

NETA

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

July - September 2002

Volume 2, Issue 4

SOFT DRINKS, What is all the fuss about?



The soft drink industry spends more than \$500 million dollars in advertising. Coke and Diet Coke spend \$154 million and Kool-Aid beverages spend \$19 million,¹ according to a report from Michael Jacobson from the Center for Science and Public Interest. In contrast, a moderate amount of money is spent in promoting healthier diets and physical activity. Meanwhile there are reports indicating that the number of children and adolescents who are overweight has more than doubled in the past 30 years.² The main factor contributing to weight issues among this age bracket is the consumption of empty calories. Soda, which is high in calories and low in nutritional value, accounts for nearly 8% of teenager's daily caloric intake. Many students average three cans of soda per day, contributing significantly to an increase in their daily caloric intake.

Nutrition experts suggest that each additional daily serving of "sugar-sweetened soda" increases an adolescent's risk for obesity by 60%. There are also have been some studies conducted by the Center for Science in the Public Interest showing that development of bone fractures among 9th and 10th grade female soda drinkers was five times higher than girls who did not consume soda. Soft drinks and snack foods add empty and extra calories to the diet and replace healthy, nutritious food.

California Senator Deborah Ortiz introduced a bill SB 150 that proposed a statewide tax on all sodas. The bill targets sugary sodas as a root cause of kids putting on too many pounds and offered schools incentives to drop lucrative contracts to sell certain soda brands on their campuses "The health of our young people is at risk because of the eating environment at our schools," Ortiz said, "This might be a bill that takes a few years to get passed, but I'm very persistent... I will remove junk foods from schools in the next four years."

Sugar sweetened soda is high in calories and low in nutrients. Calories increase as the size of the soda increases.

¹ Jacobson, M. *Small Taxes on Soft Drinks and Snack Foods to Promote Health*. American Journal of Public Health, 200, Vol.



Caloric and Sugar Content of Beverages from Fast Food Restaurants

	Small -16 oz		Medium - 21 oz		Large - 32 oz		Super-Size - 42 oz	
	Total Calories	Teaspoons Sugar	Total Calories	Teaspoons Sugar	Total Calories	Teaspoons Sugar	Total Calories	Teaspoons Sugar
Pepsi	200	12.5	262.5	16	400	25	525	33
Coke	216	13.5	283.5	18	432	27	568	35.5
Mountain Dew	248	15.5	325.5	20	496	31	651	41

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² U.S Department of health and Human Services, CDC *Nutrition and Health of Young People*, June 1997. The National Alliance for Nutrition and Activity *From Wallet to Waistline: The Hidden Costs of "Super Sizing"*

Fruits and Vegetables Research



Celebrating September with 5 A Day

September is 5 A Day Month in Alameda County, it coincides with the National 5 A Day Week, September 22nd-28th. During this month take a step on improving your diet by eating at least 5 to 9 servings of fruits and vegetables and 30 minutes of physical activity **daily**. Help change the diets of the children and families you work with. Teachers such as yourselves, can be role models, if you do it they will too.

Scientific research to support the importance of eating fruits and vegetables and the role that diet plays in disease prevention is growing daily. More studies are being conducted about fruits and vegetables and their constituents such as fiber and phytonutrients and how these components help in the prevention of many types of cancer, cardiovascular diseases, hypertension, diabetes and obesity.

Fruits and vegetables are natural sources of important nutrients that can help keep our growing children healthy and strong. Childhood is the time to shape eating habits that will carry on later into adulthood. We want to eating 5 a day to become second nature. Use the 5 A Day principles to help set a goal for offering a variety of fruits and vegetables each day. At the beginning, this might not be an easy transition, but if you keep offering a colorful variety of fruits and vegetables children will eat them. Make it fun and remember don't force a child who is not interested.

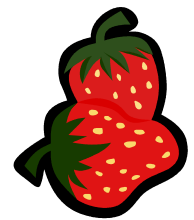
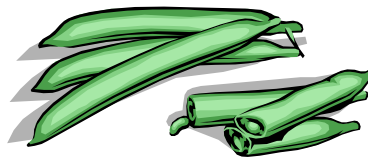
Key Nutrients Provided by Fruits and Vegetables

Dietary Fiber -- applesauce, mangos, pears, carrots, green beans and corn

Vitamin A -- apricots, cantaloupe, mangos, carrots, spinach/dark greens and sweet potatoes

Vitamin C -- cantaloupe, oranges, strawberries, broccoli, potatoes, green peas and tomatoes

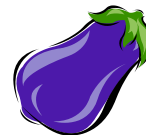
Folate -- strawberries, oranges, avocados, broccoli, spinach, dark greens and green peas



Reference:

American Dietetic Association www.eatright.org download September 2, 2002.
Produce for Better Health Foundation, 2002.

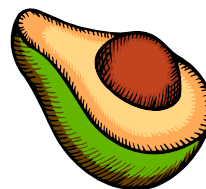
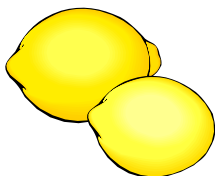
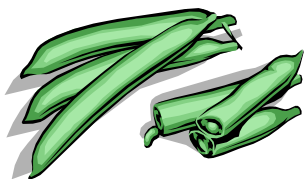
Seasonal Healthy Foods



With Fall just around the corner seasonal fruits and vegetables in the markets will begin to change. July, August and September are the harvesting months for the following vegetables and fruits: beets, broccoli, carrots, cauliflower, corn, cucumber, eggplant, garlic, greens, herbs, kohlrabi, lettuce, melons, onion, peppers, potatoes, salad mix, spinach, summer squash, tomatillos, tomatoes. Southern California farmers will also harvest artichokes, avocados, beans (snap), cabbage, mushrooms, peppers (chili), sweet potatoes, apples, boysenberries, olallieberries, figs, grapefruit, grapes, lemons, cantaloupe, honeydew melon, pears, plums, prunes, strawberries and watermelons.

Support a local farmer by visiting their farm and pick your own fruits and vegetables. For farm listings in Brentwood visit their website: www.harvest4u.com

Source: Website: www.seasonalchef.com



Nutritious Seasonal Recipes



Summer Squash with Sweet Corn and Tomatoes



Ingredients:

- 2 1/2 Tbs. Olive oil
- 1 1/4 lbs. zucchini, cut into 1/2 inch slices
- 2 lbs. Summer squash, cut into 1/2 inch slices
- 1 1/4 lbs. Corn kernels, thawed if frozen
- 2 lbs. Tomatoes, seeded and chopped
- 5 ounces canned green chilies, drained and thinly sliced (wear rubber gloves)
- 2 1/2 Tbs. Cilantro or parsley, minced

Method:

1. Heat oil in a heavy nonstick skillet over medium heat.
2. Sauté zucchini, summer squash and corn 2 minutes.
3. Add tomatoes, chilies and pepper to taste. Cover skillet and simmer 5-6 minutes, or until zucchini is tender. Remove from heat. Stir in cilantro and serve.

Prep: 15 min, Cook: 5 min.
Makes 10 small servings.



Mango Watermelon Frappé



Ingredients:

- 1 3/4 lbs. Watermelon, seeded and diced
- 1 3/4 mangoes, peeled and diced
- 3 Tbs. Plus 1 tsp sugar
- 1 3/4 cups orange juice
- 1/2 cup plus 1 Tbs. water

Method:

1. Place the watermelon on a plate and freeze overnight.
2. Process watermelon and remaining ingredients in a blender until liquid

Prep: 5 min, plus freezing time
Makes 10 small servings.



Community Events

1. September 22-28: National 5 A Day week. Eating at least 5 servings of fruits and vegetables each day is important for better health. For more information visit the 5 A Day website. www.5aday.gov
2. September 15, Noon - 5 PM: Agricultural Roots Fair/5 A Day Recognition Celebration at the Oakland Museum. Celebrate the harvests and connection of cultures to the land. Free and open to the public!
3. September 23, 11:00 AM: 5 A Day The California Way- Press Conference. On the steps of the State Capitol as part of the kick-off celebration between the California Nutrition Network and partner organizations that will host California's Largest Salad Bar in Sacramento.
4. September 28: NETA will offer nutrition and gardening workshops to OUSD Early Childhood Education Providers at Santa Fe Elementary School. For more information call Bernadette at 510-777-2147.

Children's Storybooks

1. I will Never NOT EVER Eat a Tomato (4-8 yr olds) By: Lauren Child
Charlie has to give his sister her dinner and this is difficult because Lola is a very fussy eater. You'll recognize determined Lola and cheer for Charlie in this funny, endearing look at how children's tastes can be based more on preconception than taste buds.
2. Rabbit Food (4-8 yr olds) By: Susanna Gretz
With a rollicking text and bright, funny illustrations, Susanna Gretz spins a delightful tale that encourages picky eaters of all ages to try new things—and eat their rabbit food!
3. Jamberry (3-6 yr olds) By: Bruce Degen
They're off...A boy and an endearing, rhyme-sprouting bear, joyously romping through a fantastic



Websites

1. Florida Citrus Land for Kids: Kids can discover how orange juice is made, find great recipes and play lots of fun interactive games.
<http://www.floridajuce.com/floridacitrus.kids>
2. Kids Health: Investigate the Food Guide Pyramid and food labels, as well as the latest facts about eating disorders and sports nutrition on this cool site. Contains tons of information about kids' health issues, several interactive games, a medical terminology/words and tasty treats in the What's Cooking Section and other fun activities. <http://www.kidshealth.org/kid>
3. Team Nutrition: The USDA established Team Nutrition to support the continuous improvement of school meals and to promote the health and education of children. Team nutrition provides **FREE** resources, including state-of-the-art nutrition education materials for children and families, training and technical assistance for food service professionals.
<http://www.fns.usda.gov/tn>

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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