

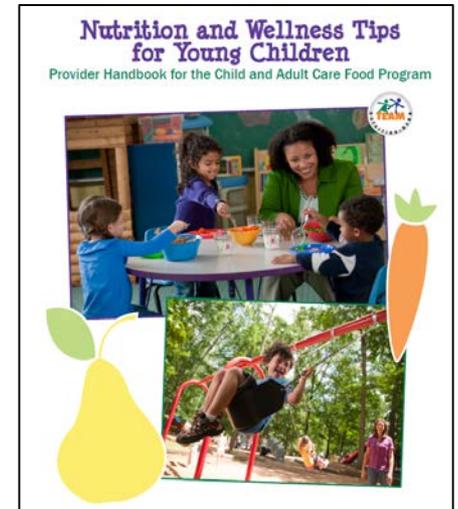
# Nutrition and Wellness Tips for Young Children

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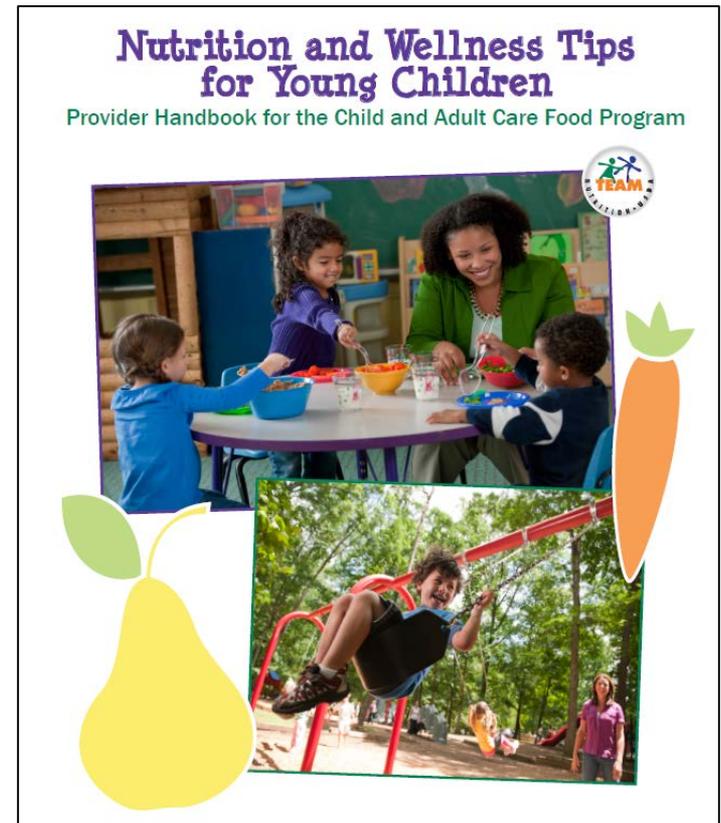
★ SANDY FIEGEN





# Healthy, Hunger-Free Kids Act of 2010

- Goal to improve child nutrition
- Authorizes funding and sets policy for the USDA child nutrition programs
- USDA and Health and Human Services created this handbook:
  - Recommendations
  - Guidelines
  - Best Practices
  - English
  - Spanish





# Healthier Generation

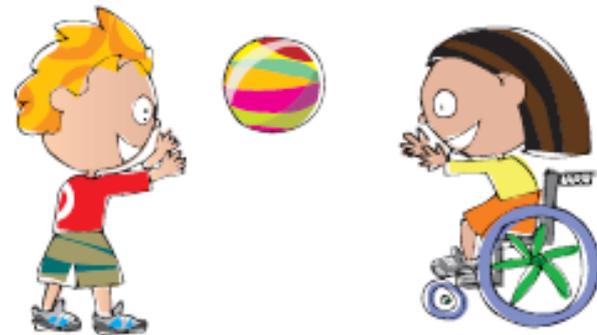
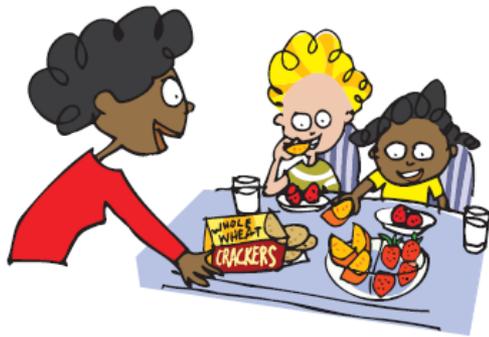
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- 1 in 5 children are overweight or obese by their first birthday
- Over half of obese children become overweight at or before age 2
- Diseases and health issues that were mainly seen in adults are now occurring in children
- Taking steps to prevent obesity and encouraging healthy habits
  - Providing healthy meals and snacks
  - Providing opportunities for active play





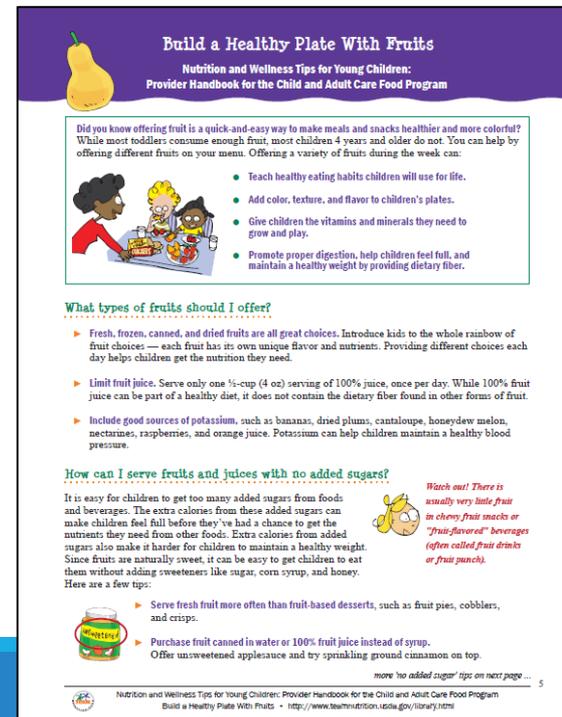
Helping young children learn to make good food and activity choices is one of the greatest lifelong gifts you can give them.





# Handout Book Tip Sheets

- Fruits
- Vegetables
- Dry Beans and Peas
- Meat and Meat Alternatives
- Whole Grains
- Milk and Other Dairy
- Sodium, Fats, and Oils
- Added Sugars
- Water
- Food Safety
- Opportunities for Active Play



**Build a Healthy Plate With Fruits**  
Nutrition and Wellness Tips for Young Children:  
Provider Handbook for the Child and Adult Care Food Program

Did you know offering fruit is a quick and easy way to make meals and snacks healthier and more colorful? While most toddlers consume enough fruit, most children 4 years and older do not. You can help by offering different fruits on your menu. Offering a variety of fruits during the week can:

- Teach healthy eating habits children will use for life.
- Add color, texture, and flavor to children's plates.
- Give children the vitamins and minerals they need to grow and play.
- Promote proper digestion, help children feel full, and maintain a healthy weight by providing dietary fiber.

**What types of fruits should I offer?**

- ▶ Fresh, frozen, canned, and dried fruits are all great choices. Introduce kids to the whole rainbow of fruit choices — each fruit has its own unique flavor and nutrients. Providing different choices each day helps children get the nutrition they need.
- ▶ Limit fruit juice. Serve only one ½-cup (4 oz) serving of 100% juice, once per day. While 100% fruit juice can be part of a healthy diet, it does not contain the dietary fiber found in other forms of fruit.
- ▶ Include good sources of potassium, such as bananas, dried plums, cantaloupe, honeydew melon, nectarines, raspberries, and orange juice. Potassium can help children maintain a healthy blood pressure.

**How can I serve fruits and juices with no added sugars?**

It is easy for children to get too many added sugars from foods and beverages. The extra calories from these added sugars can make children feel full before they've had a chance to get the nutrients they need from other foods. Extra calories from added sugars also make it harder for children to maintain a healthy weight. Since fruits are naturally sweet, it can be easy to get children to eat them without adding sweeteners like sugar, corn syrup, and honey. Here are a few tips:

- ▶ Serve fresh fruit more often than fruit-based desserts, such as fruit pies, cobblers, and crisps.
- ▶ Purchase fruit canned in water or 100% fruit juice instead of syrup. Offer unsweetened applesauce and try sprinkling ground cinnamon on top.

**Watch out!** There is usually very little fruit in cherry fruit snacks or "fruit-flavored" beverages (often called fruit drinks or fruit punches).

more "no added sugar" tips on next page ...

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Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program  
Build a Healthy Plate With Fruits • <http://www.teamnutrition.usda.gov/library.html>

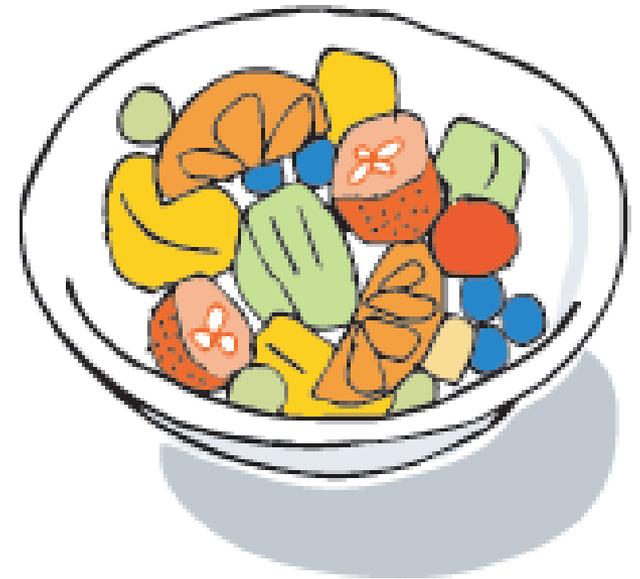




# What types of fruits should I offer?



- Fresh, frozen, canned and dried
- Variety within each week
- Limit fruit juice, serve no more than once per day
- Include good sources of vitamins A and C





## How can I serve fruits and juices with no added sugars?

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- Serve fresh fruit
- Purchase fruit canned in water or 100% juice instead of syrup
- Purchase frozen fruit without added sugar





# How can I encourage kids to eat fruits?

Make fruit easy to eat

- Peel or slice fresh fruit (oranges)

Have a fruit tasting day

- A time to taste the more expensive ones

Growing fruits

- Strawberries, melons, fruit trees





# How can I encourage kids to eat fruits?

Menu Planning	
	Foods served at breakfast and lunch have a variety of colors
	Fresh fruit or vegetable is served once daily
	Fruits and vegetables are served in kid-friendly ways <i>(e.g. caterpillar kabobs, delicious dippers, or cut in small pieces)</i>
	Vegetable options have been given creative or descriptive names

Served in kid-friendly ways  
Give creative or descriptive names

# The Food Rainbow

## **DIRECTIONS**

To make a rainbow for each "kabob", thread onto a straw a piece of cheese, a strawberry halve, a cantaloupe cube, a pineapple cube, another piece of cheese, a piece of kiwi, 2 blueberries, a grape and another piece of cheese. Repeat pattern with remaining straws.

Provider's Tip:

\*\*\*Use straws instead of sharp sticks to



## **Rainbow Fruit and Cheese Kabobs**

### **INGREDIENTS**

- 6 (8-inch or longer) straws
- 6 ounces Monterey cheese, cut into 18 cubes
- ½ cup strawberry halves
- ½ cup cantaloupe, cut into ¾-inch cubes
- ½ cup pineapple, cut into ¾-inch cubes
- 1 kiwifruit, peeled and cut into 6 pieces
- ¼ cup blueberries 6 purple grapes

## **DIRECTIONS**

To make a rainbow for each "kabob", thread onto a straw a piece of cheese, a strawberry halve, a cantaloupe cube, a pineapple cube, another piece of cheese, a piece of kiwi, 2 blueberries, a grape and another piece of cheese. Repeat pattern with remaining straws.

Provider's Tip:

\*\*\*Use straws instead of sharp sticks to prevent hazard to young children\*\*\*

\*Please visit our website at [www.ourdailybreadoftn.org](http://www.ourdailybreadoftn.org) to view a color chart of fruits and vegetables and for more ideas of serving a rainbow of healthy colors!

Source: [www.todayatearainbow.com](http://www.todayatearainbow.com)

## Fruit Towers

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Apples	1	2	4	8
Oranges	1	2	4	8
Pears	1	2	4	8

### Directions:

1. Cut each fruit into 3 flat slices.
2. Stack 1 slice from each fruit on top of the other to make a fruit tower.
3. Cut each tower in half for one serving.
4. Serve with yogurt or cottage cheese.

**Food For Thought** Combining fruits simply by cutting them into designs or different pieces gives them a whole new look for kids. Try this with any large fruits that are stackable.

**CACFP Crediting** For 3-5 year olds; Snack.  
Must serve *two* of the following:

- Grain/Bread
- Fruit/Vegetable
- Meat/Meat Alternate
- Milk



## Sunny Salsa

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Mandarin oranges, chopped	1 cup	2 cups	4 cups	8 cups
Pineapple chunks, fresh or canned	1 cup	2 cups	4 cups	8 cups
Onions, chopped	1/2 cup	1 cup	2 cups	4 cups
Green bell pepper, chopped	1/2 cup	1 cup	2 cups	4 cups
Chives (optional)	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup

### Directions:

1. Chop mandarin oranges, pineapple, onions and peppers into small pieces.
2. In large bowl, combine all ingredients.

**Food For Thought** Salsa can be made using almost any type of fruit or vegetable. Add some flavor to chicken or fish by topping it with fruit and vegetable salsa.

**CACFP Crediting** For 3-5 year olds;  
 Snack. Must serve *two* of the following:

- Grain/Bread
- Fruit/Vegetable
- Meat/Meat Alternate
- Milk



## Tootie Fruity Chip Dip

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Apples, cored, peeled, (if desired), diced finely	3 cups	6 cups	12 cups	24 cups
Brown sugar	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Peaches, canned, chopped finely	2 cups	4 cups	8 cups	16 cups
Cinnamon, ground	1/2 tsp	1 tsp	2 tsp	4 tsp

### Directions:

1. Combine all ingredients in bowl.
2. Refrigerate until ready to use.

**Food For Thought** Dips are a great way to use up leftover fruit. Serve with whole grain chips or crackers for a great after-school snack.

**CACFP Crediting** For 3-5 year olds; Snack.

Must serve *two* of the following:

- Grain/Bread
- Fruit/Vegetable
- Meat/Meat Alternate
- Milk





# Discussion Question

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What are some fun ways that you have served fruit?





# Build a Healthy Plate With Vegetables

- 
- Most child 2 and older do not eat enough vegetables or a variety
  - Provide a variety during the week:
    - Gives children the vitamins and minerals they need
    - Provide dietary fiber to help make children feel full
    - Add color, crunch and flavor to children's plates

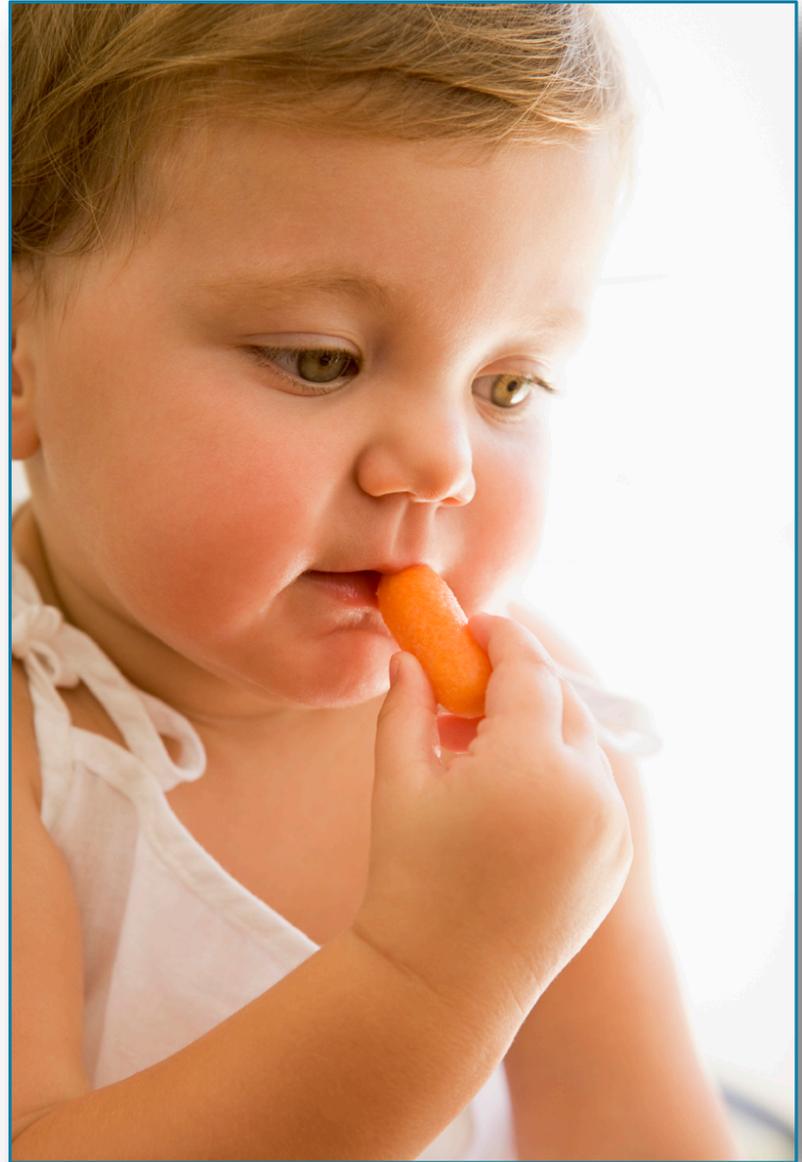


# What types of vegetables should I offer?

- Fresh, frozen, or canned vegetables are all great choices!
- Brighten plates often with dark-green, red, and orange vegetables



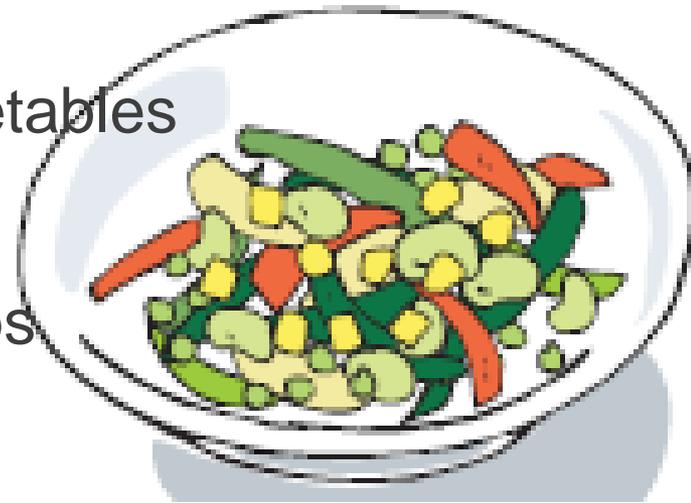
# Baby Carrots





## How can I serve a variety of vegetables low in sodium and solid fats?

- Prepare vegetables without adding too much salt or solid fats
- Use herbs or no-salt spice mixes
- Offer fresh vegetables more often
- Avoid fried vegetables
- Choose “low sodium” canned vegetables
- Use frozen vegetables
- Go light on salad dressings and dips





# How can I encourage kids to eat vegetables?

- Be positive
- Eat the same foods as the children
- Kids don't always like new foods right away, serve new food with familiar food
- Prepare in different ways
  - Roasted, fresh, chopped, mashed
- Add color and texture
- Make food fun – “Bunny Sticks”
- Provide hands on cooking opportunities
- Have a vegetable tasting day!



*Eat vegetables and kids will too. They learn from watching you.*

## Bunny Sticks

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Sweet potatoes	14 oz	1-3/4 lbs	3-1/2 lbs	7 lbs
Margarine, melted, trans fat free	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Cinnamon, ground	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup

### Directions:

1. Poke holes in top of potatoes with a fork. Cook in microwave about 1 minute.
2. Preheat oven to 375°F.
3. Wash sweet potatoes and peel if desired. Cut into sticks.
4. Combine margarine, brown sugar and cinnamon in sealable plastic bag.
5. Add sweet potatoes to bag and shake until coated.
6. Spray baking sheet with non-stick vegetable spray.
7. Spread potatoes onto baking sheet.
8. Bake at 375°F for 45 minutes.

**Food For Thought** Sweet potatoes have lots of nutrients for growing kids such as Vitamin A and Vitamin C. Baking them in strips makes them look like French fries, but without the fat. These can be eaten as a snack or as a side.

**CACFP Crediting** For 3-5 year olds;  
Lunch/Supper. Must serve *all* of the following:

- Grain/Bread
- Fruit/Vegetable
- Meat/Meat Alternate
- Milk



# Big Bad Wolf Soup

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Olive oil	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Onion, chopped	1/2 cup	1 cup	2 cups	4 cups
Red bell pepper, chopped	3/4 cup	1-1/2 cups	3 cups	6 cups
Garlic	1/2 clove	1 clove	2 cloves	4 cloves
Chili powder	1/2 Tbsp	1 Tbsp	2 Tbsp	4 Tbsp
Butternut squash, peeled, diced	1 cup	2 cups	4 cups	8 cups
Pinto beans, canned, drained and rinsed	2 cups	4 cups	8 cups	16 cups
Water	3/4 cup	1-1/2 cups	3 cups	6 cups
Whole-kernel corn, frozen	1 cup	2 cups	4 cups	8 cups
Tomatoes, stewed	1/2 cup	1 cup	2 cups	4 cups

## Directions:

1. Heat oil in a large non-stick skillet over medium heat. Add onions, bell peppers and garlic. Cover and cook 5 minutes.
2. Add chili powder. Cook 1 minute, stirring constantly.
3. Place onion and pepper mixture in slow cooker. Add squash, beans, water, corn and tomatoes. Cover and cook on low for 8 hours or until soup is thick.

**Note:** Cooking on high will take less time, but be sure not to scorch the soup on the bottom of the pot.

**Food For Thought** For added protein and a non-vegetarian option, add leftover chicken. You can also add any other leftover vegetables and spices to change the flavor.

**CACFP Crediting** For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread
- Fruit/Vegetable
- Meat/Meat Alternate
- Milk



# Colorful Crispy Salad

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
<b>Salad:</b>				
Tomatoes, seeded and diced	1 cup	2 cups	4 cups	8 cups
Cucumber, peeled and diced	1 cup	2 cups	4 cups	8 cups
Bell pepper, red, chopped	1/4 cup	1/2 cup	1 cup	2 cups
Olives, canned	2 Tbsp	1/4 cup	1/2 cup	1 cup
Lettuce, chopped	1 cup	2 cups	4 cups	8 cups
<b>Dressing:</b>				
Olive oil	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Vinegar	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Oregano	1/2 tsp	1 tsp	2 tsp	4 tsp

## Directions:

1. Place all salad ingredients into a bowl.
2. In a separate bowl, mix dressing ingredients together.
3. Pour dressing over salad. Toss to coat.

**Food For Thought** Small salads made with a mixture of vegetables are a great way to boost nutrition. Enjoy them as a side at meals or as an afternoon snack.

**CACFP Crediting** For 3-5 year olds; Snack.

Must serve *two* of the following:

- Grain/Bread
- Fruit/Vegetable
- Meat/Meat Alternate
- Milk





# How Can I Keep Fruits and Vegetables Safe?

- **Avoid choking**

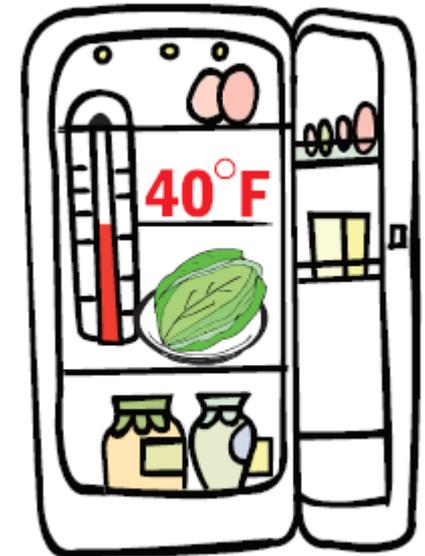
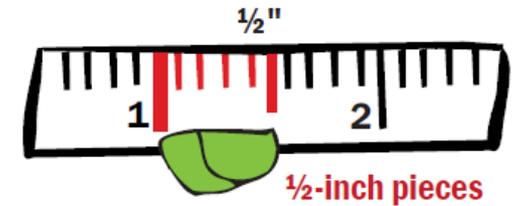
- Cut raw fruits & vegetables in pieces no > than  $\frac{1}{2}$  inch
- Slice round produce in half and then cut smaller

- **Clean**

- Rinse all produce thoroughly under running water before eating, cutting, or cooking
- Even if the produce can be peeled, it is still important to rinse it first
- Wash and dry tops of cans

- **Store Safely**

- Store perishable produce at 40 degrees or below
- Keep produce separate from raw meat, poultry, and seafood





# Discussion Question

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What are the favorite vegetables at your center?

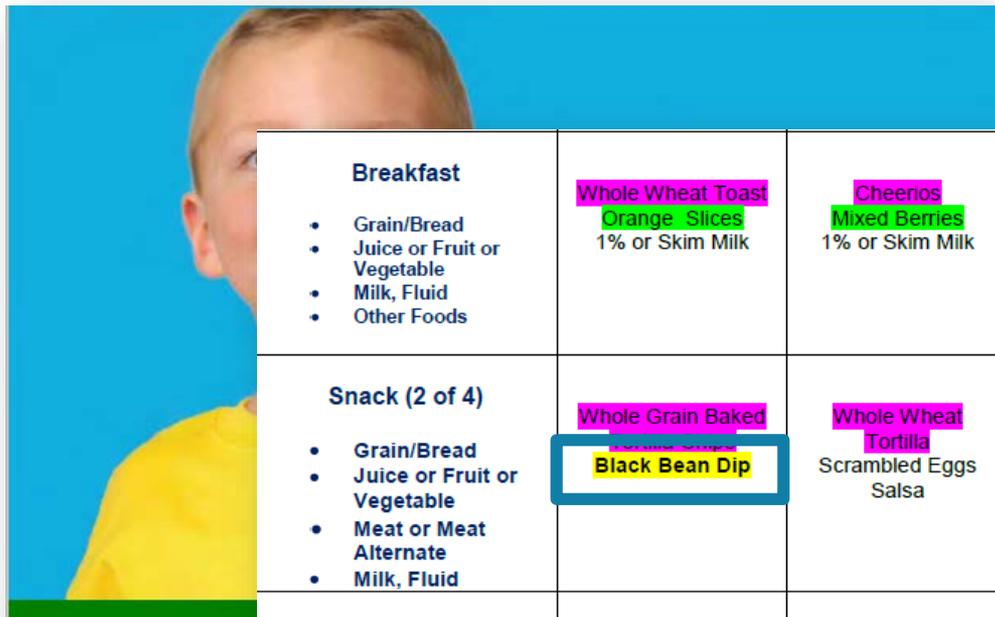




# Build a Healthy Plate With Dry Beans and Peas

- Beans are nutritious, inexpensive, and creditable as either a vegetable or a meat/meat alternate
- Beans are available in several forms
  - Canned, dry or frozen
- Incorporate in a variety of ways into menus
- Add beans to children's favorite foods
  - Pastas, tacos, soups, salsa, etc.
- Have a bean guessing game or taste test





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<p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>• Grain/Bread</li> <li>• Juice or Fruit or Vegetable</li> <li>• Milk, Fluid</li> <li>• Other Foods</li> </ul>	<p>Whole Wheat Toast Orange Slices 1% or Skim Milk</p>	<p>Cheerios Mixed Berries 1% or Skim Milk</p>	<p>Whole Grain Bagel w/ Lowfat Cream Cheese Peaches 1% or Skim Milk</p>	<p>Oatmeal Strawberries 1% or Skim Milk</p>	<p>Oven Baked Whole Wheat Pancakes Nectarines 1% or Skim Milk</p>
<p><b>Snack (2 of 4)</b></p> <ul style="list-style-type: none"> <li>• Grain/Bread</li> <li>• Juice or Fruit or Vegetable</li> <li>• Meat or Meat Alternate</li> <li>• Milk, Fluid</li> </ul>	<p>Whole Grain Baked Black Bean Dip</p>	<p>Whole Wheat Tortilla Scrambled Eggs Salsa</p>	<p>Green Grapes and Red Apple Slices* Fruit Dip</p>	<p>Mango Slices Co Jack Cheese Stick</p>	<p>Bear-Go-Rounds (apple rings, graham bears, sun nut butter)</p>
<p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>• Meat or Meat Alternate</li> <li>• Grain/Bread</li> <li>• Vegetable or Fruit</li> <li>• 2<sup>nd</sup> Vegetable or Fruit</li> <li>• Milk, Fluid</li> <li>• Other Foods</li> </ul>	<p>Baked Spaghetti w/Meat Broccoli Apricot Halves 1% or Skim Milk</p>	<p>Stir-Fry Chicken w/Vegetables Brown Rice Pear Slices 1% or Skim Milk</p>	<p>Bean Burrito w/Whole Grain Tortilla Mexicali Corn Clementine 1% or Skim Milk</p>	<p>Pigs in a Blanket (whole grain pancakes and sausage links) Oven Fries Honeydew 1% or Skim Milk</p>	<p>Vegetable Chili w/Beans Perfect Cornbread Spinach Salad Peaches 1% or Skim Milk</p>
<p><b>Snack (2 of 4)</b></p> <ul style="list-style-type: none"> <li>• Grain/Bread</li> <li>• Juice or Fruit or Vegetable</li> <li>• Meat or Meat Alternate</li> <li>• Milk, Fluid</li> </ul>	<p>Healthy Bran Muffin 1% or Skim Milk</p>	<p>Mouse Faces (raisin eyes, apple smile, banana nose, carrot coin ears, whole grain tortilla w/ lowfat yogurt)</p>	<p>Whole Wheat Crackers Tomato Juice</p>	<p>Kiwi Wedges Whole Grain Mini Bagel w/Light Cream Cheese</p>	<p>Hand Warmer (baked potato w/grated cheese)</p>

## Sandy Snack

Ingredients	5 Servings	10 Servings	20 Servings	40 Servings
Chickpeas (canned garbanzo beans), drained, rinsed well	1/2- 12.5 oz can	1- 12.5 oz can	2- 12.5 oz cans	4- 12.5 oz cans
Yogurt, low-fat or fat-free	1/2 cup	1 cup	2 cups	4 cups
Lemon juice	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Hot pepper sauce (optional)	1 drop	3 drops	6 drops	12 drops
Olive oil	3/4 Tbsp	1-1/2 Tbsp	3 Tbsp	6 Tbsp

### Directions:

1. Blend chickpeas, yogurt, lemon juice, olive oil and hot sauce in blender until smooth.
2. Serve as a sandwich spread or have children use it as a dip with whole grain crackers or fresh vegetables, such as carrot or cucumber slices.

**Food For Thought** This is a great snack with veggies or whole grain chips. It is also a tasty spread on bread with chicken, turkey or vegetables. This dish can be counted as a meat/meat alternate or a fruit/vegetable.

**CACFP Crediting** For 3-5 year olds; Snack. Must serve *two* of the following:

- Grain/Bread
- Fruit/Vegetable
- Meat/Meat Alternate
- Milk



## Mexicali Bean Dip

A high fiber snack, which can be served with fresh vegetables.

- 1 (16 oz.) can pork and beans in tomato sauce beans
- 1/2 c. cooked garbanzo beans or chick peas
- 2 Tbsp. taco sauce
- 2 Tbsp. finely chipped onion
- 2 Tbsp. chili powder
- 1 oz. shredded cheese

In medium bowl, mash beans and chickpeas with fork. Stir in taco sauce, onion and chili powder until blended. Top with cheese. Cover and refrigerate at least 2 hours to blend flavors. Serve with taco shells or fresh vegetables. Makes 2 cups.

**Yield:** 16 servings

**Serving Size:** One tablespoon is 1/2 ounce serving of meat alternate for a 3 - 6 year old at snack.

**Credit:** Providers Voice, August 89



# Molten Lava

2-ingredients and you have a tasty bean dip!

- 1 1/2 cups black beans
- 1 cup salsa

Puree beans with salsa. Serve with whole grain pita chips, crackers or vegetables.

**Yield:** 6 servings

**Serving Size:** 1/4 cup is a meat/meat alternate for a 3-5 year old at snack

**Credit:** CACFP Menu Planning Guide



# Taco Roasted Chickpeas

- 2 tsp. chili powder
- 1 1/2 tsp. ground cumin
- 1 tsp. salt
- 1 tsp. dried oregano
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 1 Tbsp. lime juice
- 1 1/2 Tbsp. water
- 1 - 15 oz. can chickpeas, rinsed and drained

Preheat the oven to 400 degrees and spray a baking sheet with non stick spray. In a medium sized bowl, whisk together the chili powder, cumin, salt, oregano, garlic powder, onion powder, lime juice, and water. Add the chickpeas and toss to coat. Pour the chickpeas onto the prepared baking sheet and arrange into a single layer. Bake the chickpeas in the preheated oven for 25 minutes, stirring once half way through.

**Yield:** 1 cup roasted chickpeas

**Serving Size:** 1/4 c. chickpeas provides 1/4 c. vegetables for a 3-5 year old at snack

**Credit:** Amy's Cooking Adventures Blog





# Discussion Question

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What beans have you tried with your children and it was a success?

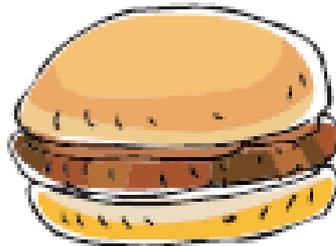


Which dry beans and peas will you try next month?



# Meat and Meat Alternates: Build a Healthy Plate With Protein

- What types should I offer?
  - Fish and seafood
  - Chicken and turkey
  - Lean cuts of meat, including beef and pork
  - Offer unsalted, chopped or finely ground nuts and seeds or nut butters
  - Prepare and serve eggs in different ways
    - Hard-boiled, scrambled, delivered, baked
  - Cooked, canned, or frozen dry beans and beans
  - Yogurt and cheese can be credited as a meat alternate





# How can I keep meat and meat alternates safe?\*

- **Avoid choking:**
  - Cut chunks of meat and cheese, as well as string cheese, larger beans, nuts and seeds into small pieces
- **Allergies:**
  - Some children in your care may be allergic to fish, shellfish, soy, milk, eggs, nuts, and seeds
  - Actively supervise children when serving these foods.
  - Handle food allergies on a case-by-case basis, have a medical statement on file
- Be mindful of serving dairy-based meat alternates like yogurt and cheese to children who are lactose-intolerant



# Discussion Question

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Do any of you have fish on  
your menu?

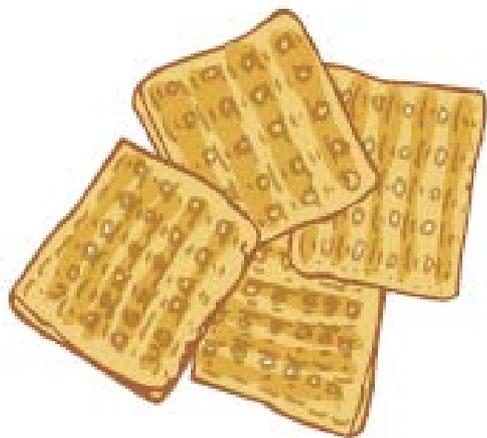
Meatless Monday?





# Build a Healthy Plate With Whole Grains

- Any food made from wheat, rice, oats, cornmeal, barley, or cereal grain
- Two groups: *whole* grains and *refined* grains
  - Whenever possible, offer whole-grain version
  - List whole grain as 1st ingredient



Ingredients:

**Whole-wheat flour,**  
water, sugar, soybean  
oil, whey (milk), eggs,  
vanilla, natural and  
artificial flavoring,  
salt, leavening.



## What types of grains should I offer?

### Instead Of:

White rice

White flour

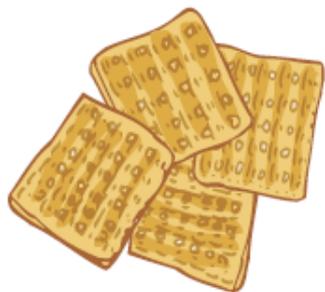
White bread or wheat bread

Noodles, pasta, spaghetti, macaroni

Flour tortillas

Crackers

Degermed cornmeal



### Choose Whole Grains:

Brown rice, wild rice, quinoa

Whole-wheat flour

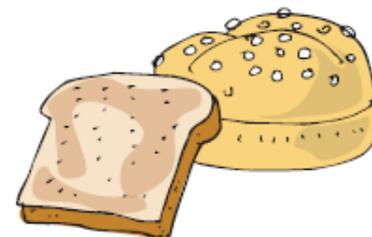
100% Whole-grain bread

Whole-wheat pasta or whole-grain noodles

Whole-grain tortillas and whole-corn tortillas

Whole-grain crackers

Whole-grain cornmeal





# Whole Grain Tips

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- Choose toppings wisely for toast, hot cereals, pasta, noodles and rice
  - Use vegetable oils, low-fat cheeses, marinara sauces, etc.
- When serving oatmeal, use old-fashioned rolled oats
  - They do not contain as much sodium
- The color of a grain product is not an indication it is whole-grain

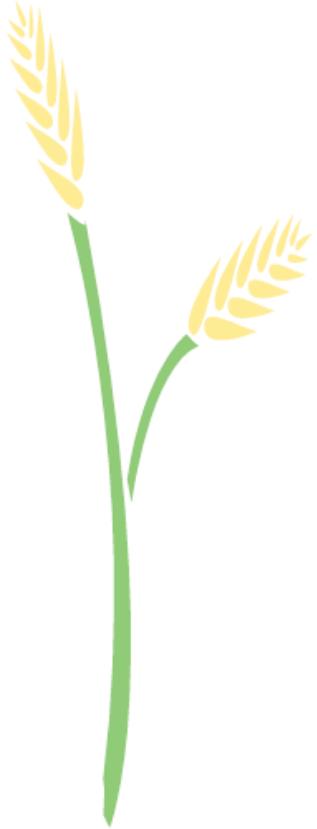




## How can I encourage children to eat more whole grains?

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- Gradually increase the amount of whole grains
  - Example: mix regular and whole-grain pasta, combine brown rice with white rice, or make  $\frac{1}{2}$  white and  $\frac{1}{2}$  whole-wheat-bread sandwiches
  - Have children taste-test whole-grain foods in small portions along with a food they are familiar with





# Discussion Question

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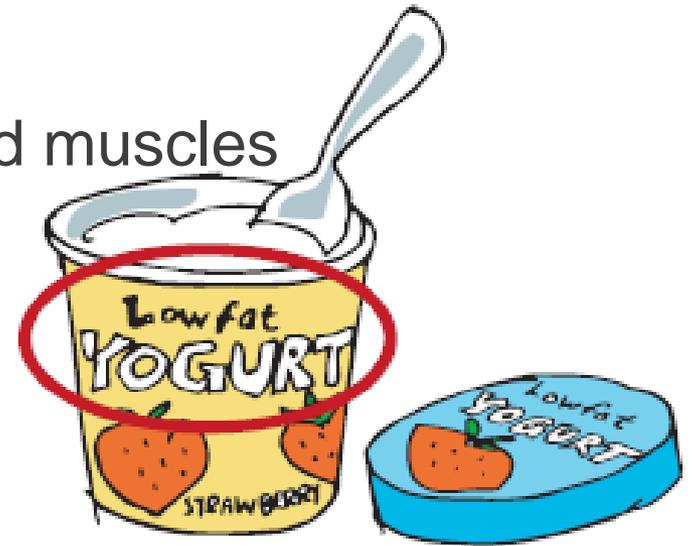
What are some ways you incorporate whole grains?





# Build a Healthy Plate With Milk

- Dairy products provide many important nutrients
- Many children do not get enough during the day
- By offering milk and dairy products each day you are:
  - Providing children with nutrients
    - Protein, calcium, vitamin D, and potassium
  - Building strong bones, teeth, and muscles
  - Increasing the chance that children will drink milk when they are older





## What types of milk should I offer children over 2 years old?

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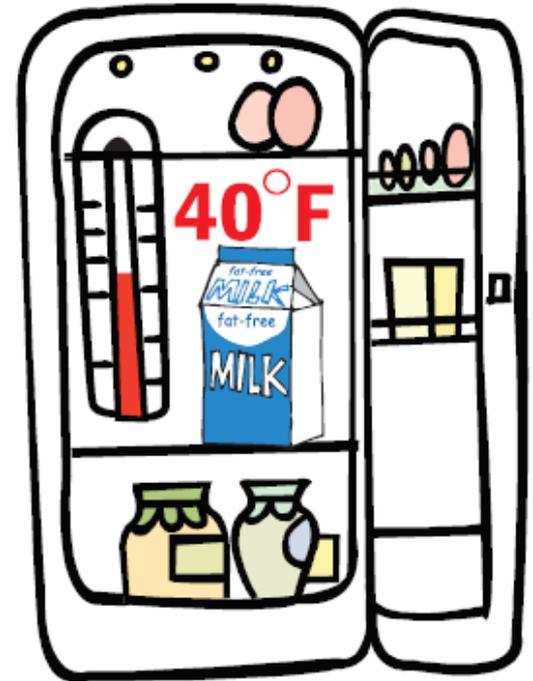
- Fat-free or low-fat (1%) milk
- Fat-free, or low-fat, lactose-free or lactose-reduced milk
- Offer unflavored milks most often





## How can I encourage children to choose fat-free and low-fat milk?

- **Do a milk taste-test**
  - Let kids sample low-fat (1%) milk and fat-free milk and pick their favorite
- **Create your own Milk Mustache Event!**
  - Blend together low-fat milk with frozen yogurt or low-fat ice cream for the Milk Mustache activity
- **Enjoy milk often**
  - The children are looking at the choices you make
- **Keep milk cold!**
  - Store in a refrigerator below 40 degrees
  - It tastes best when it's cold!





# Build a Healthy Plate With Less Salt and Sodium



- When children regularly taste salty foods, they learn to prefer these salty flavors more and more
- Serving foods lower in sodium can help children learn to like and enjoy foods with a less salty taste
- It is important to remember that:
  - Most sodium comes from processed and ready-to-eat foods
  - Eating foods containing too much sodium may raise blood pressure



# What low-sodium foods should I offer?



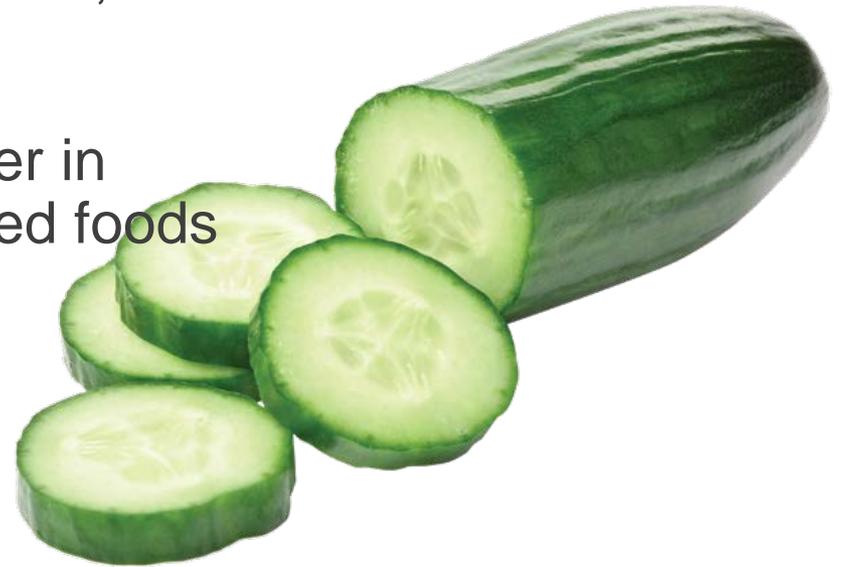
- Raw or cooked, fresh or frozen vegetables
- Canned or packaged foods “Reduced sodium”
- Fresh beef, pork, poultry, and seafood
- Nuts and seeds that are unsalted
- Other fresh foods and fewer processed foods
- Pay attention to condiments
- Use herbs or no-salt spice mixes or only portion of flavoring
- Remove salt from recipes whenever possible





# Be Mindful of the Foods You Choose for CACFP

- **Limit highly processed, breaded meat, poultry, or fish to only one time per week**
  - Frozen pizza, chicken nuggets, hot dogs, sausage, bacon, processed cheese sauces, and lunch meats
- **Think fresh**
  - Fresh foods are generally lower in sodium, compared to processed foods





# How can I encourage kids to eat foods low in sodium?



- **Conduct an herb and spice taste-test!**
- Prepare children's favorite vegetables, beans, brown rice, or whole-grain breads or noodles with fresh or dried herbs, no-salt spice mixes, or lemon or orange zest
- Grow a herb garden based on their taste tests



# Discussion Questions

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What is a high sodium item you would like to remove from your menu?

Any tricks to share that you have utilized to reduce sodium?



# Fats and Oils: Build a Healthy Plate With Options Low in Solid Fats

- **Americans consume too many high fat foods**
  - These extra calories make it harder for to grow at a healthy weight
  - Top sources of solid fats in the diets of children:
    - Pizza, whole milk, regular cheese, cookies, cakes, pies, and fatty meats
  - Offer fewer foods that are high in solid fats and replace with healthy oils
- **Solid Fats are high in saturated or trans fat**
  - Butter, beef fat, chicken fat, lard, stick margarine, and shortening
  - Solid at room temperature
  - Saturated fat and *trans* fats increase blood cholesterol levels
- **Oils are liquid at room temperature**
  - From plants and fish and are a healthier option
    - Good source of healthy unsaturated fats and are generally cholesterol-free



## Oils:

Canola oil

Corn oil

Cottonseed oil

Olive oil

Safflower oil

Sunflower oil

## Some foods naturally high in oils:

Nuts

Some fish

Olives

Avocados

## Foods that are mainly oil include:

Oil-based salad dressings

Low-fat mayonnaise

Soft (tub) margarine with no *trans* fats

## Solid Fats:

Beef, pork, and chicken fat

Butter, cream, and milk fat

Coconut, palm, and palm kernel oils

Hydrogenated oil

Partially hydrogenated oil

Shortening

Stick margarine



## What types of foods lower in solid fats should I offer?

Instead of:	Choose:
Regular, full fat cheese	Part-skim mozzarella or low-fat cheeses
Butter, stick margarine or shortening	Vegetable oils or soft tub margarines
Fried chicken or fish	Grilled, baked or broiled.
French fries	Baked or boil potatoes
Corn Chips	Baked chips or whole grain crackers
Ground beef	Ground beef labeled 90% lean
Donuts, cookies, and cakes	Foods low in fat (graham crackers, angel food cake, etc.)
Ice cream and full-fat yogurt	Fat-free or plain yogurt, frozen yogurt and 100% frozen fruit bars



# Discussion Question

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What are some ways that you prepare foods that reduces the solid fat content?





# Build a Healthy Plate With Fewer Added Sugars

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- Sugars are found naturally in fruits, milk, yogurt, and cheese
  - The majority of sugars in typical American diets are “added sugars”
- Added sugars are often called “empty calories” because they add calories to the diet without offering any nutrients
- Sugar increases the risk for dental cavities
- Be aware of sources of added sugars
  - Sodas, fruit drinks, cakes, pies, cookies, dairy desserts, cold cereals, and candy are the major sources of added sugars for children



**Instead of:**

Flavored milk

Sweetened yogurt

Ice cream or frozen yogurt

Sweetened breakfast cereals

Cookies

Canned fruit in syrup, or  
sweetened applesauce

Doughnuts, pies, or cakes for  
desserts

Jam or jelly

Soda, fruit-flavored drinks,  
fruit cocktails, or fruit punch

**Choose:**

Unflavored fat-free or low-fat milk (1% fat or less)

Fat-free or low-fat plain yogurt topped with fruit

Frozen fruits that don't contain added sugars, or frozen 100% fruit bars

Cereals with little or no added sugars, whole-grain cereals, or oatmeal with fruit

*Whole-grain* crackers, graham crackers, or plain animal crackers

Fruit canned in water or 100% fruit juice;  
*unsweetened* applesauce

Fruits (fresh, frozen, or canned in water or 100% juice),  
fruit salads, or baked fruits (like baked apples or pears)

100% fruit spread

Water, fat-free or low-fat milk, or 100% juice (no more than one ½-cup serving,  
once per day)





# Code Words for Added Sugars

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- **Added sugars**
  - Sugars added to foods during processing, preparation, or at the table
- **Look at the ingredient list on the back of a package**
  - high fructose corn syrup, white sugar, brown sugar, honey, molasses, corn syrup, corn syrup solids, raw sugar, malt syrup, maple syrup, pancake syrup, or ingredients ending in “-ose” (such as maltose or fructose)
- **Choose foods that do not list added sugars**
  - Among the first three ingredients in the ingredient





# How can I serve fewer foods with added sugars?

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- **Serve fresh fruit more often**
- **Offer raisins** instead of chewy fruit snacks, candy, or sweets
- **Purchase whole-grain breads/ cereals low in sugar**
  - Should have no more than 6 grams of sugar
- **Choose not to offer sweets as rewards**
  - Children learn to think that some foods are “better” than other foods
  - Reward with kind words and comforting hugs, or give them nonfood items, like stickers, to make them feel special



# Discussion Questions

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What are some items on your menu that you know have added sugar and are looking for replacement suggestions?



What are some non-food ways you reward children?

# Make Water Available Throughout the Day

- When children are thirsty between meals and snacks, water is the best beverage choice
- Make drinking water freely accessible to children throughout the day
- Drinking water can:
  - Keep children hydrated and healthy
  - Help build and maintain strong teeth
  - Help rinse teeth and reduce acid in the mouth
  - Develop a habit of drinking water



# How and When Should Water Be Made Available?

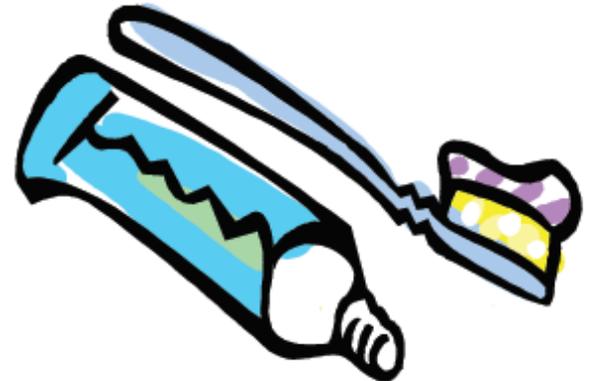
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- CACFP standards include to making water freely accessible
- Water needs to be available during meals and snack
  - Note: Water is not part of the reimbursable meal and may *not* be served instead of fluid milk
- Some children who drink too much liquid right before a meal may feel too full to eat
- Replace sweetened beverages with water
- Serve fluoridated tap water
  - Many community tap water supplies contain fluoride
  - Most bottled water is not fluoridated
  - Bottled water is not necessarily safer than regular tap water, and it's more expensive



# How can I help encourage kids to drink water instead of sweetened drinks?

- When children taste sweet flavors often, they learn to develop a preference for them
- **Prepare Pitchers of Water Together:**
  - Children learn about drinking water when they help. Young children can help bring paper cups to the table, and children 4 years and older can pour water into pitchers
- **Drink water and kids will too!**
- **Encourage good dental hygiene:**
  - If children do not brush their teeth after eating, they should be offered water to drink to help rinse food from their mouth





# Discussion Question

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How will you make water available throughout the day, both indoors and outdoors?





# Provide Opportunities for Active Play Every Day



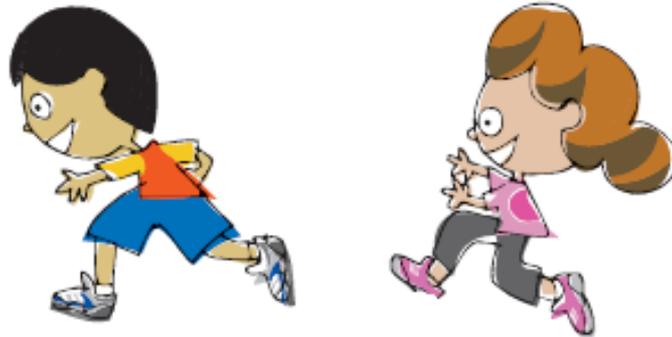
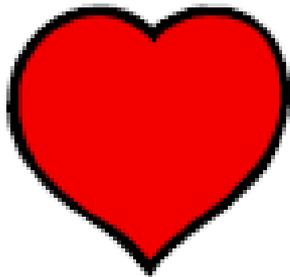
- Active play and movement are important for growth, health, development, and learning
- May seem active and energetic
  - However, most do not get the recommended amount
  - Children should not be seated or still for more than 15 minutes at a time, except during meals or naps
- High-energy active play:
  - Running and climbing
- Passive play:
  - Sandbox or water table
  - Sidewalk chalk



## How much time should be planned for active play every day?

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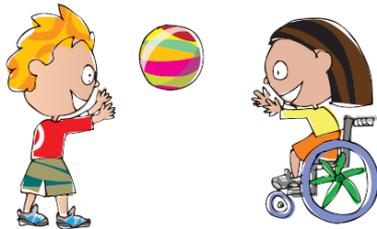
- **Toddlers (12 months to 3 years old):**
  - 60 to 90 minutes per 8-hour day for moderate to vigorous physical activity
- **Preschoolers (3 to 6 years old):**
  - 90 to 120 minutes per 8-hour day for moderate to vigorous physical activity
- **Moderate** and **vigorous** physical activity will make children breathe harder and make their hearts beat faster than when they are not active





# How much time should be planned for active play every day?

- **Does not have to occur in a single session**
  - Short bursts of activity work well for young children
  - **Example Day:**
    - 30 minutes of free play on the playground in the morning
    - 15 minutes of dancing after naptime
    - 10 minutes of tumbling
    - 20-minute nature discovery walk after lunch
    - 15 minutes of climbing on playground equipment
    - 20 minutes of Wiggle Rope (jumping over a wiggling jump rope "snake" close to the ground)



## Moderate Physical Activity

- Walking
- Playing on outdoor play equipment, moving about, swinging, climbing, or tumbling
- Playing hopscotch, 4-square, kickball, or ball games

## Vigorous Physical Activity

- Running, hopping, galloping, or walking quickly up a hill
- Playing, running, or jumping games
- Doing jumping jacks
- Dancing or skipping to music



# How can I help children be physically active every day?

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- **Be a good role model**
  - Participate in activities and show them that you enjoy active play every day
- **Keep children moving**
  - Plan activities that allow all children the opportunity to play
  - Include movement and physical action in children's indoor play and learning activities
  - Include movement and physical action in learning activities





# Discussion Question

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What are some ways you incorporate physical activity?





# Supplement C: Encourage Healthful Foods

- Talk about food throughout the day, as well as at mealtime
- Discuss different foods with the children - where they come from and what foods children eat at home
- Mix nutrition information with reading, storytelling, and other activities
- Use taste and texture words to describe foods, such as sweet, sour, salty, tart, crunchy, chewy, creamy, and juicy.
- Display colorful posters & student artwork featuring foods
- Start a small outdoor or container garden





# How can I get children to try new foods?

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## Keep these P's in Mind

- Be Positive
  - When they see that you are excited to try a new food, they may be more likely to try it too!
  - Children will be more willing to try a food if another child has already tried and liked it

## Prepare

- Serve children all types of foods. Most children are more adventurous than we give them credit for
- Serve a new food along with a familiar food
- Be Patient
  - Don't take food refusal personally – allow children to choose whether or not they want to try a new food
  - Children may need to be offered a new food many times before they will decide to try it.
- Use Pictures and Phrases
  - Introduce new foods by showing children pictures of them first
  - Make trying new foods a positive experience by using the right phrases

Which one is  
your FAVORITE ?





# Supplements

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- Practice Choking Prevention
- Care for Children With Food Allergies
- Encourage Healthful Foods
- Create a Positive Meal Environment
- Support Family Style Meals Best Practices



# THANK YOU!

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