rum or brown sugar. So, it makes a great breakfast or snack, and fills in nicely as a guilt-free something sweet when the craving occurs.

- 5 medium-sized yellow, ripe bananas
- 5 Tbsp. nut butter, your choice
- 5 tsp. orange marmalade
- Cinnamon, light dusting

Peel and slice the bananas length-wise. Use your finger to create a small trench to hold the nut butter. Be careful not to break them open, but if you do, you can just stack them in a small baking dish to keep them from falling over. Place a tablespoon of nut butter in each banana. Sprinkle with cinnamon. Bake at 350 degrees (the recipe neglected to say how long - maybe 10 to 15 minutes?). Serve with a teaspoon of orange marmalade, raspberry jam, or your favorite preserves. Enjoy warm or cold!



Peanut Butter & Banana Stuffed French Toast

- 3 large eggs
- $\frac{1}{4}$ cup milk
- 1 teaspoon vanilla
- 1 banana, peeled /sliced
- 2 tablespoons peanut or other nut butter
- 4 slices whole grain bread
- 1 tablespoon butter

Assemble and cook just like a grilled cheese sandwich or French Toast - spread the peanut butter on two slices of bread, add the sliced banana rounds on top of the peanut butter, then top with the other two slices of bread. Meanwhile,

crack the eggs and beat them together with the milk and vanilla in a shallow bowl. Dip the two sandwiches in the egg mixture and cook in the heated pan which has been buttered. Flip over when gently browned. Kids will love these - serves 4 children, ages 1-5.

Hawaiian Pizza Grilled Cheese

- 8 slices whole grain bread
- 3 tablespoons butter, softened
- 4 slices pineapple, thinly sliced & patted dry
- 4 ounces ham, thinly sliced
- 12 ounces mozzarella cheese, thinly sliced
- Pizza sauce for dipping, optional

No directions came with this recipe - just assemble 4 sandwiches and grill in a pan just like a grilled cheese sandwich.



Anti-Mayo Egg Salad Sandwich

- 2 tablespoons hummus
- 2 hard-boiled eggs
- 3 mini sweet peppers
- 2 slices whole grain bread
- Salt and pepper to taste, if desired

Simply peel and mash up the eggs, add the hummus, chop up the mini sweet peppers, and mix all together in a bowl. Season with salt and pepper, then serve it between slices of your favorite bread, or stuff it into a pita or wrap. Yum! Source: *The Penny Hoarder*

Good Job, Providers!

We just wanted to tell you that you are really getting all the new regulations down, and we appreciate it. We actually had to hire a new person in order to help us with menu processing so we can continue to process menus on time. The regulations are new for you, and they are new for us, also. We have to count your whole grain items to make sure they are served daily, check your milk percentage for kids of varying ages, check for the correct low-sugar cereals and yogurts, and make sure that desserts are not claimed.

We've been really pleased with your adherence to the new rules. The one regulation that seems to be causing problems is that of the requirement to serve whole milk to toddlers under age two, and 1% or skim to kids two and older. Some of you have to serve soy or almond milk also, with a doctor's note. We were able to obtain approval for you to write on your menus the following statement: *Children under age two are served whole milk, kid's two and older are served 1% (or skim), and Johnny (for example) is served soy milk.* Then you can just write the word "milk" on the milk line. Hopefully this will make it easier for everyone.

In addition, although most of you are doing great with listing the cereal manufacturers, remember that oatmeal and granola are also cereals, so we need their brand names also.

Thank you!

¡Buen trabajo, proveedores!

Sólo queríamos decirle que están realmente aplicando todas las nuevas regulaciones, y lo agradecemos. Hemos tenido que contratar a una nueva persona con el fin de ayudarnos con el procesamiento de menús para que podamos seguir procesando los menús a tiempo. Las regulaciones son nuevas tanto para las proveedoras como para los representantes.

Tenemos que contar cuantas veces sirves un grano entero por día para cerciorarnos de que han sido servidos diariamente, revisar los porcentajes de la leche que se les sirve a los niños. Revisar que los cereales y los yogures sigan el guía de bajos en azúcar. Y cerciórese que no esté sirviendo postres (pan mexicano, churros, arroz con leche, pastel, barras de ningún tipo etc...)

En donde estamos notando una pequeña falta es en el de server y anotar las leches correctas. Recuerde que de todo el primer año se sirve leche Entera, el día que cumplen 2 años se empieza a server 1% o sin grasa. Y si tiene que server leche de soya o alguna leche aprobada medicamente. Esto se tiene que apuntar el menú también. Espero que esto lo haga más fácil para todos.



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Nutrition First USDA Child Care
Food Program is a program of the
Mid-Willamette Valley
Community Action Agency



MENU WINNERS

- **The menu winners for January are: Ann Field of Eugene & Leticia Garcia of Eugene**
- **The menu winners for February are: Kim Audova of Lafayette & Tanya Eastman of Salem**
- **Keep those menus coming in on time – you might be next!**
- **Remember – to enter, menus need to be in an envelope with your name and address on the outside**



Thanks and Good Luck!!

"Good nutrition is the right of all children."

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