



NETA

**Nutrition Education Training
Academy Newsletter
For Early Childhood Providers**

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How Are We at Walking the Talk?

By: Stephanie Chan Lee, RD

Does what I eat affect the eating behavior of the children around me? Soda, chocolate bars, ice cream, donuts, candy, cake, french fries . . . energy poppers, whole grains, smoothies, fruits, vegetables, fish, yogurt, low-fat milk, 100% fruit juice, lean meats.



Adult eating habits play an important role in the food choices children make. Consider some recommendations from the researchers:

- Children are more likely to eat a food when they see an adult eating it.
- Parents and care providers appear to influence eating behavior through their food preferences and eating habits.
- Coercive approaches to restrict or encourage a child's food intake may lead to feeding problems, such as overweight or eating disorders.

Most researchers are in agreement that children are getting heavier mostly because they are eating foods high in calories and they have a sedentary lifestyle. With childhood obesity on the rise, adults can play an important role in shaping the behavior of children. Have you asked yourself, what can **I do** to improve the eating habits and health of children? Does it mean that I can **never** eat foods high in fat, sugar and calories at school in front of the children?

Children are wonderful observers and quick learners. They **see** what adults are eating, whether it is nutritious or full of fat and empty calories. They mimic what adults do and they want to eat what adults eat. Should adults refrain from eating foods with high calories and only eat fruit and vegetables? **The answer is NO!** Restriction is **not recommended** but rather balance, variety and moderation are encouraged when choosing meals and snacks for everyone.

Here are some practical ways to encourage children to develop healthy eating habits and healthy attitudes:

- * Eat Together
- * No Foods are Taboo
- * Don't Use Food as a Bribe or Reward
- * Be a Good Role Model
- * Offer Healthy Foods

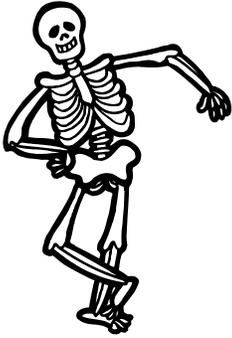
Lastly, take a few minutes to assess if you are **walking your talk**. Is your nutrition message to your preschoolers consistent with what **you actually choose** to eat and practice each day? Or, is there some room for improvement? If your answer is the latter, do not try to make drastic changes, rather identify a single food behavior that needs improvement and work on changing it. It may be necessary to take small steps towards reaching your commitment to help children eat better. When we **walk the talk** we are also taking care of ourselves. If you are not meeting the minimum recommended servings of 5-A-Day, how about adding more fruits and vegetables to your menu plan daily. How about a glass of 100% juice in the morning; fruit, vegetables or low-fat, calcium-rich smoothies at meals and snack times; or desserts made with fresh, seasonal fruit?

Congratulate yourself for being a positive influence in improving both children's eating habits and also your own nutrition and health status. These are just some of the great benefits resulting from **WALKING YOUR TALK!**



Satter, Ellyn, "Child of Mine: Feeding with Love and Good Sense", April 2000.

GOT CalcYUM?



"Osteoporosis is a pediatric disease with geriatric consequences."

"Preventing this and other bone diseases begins in childhood. With low calcium intake levels during these important bone growth periods, today's children and teens are center to face a serious public health problem in the future."

"But, we need to remember that this a preventable and correctable public health."

Duane Alexander, M.D., Director of the National Institute of Child Health and Human Development (NICHD)

Children and teens need calcium in their diets primarily for bone mineral deposition. Calcium and weight bearing exercise make bones stronger. Stronger bones mean a lesser chance of developing fragile and porous bones later on in life -- Osteoporosis. This disease may cause a loss in height, fractures and a curved spine. A good way to reduce the risk of developing Osteoporosis and other bone health problems is to eat a diet that includes foods rich in calcium. How much calcium do we need daily?

The table below shows the recommended dietary calcium requirement (per day) for each age group:

1 to 3 years	500 mg	2 servings
4 to 8 years	800 mg	3 servings
9 to 18 years	1,300 mg	4-5 servings
19 to 50 years	1,000 mg	3-4 servings
51 to 70+ years	1,200 mg	4 servings

The American Academy of Pediatrics Committee on Nutrition's Policy Statement for calcium requirements indicates that for children, an important recommendation is to develop "eating patterns that will be associated with adequate calcium intake later in life." Introducing young children to diets that include foods that are good sources of calcium may help to shape their food choices and eating behavior throughout life, helping them to improve bone health and possibly reduce the risk of Osteoporosis.

Food sources with the highest concentrations of calcium are dairy products such as milk, cheese, yogurt, cottage cheese and dry non-fat powdered milk. Dark green leafy vegetables, broccoli, beans, figs, canned fish with bones, corn tortillas, black strap molasses and almonds are also good sources of calcium (especially for those who are lactose intolerant).

Use the table below as a quick and easy reference for calcium food sources:

Food	Serving Size	Amount of Calcium
Milk - 1%, 2%, nonfat	1 cup (8 oz)	300 mg = 1 serving
Soy milk calcium-fortified	1 cup (8 oz)	300 mg = 1 serving
Cheese	1.5 slices (1.5 oz)	300 mg = 1 serving
Yogurt – nonfat, low-fat	1 cup (8 oz)	300 mg = 1 serving
Calcium-fortified orange juice	1 cup (8 oz)	300 mg = 1 serving
Dry nonfat powdered milk	1/3 cup (2.5 oz)	300 mg = 1 serving
Cottage Cheese – nonfat, low-fat	1 ½ cups	300 mg = 1 serving
Bok choy & Turnip greens	1½ cups	300 mg = 1 serving
Broccoli, Kale & Mustard greens	1 cup	100 mg = 1/3 serving
Almonds	¼ cup	100 mg = 1/3 serving
Figs	5	100 mg = 1/3 serving
Dried beans or peas	1 cup	100 mg = 1/3 serving
Black Strap Molasses	1 Tablespoon	100 mg = 1/3 serving
Corn tortillas	2	100 mg = 1/3 serving



Seven Super Steps for Safe Food In the Summertime



During the summer months, it is especially important to take extra precautions and practice safe food handling when preparing perishable foods such as meat, poultry, seafood and egg products. The warmer weather conditions may be ideal for outdoor picnics and barbecues but they also provide a perfect environment for bacteria and other pathogens in food to multiply rapidly and cause foodborne illness. Follow the suggestions below to Fight BAC!® (foodborne bacteria) and reduce the risk of foodborne illness this summer.

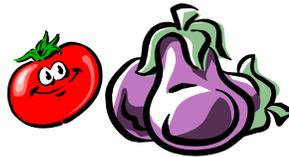
- 1. Wash, Wash, Wash Your Hands (as in Row, Row, Row Your Boat)**
Always, wash your hands with hot, soapy water before and after handling food.
- 2. Marinating Mandate**
When marinating for long periods of time, it is important to keep foods refrigerated. Don't use sauce that was used to marinate raw meat or poultry on cooked food. Boil used marinade before applying to cooked food.
- 3. Hot, Hot, Hot**
When grilling foods, preheat the coals on your grill for 20 to 30 minutes, or until the coals are lightly coated with ash.
- 4. Temperature Gauge**
Use a meat thermometer to insure that food reaches a safe internal temperature.
- 5. Where's the Beef? Chicken and Fish?**
Hamburgers should be cooked to 160° F, while large cuts of beef such as roasts and steaks may be cooked to 145° F for medium rare or to 160° F for medium. Cook ground poultry to 165° F and poultry parts to 170° F. Fish should be opaque and flake easily.
- 6. Stay Away from that Same Old Plate**
When taking foods off the grill, do not put cooked food items back on the same plate that previously held raw food.
- 7. Icebox Etiquette**
A full cooler will maintain its cold temperatures longer than one that is partially filled so it is important to pack plenty of extra ice or freezer packs to insure a constant cold temperature.



Copied from: <http://www.fightbac.org/main.cfm>

Nutritious Seasonal Recipes

Eggplant Salad



Ingredients:

- 1 lb. eggplant, cut crosswise into 1/4 inch slices
- 1/2 cup light Italian dressing (or less, 1/3 cup, if desired)
- 2 large tomatoes, cut into wedges
- 1 green bell pepper, seeded and cut crosswise into 1/4 inch rings
- 1 small onion, cut into 1/4 inch slices
- 1/4 cup pitted black olives, drained
- 1/2 lb. mixed lettuce leaves or garden salad

Method:

1. Place eggplant on a broiler pan. Brush with dressing.
2. Broil for about 5 minutes, about 4 inches from heat source
3. Turn and brush with dressing. Broil another 5 minutes
4. Remove from heat and set aside to cool.
5. Combine remaining ingredients in a non-reactive bowl.
6. Cut eggplant slices into 1/2 inch strips and add to vegetables
6. Pour dressing over vegetables. Toss gently and serve.

Prep: 10 min, Cook: 10 min, plus cooling time.
Makes 4 servings.

Source: www.mealsforyou.com



Pineapple Peach Smoothie



Ingredients:

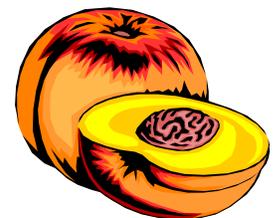
- 1 cup Pineapple juice
- 1 cup Fresh sliced peaches
- 1 cup (8 oz.) Nonfat vanilla yogurt
- Dash of Ground nutmeg

Method:

1. Combine pineapple juice, peaches, yogurt and nutmeg in blender.
2. Cover and blend until thick and smooth.
3. Serve immediately

Prep: 10 min.
Makes 2 servings.

Source: www.dole.com



Community Events

- July: National Picnic Month:** Celebrate the Fourth of July by taking a picnic lunch (packed safely!) to **4th of July at Jack London Square:** Oakland goes all-American with its annual Independence Day festival, which features an apple pie bake-off, live jazz and an inflatable playground. Get there early to avoid the crowds and stake out a spot from which to view the fireworks. The event stretches from Alice to Clay Streets. *Fireworks 9:30 p.m. Free. (510) 814-6000.*
- September: Better Breakfast Month:** Children who eat breakfast perform better in school. The *Think Breakfast!* Campaign was designed by New York State Schools and includes detailed lesson plans and activities for children of all ages to emphasize the importance of a healthy breakfast. For more information visit: <http://24.97.19.59/thinkBreakfast/program.asp>
- September 13: AgriCultural Roots Fair** held at Oakland Museum 10-5 pm. This community event, is being held at the Oakland Museum and will feature diverse agricultural, agrarian, culinary traditions with a strong emphasis on sustainability and health. The Fair aims to help create enduring urban-rural connections between regional growers of ethnic and specialty foods and the East Bay's diverse urban population.

Children's Storybooks

- Bread and Jam for Frances (Baby – Preschool) by: Russell Hoban**
In this memorable story, Frances decides that bread and jam are all she wants to eat, and her understanding parents grant her wish: at breakfast, lunch, dinner, and even snack time. This story emphasizes the importance of variety in the diet.
- Lunch (Baby – Preschool) by: Denise Fleming**
A concept book in which a very hungry mouse nibbles his way through a variety of colorful fruits and vegetables.
- First Book of Sushi (Baby – Preschool) by: Amy Wilson Sanger**
For the littlest fans of that favorite Japanese finger food comes a sturdy board book sure to inspire giggles (and even some growling stomachs!). Sanger's textural, mixed media and cut paper collage form an ideal accompaniment to her bouncy rhyming text to captivate/fascinate even the most finicky eaters.



Websites

- Nibbles...Ideas for Families:** Developed by the University of Illinois Cooperative Extension. This web site offers advice on a variety of nutrition-related topics, such as *Dining Out with Children: How to Make it Easier*, *Managing Mealtime Menaces*, and *Snacks are Important*. <http://www.urbanext.uiuc.edu/nibbles/>
- Whole Foods Market:** Recipes that taste great and are fast to make. The site also includes helpful hints, games and links on food, farming and environmental health sciences. <http://www.wholefoodsmarket.com/kids/>
- Children's Nutrition Research Center at Baylor College of Medicine.** This site answers questions, reports on new research, and provides sound advice in an attractive and user-friendly manner. The "Consumer News" section houses the information that will be of most interest to parents. Here you'll find the *Nutrition and Your Child* newsletter, which is published online three times per year (you can also sign up to receive it via e-mail). "Facts and Answers" is a collection of short articles and Q & As on over 60 topics related to child nutrition. <http://www.bcm.tmc.edu/cnrc/>

Comments & Suggestions

If you have any comments or suggestions, please e-mail us at cealameda@ucdavis.edu

Please take a moment to complete our survey. We look forward to hearing from you.

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