

Holz, Robin [IDOE]

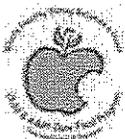
From: Holz, Robin [ED]
Sent: Monday, December 02, 2013 11:06 AM
Subject: Mealtime Memo November 2013

Dear CACFP Participant,

Attached in the most recent edition of Mealtime Memo published by the National Food Service Management Institute.

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The November 2013 issue of *Mealtime Memo for Child Care*, a monthly newsletter highlighting nutrition related topics and activities, is now available online.

November 2013: Lactose Intolerance - What Is It?

People often confuse food allergies and food intolerances because of the similarities in symptoms. However, a food intolerance differs greatly from a food allergy. A food intolerance is a difficulty in digesting a certain food whereas a food allergy involves the immune system. In most cases, a food intolerance is not life-threatening, but symptoms such as nausea or diarrhea can be uncomfortable. This month's memo will focus on lactose intolerance –the most common food intolerance.

In this issue:

- What is lactose intolerance?
- Tips for managing food intolerance
- Vegetable of the Month: Spinach
- Nutrition Fact of the Month: Useful terms listed on food packages
- Nutrition Tip of the Month: Yogurt cones

- The CACFP Rock Star of the month is Ms. Cecilia Bras, a licensed family child care provider from Maui, HI. In addition to serving healthy and diverse meals, Ms. Bras incorporated the Hawaiian language in her daily curriculum.
- CACFP News: NAEYC Annual Conference and Expo in Washington, DC was November 20-23, 2013. NFSMI presented *Basics of Good Nutrition, What Is It?*

Download past issues of *Mealttime Memo for Child Care*

Back issues of *Mealttime Memo for Child Care* posted in Spanish are available on the NFSMI Web site.

Note: *Mealttime Memo for Child Care* is available online only.

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