



# NETA

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

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## **Higher Heart Risks in Minority Women**



A survey of 1,024 respondents, conducted by the American Heart Association, evaluated trends in women's awareness, perception and knowledge of cardiovascular disease. It was found that African American and Hispanic women "face the highest risk of death from heart disease and stroke, but they have the lowest risk factor awareness of any racial or ethnic group".

These findings are significant. Compared to white women, African American and Hispanic women have greater prevalence rates of obesity, physical inactivity, high blood pressure, diabetes and metabolic syndrome. However, they are less likely to know the factors that increase heart disease risks such as being overweight, physical inactivity, smoking, having high cholesterol and a family history of heart disease. Heart disease is women's number one killer. **Increased awareness of heart health in Minority women is needed.**

What can women do to lower their risk of heart disease? Women should maintain a healthy body weight; stay physically active everyday; keep high blood pressure under control; quit smoking; and get high cholesterol levels under control by eating foods lower in cholesterol and saturated fat.

The American Heart Association recommends the following heart-healthy eating plan:

- 6 or more servings of breads, cereals, pasta and starchy vegetables everyday
- 5 or more servings of fruits and vegetables everyday
- 2-4 servings of fat-free or low-fat milk products everyday
- up to 6 ounces of lean meat, fish or poultry everyday
- eat fish at least twice a week
- eat very few fats, oils, nuts and sweets everyday
- consume no more than 2,400 milligrams of sodium per day (about 1 teaspoon of salt)
- pay attention to cholesterol intake—less than 300 milligrams per day
- drink 6 to 8 glasses of water everyday

Being physically active helps with overall health and cardiovascular health. Women who are physically fit have the benefit of better posture, muscle tone, and reduction of excess weight. They also have bodies that can aid in fighting off disease, have an improved strength of the heart and efficiency of circulation, better breathing, and enhanced self-image. Four elements are needed for an effective fitness program: muscle strength, muscle endurance, flexibility and cardiovascular endurance. These elements can be part of traditional sports, individual activities, and everyday actions (such as gardening, climbing stairs, and going for a walk).

Combating heart disease requires a commitment to raising awareness about the risk factors, signs and symptoms, and ways to prevent it (including diet and physical activity). For more information, contact your local chapter of the American Heart Association. In Alameda County: East Bay Division, 426 17th Street, Suite 300, Oakland, CA 94612, phone: (510) 904-4000; fax: (510) 904-4004.

**Spread the word: Keep a Healthy and Happy Heart!**

References:

1. American Heart Association. <http://www.americanheart.org/presenter.jhtml?identifier=3018809>
2. American Heart Association. <http://americanheart.org/presenter.jhtml?identifier=3003306>
3. American Heart Association. <http://americanheart.org/presenter.jhtml?identifier=3003307>

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## ***A Recipe for Good Health: Making the Most of Family Mealtimes***



Today's busy schedules often make it a challenge for families to eat together. Studies show that children who eat regularly with their families generally have healthier eating patterns – including more fruits and vegetables, iron, calcium, fiber and vitamins – than those children who do not eat regularly with their families.

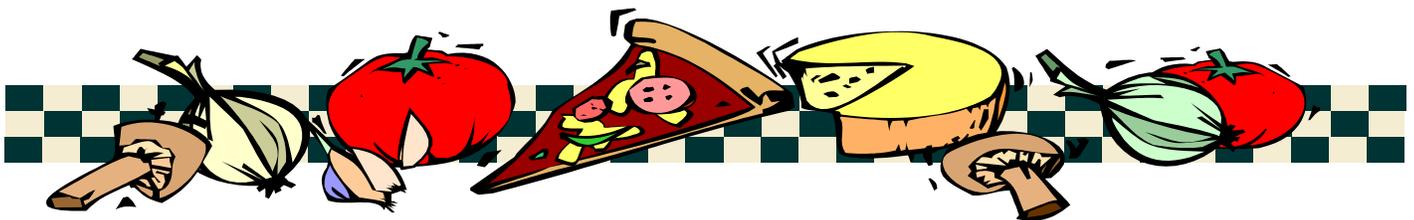
A recent national survey indicates that the average household prepares and eats dinner at home five nights a week. Eating dinner (or any meal) together has many benefits. It is a source of nourishment; a chance to establish and practice positive eating habits (especially important during early childhood); and promotes relationship building and social skills development. Sharing a meal allows family members to connect with one another.

The American Dietetic Association offers these tips to create a positive mealtime environment:

- Turn off the TV and radio. Enjoy the conversation without distractions.
- Let the answering machine pick up phone calls or turn off the phone ringer to avoid interruptions during mealtime. Phone calls can be returned afterwards.
- Talk about the events of the day or upcoming family activities.
- Understand that children often take more time to eat compared to adults. Don't feel rushed through dinner. Use the extra few minutes to enjoy the conversation before clean up time.
- Remember that there are no "good" vs. "bad" foods. Offer a variety of choices from all of the food groups within the Food Guide Pyramid. Deprivation of a specific food can lead to children "sneaking" them into their diets.

Mealtimes can be an opportunity for everyone to relax and take a break from the day's hectic schedule. Young children will be setting up positive eating habits and skills that may last a lifetime.

***In every conceivable manner, the family is the link to our past and the bridge to our future — Alex Haley***



Reference:

1. American Dietetic Association. [http://www.eatright.org/Public/NutritionInformation/92\\_nfs0900.cfm](http://www.eatright.org/Public/NutritionInformation/92_nfs0900.cfm)

# Farmers' Market News

## Seasonal Ethnic Fruits & Vegetables: Persimmons

*Here's an interesting, healthy and nutritious produce -- rich in Vitamin A and Vitamin C-- that you may find at your local Farmers' Market this Autumn.*

There are two kinds of persimmons: Non-Astringent (such as the Fuyu) and Astringent (such as the Hachiya). Varieties are very different and one should pay close attention to the characteristics of each.

Similar to the shape of a mini pumpkin, Fuyu persimmons are squat and round. Firm, yellow-orange Fuyus can be eaten right away. Eat these sweet and crunchy fruits as is, or cut them up and include them in fruit salad, cobbler or crisp, a stir-fry dish or cereal. Stored at room temperature, Fuyus stay firm for 2 to 3 weeks. After about 3 weeks, they will soften and reach their peak sweetness.

Oblong and acorn-shaped with a deep orange-color skin, Hachiya persimmons need to ripen – until they are soft and squishy (like a water balloon) -- before eating. Eating unripe Hachiyas may cause one's mouth to pucker and become dry and sour due to the high astringency of the pulp. Conversely, a ripened Hachiya is delicious...a spoon may be used to scoop out the dark yellow flesh, which is sweet and rich in taste. Hachiyas are frequently used as a puree, in baking (such as cookies, breads, brownies, flans), and sauces. Ripened Hachiyas should be used as soon as possible or within a few days.

### References:

1. Pacific Coast Farmers' Market Association. [www.pcfma.com](http://www.pcfma.com)
2. California Rare Fruit Growers, Inc. [www.crfg.org/pubs/ff/persimmon.html](http://www.crfg.org/pubs/ff/persimmon.html)
3. Tony Tantillo the Fresh Grocer. <http://www.tonytantillo.com/fruits/persimmons.html>
4. USDA Nutrient Data Laboratory. [www.nal.usda.gov/fnic/foodcomp/cgi-bin/list\\_nut\\_edit.pl](http://www.nal.usda.gov/fnic/foodcomp/cgi-bin/list_nut_edit.pl)
5. Specialty Produce Company. [www.specialtyproduce.com/spNetwork.ASP?Item=9071&WCI=Frameset&WCE=Main](http://www.specialtyproduce.com/spNetwork.ASP?Item=9071&WCI=Frameset&WCE=Main)



## Nutritious Seasonal Recipes

### Persimmon Fruit Cup

#### Ingredients:

- 2 large bananas
- 3 large persimmons
- ¼ cup orange juice
- 3 tablespoons lemon juice
- 1 tablespoon sugar
- ½ grated coconut



#### Method:

1. Peel and slice bananas.
2. Peel persimmons, if desired. Remove center core of persimmon and dice.
3. Combine fruits with orange juice, lemon juice and sugar.
4. Add coconut.

Prep: 5-10 min.

Servings: 6

<http://www.davewilson.com/persimmons.pdf>

### Persimmon Smoothie

#### Ingredients:

- 1 ripe Hachiya persimmon
- 1 tablespoon honey
- 1 cup nonfat vanilla yogurt
- 1/4 to 1/2 teaspoon powdered ginger
- 1/2 cup orange juice



#### Method:

1. Remove stem and calyx from persimmon.
2. Puree in a blender or food processor.
3. Add remaining ingredients.
4. Mix until smooth.

Prep: 5 min.

Servings: 2

[http://www.tonytantillo.com/recipes/desserts\\_rec.html#smooth](http://www.tonytantillo.com/recipes/desserts_rec.html#smooth)

## Physical Activity Corner



Children are spending an increasing amount of time sedentary – sitting in front of television and video/computer screens. The lack of physical activity is contributing to childhood obesity and the greater risk of health problems (such as Type 2 diabetes). Adults can influence children's health by promoting more physical activity and less time in front of electronic screens.

Here are some easy and simple ideas to keep kids active:

- Play Tag
- Turn on music and have free-style dance
- Have foot races
- Mimic animals and their movements
- Join a school or community sport team or sport club
- Go skating
- Go to and/or participate in ball games
- Take a family or group walk
- Ride tricycles/bikes



## Gardening Storybooks



### 1. **Apple Farmer Annie** by Monica Wellington, Dutton Children's Books, 2001.



Each autumn, Annie picks apples, sorts them and organizes them. She turns some into applesauce, apple muffins, apple cake (recipes included) and cider. The best she saves to sell at the market. Cooking utensils surround the sentences describing how she makes applesauce and muffins, while on the right is an illustration of the young woman in the kitchen.

### 2. **Inch by Inch: The Garden Song** by David Mallett, Harper Trophy, Reprint edition 1997.



This picture book version of a favorite popular song charts the faithful progress of a young boy who overcomes every obstacle and makes his garden overflow with bounty. Included are the song lyrics set to music for guitar and piano.

## Nutrition Tidbits



**Tips for Parents:** Besides encouraging more physical activity, adults can also fight the obesity trend by promoting positive eating habits. The diet and food behaviors of preschoolers will influence their overall health as they grow into adulthood.

**Some Practical Ideas:** It's all right if your child doesn't finish every beverage or meal (allow children to listen to their own hunger cues) \*Offer non-food rewards (instead, give them a great big hug or spend 'active' time together such as going for a walk) \*Select a healthy diet with no more than 30% of total calories from fat each day \*Focus on fiber from fruits, vegetables and grains. \*If your family eats at fast food restaurants, try to limit it to no more than once a week.

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