

Workshop 2 Handouts - 2

Cover Sheet

1. Healthy Bites Handout - 8 pages

FRUIT & VEGETABLE GUIDELINES

serve these...

- A variety of fruits and vegetables, especially dark green, red and orange
- Fresh or frozen fruits and vegetables
- Canned fruits in water or their natural juices
- Canned vegetables labeled “no-salt added”
- Legumes (e.g. cooked dry beans and peas)

instead of these...

- Canned fruits in light or heavy syrup
- Fried or pre-fried vegetables (French fries, tater tots, hash browns, onion rings)
 - Pre-fried foods are items that have been fried and then frozen prior to packaging, even if prepared in a microwave or oven. These include:
 - ✗ refrigerated or frozen items, breaded or battered
 - ✗ most frozen potato products, even if the label does not say “fried”
 - ✗ frozen products described as “crispy” or “crunchy”

why?

- Fruits and vegetables provide essential vitamins and minerals that may protect against many chronic diseases such as heart disease, stroke and some cancers
- Fruits and vegetables are high in fiber which helps children and adults feel fuller longer
- When prepared without added fats or sugars, fruits and vegetables are relatively low in calories and can help adults and children achieve and maintain a healthy weight

choose dark green, red & orange fruits & vegetables:

green

bok choy
collard greens
green peas
kiwifruit
romaine lettuce
spinach
broccoli
green cabbage
swiss chard

red

beets
cherries
guavas
red apples
red onion
strawberries
tomatoes
& tomato
products
watermelon

orange

apricots
butternut squash
cantaloupe
carrots
mangos
sweet potatoes
grapefruit
nectarines
oranges
papayas
pumpkin

“We had one child that was not very excited about the brussels sprouts we were having at lunch, but after trying them, he ate two helpings of them. His mom is one of our teachers and I remember him yelling over to his mom ‘I love brussels sprouts!’”

– Bridget Magadan, ThedaCare Child Learning Center, Appleton

how?

- 1) If you cannot find canned fruit in natural juice or canned vegetables with no or low sodium, drain and rinse the fruits or vegetables before serving
- 2) Instead of fried or pre-fried vegetables, serve oven baked homemade potato or sweet potato wedges with skin intact (refer to USDA Child Care recipes: http://teamnutrition.usda.gov/Resources/childcare_recipes.html)
- 3) Add flavor to cooked vegetables by using a mixture of herbs and spices such as garlic powder, onion powder, oregano, basil, and/or lemon pepper instead of butter or cream sauces
- 4) Increase the number of times per week you serve whole fruits or vegetables (not juice) at snack/breakfast (i.e., if you serve a fruit or vegetable at snack one time per week, increase to two times per week, then increase to three times per week, etc.)

sample policies

- Fruit is served at snack two to three times per week.
- Vegetables are served at snack two to three times per week.
- Fried or pre-fried vegetables (e.g., French fries, hash browns, tater tots) are not served. These items will be homemade and baked.
- A variety of vegetables is served by offering one of the following at a meal each day: a dark green vegetable, an orange vegetable, a red vegetable or a legume (e.g., cooked dry beans and peas).

“At our center we like to give the veggies fun names...green beans are Packer beans, broccoli is trees, etc. They seem to eat them better when we “rename” them. Most of the children are super about trying foods. If they try it and don’t like it, we praise them for trying it”

– Karen Verhagen, Kaukauna Kinder Haus, Kaukauna

- 5) Make fruits and vegetables fun:
 - have children make their own fruit or vegetable person and eat it
 - give fruits and vegetables silly names
- 6) If serving with a dip, choose lower calorie options such as yogurt-based dips or hummus (pureed garbanzo beans)

Offer a **TASTY TUESDAYS** once or twice a month. On this day offer new fruits or vegetables to the children, discuss the benefits of that food, and provide a hands-on activity. Then begin to include this food into your menu. For instructions on how to buy and prepare different fruits and vegetables, refer to Appendix F.

- The children will taste test a new fruit or vegetable once or twice a month. Fruits and vegetables they like will be added to the menu.
- Fresh, frozen or canned fruit is served at breakfast instead of juice every day.

fresh fruit salad

Mix apples, bananas or pears with acidic fruits such as oranges, pineapple or lemon juice to keep them from turning brown.



serve these...

- Whole-grain foods
- Items that do not have sugars listed as the first, second or third ingredients

The Dietary Guidelines for Americans recommend that individuals consume at least half of all grains as whole grains.

instead of these...

- Refined grain foods
- Sweetened grains/baked goods that are high in sugar and fat (e.g., cinnamon rolls, toaster pastries, muffins, donuts, cookies, cakes, rice treats)
- Items that list sugar as the first, second or third ingredients

NAMES FOR SUGAR:

- sucrose
- glucose
- fructose
- molasses
- high fructose corn syrup
- corn syrup
- maple syrup

REFINED GRAINS are grain and grain products missing the bran, germ, and/or endosperm; any grain product that is not whole grain.

why?

A whole grain contains bran, germ and endosperm. Whole grains:

- Provide minerals, antioxidants and B vitamins that help bodies convert food into energy
- Contain fiber that makes you feel fuller longer, decreases cholesterol, regulates blood sugar, and helps to control weight

Three parts of a whole grain

1. bran

Provides fiber
Rich in B vitamins and trace minerals

2. germ

Full of B vitamins, vitamin E, minerals, healthy (unsaturated) fats and antioxidants

3. endosperm

Packed with complex carbohydrates, protein and smaller amounts of B vitamins

how?

- 1) Substitute over half of white flour in a recipe with whole grain flour (e.g. millet, buckwheat or oat bran)
- 2) When serving items such as rice or pasta, mix half whole grain and half refined
- 3) **Try these:**
Breakfast: oatmeal, whole wheat pancakes or waffles, whole grain English muffins, whole wheat toast, whole grain breakfast cereal

Lunch: whole wheat macaroni and cheese or whole wheat spaghetti, whole wheat rolls or bread, brown rice

Snack: whole grain pita breads, whole wheat crackers, whole grain bars

“We switched to whole grain bread and pasta. Our menus include mostly home-made meals instead of processed and breaded items. The children responded very positively. The only food we seemed to find some resistance to was whole grain pasta, so we mixed it with regular pasta until the new taste was acceptable.”

– Maggie Smith, R.E.A.L.
K.I.D.S., Menomonee Falls

identifying whole grains

Check the Ingredients List on product labels for the words “whole” or “whole grain” before the grain ingredient’s name.

INGREDIENTS: WHOLE WHEAT SOYBEAN OIL, SALT, MONOGLYCERIDES

The products below have grains and wheat flour, but they do not have whole grains or whole-grain flour.

Examples of whole grains that can be listed as an ingredient

Brown rice	Buckwheat	Whole-grain sorghum
Whole wheat	Bulgur (cracked wheat)	Whole wheat flour
Millet	Whole cornmeal	Whole-grain barley
Whole-grain corn	Whole rye	Whole oats/oatmeal
Quinoa	Rolled oats	Oatmeal
Wild rice		

Terms that are NOT whole grain

Usually found on front of packaging

Multi-grain	Seven-grain
Stone-ground	Bran
100% Wheat	

sample policies

- > At least one whole grain food item will be served each day at breakfast, lunch or snack.
- > Sweetened grains/baked goods (e.g., cookies, cakes, donuts, Danishes, etc.) will be served one time every two weeks for snack only (not for breakfast, lunch or supper).
Goal: These items will not be served at all.



MEAT & MEAT ALTERNATE

serve these...

Lean Protein Foods

- Choose lean ground beef (at least 90% lean)
- Sirloin and round steaks, roasts and cuts from the chuck and shoulder
- Pork loin, tenderloin, center loin and ham
- Poultry (boneless skinless chicken breasts and turkey cutlets)
- Low-fat luncheon meats

Seafood

Salmon, tuna, trout, cod, haddock, perch, tilapia and shellfish such as shrimp and crab

Meat Alternates

- Legumes (e.g., kidney beans, black beans, garbanzo beans or chickpeas, lima beans, black-eyed peas, pinto beans, split peas, and lentils)
- Eggs
- Nuts and seeds and their butters
- Low-fat or reduced-fat yogurt
- Low-fat or reduced-fat natural cheeses (e.g., cheddar, provolone, Parmesan, mozzarella, Swiss, cottage cheese, ricotta cheese)

instead of these...

High-fat Protein Foods

- Ground beef with high fat content (75%-85% lean)
- Processed meats such as bacon, bologna, hot dogs, liverwurst, pepperoni, sausage, Polish sausage
- Fried or pre-fried breaded meats including chicken nuggets, chicken patties, corn dogs, fish sticks

Meat Alternates

- Full-fat yogurt or cheese
- Processed cheese foods, cheese spreads and pasteurized processed cheese products

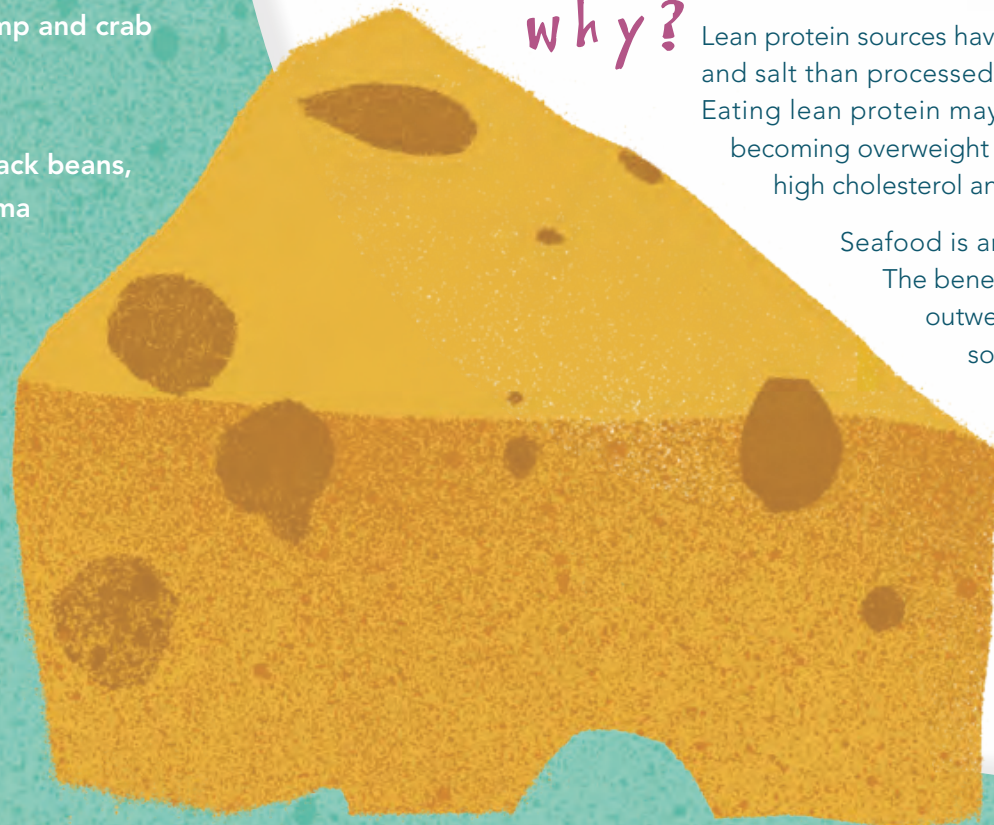
Trans fats are manmade, chemically altered unsaturated fatty acids present in most margarines, commercial baked foods and many fried foods. Another name for *trans* fat is "partially hydrogenated oils." **Saturated fats** are solid at room temperature. They are most often of animal origin.

why?

Lean protein sources have less trans fat, saturated fat, calories and salt than processed, fried or pre-fried breaded meats. Eating lean protein may decrease the risk of obesity or becoming overweight and can help prevent heart disease, high cholesterol and high blood pressure.

Seafood is an excellent source of lean protein. The benefits from eating a variety of seafood outweigh the mercury risks associated with some seafood. Seafood also contains healthy fats and is recommended for growth and development.

Moderate evidence indicates that eating peanuts and certain tree nuts (e.g., walnuts, almonds and pistachios) reduces risk factors for heart disease when consumed as part of a nutritionally adequate diet. Because nuts and seeds are high in calories they should be eaten in small portions or used to replace other protein foods.



how?

- 1) Select lean cuts of meat and trim fat before cooking. Remove skin from poultry and excess fat from fish before serving
- 2) When using high-fat ground beef, cook it, drain off the fat and rinse it in a strainer. This decreases fat content by 50%¹
- 3) When cooking lean meats, bake, grill, broil, poach, boil or roast to reduce extra fat. Do not fry meats
- 4) Serve more entrees that include beans, which are a low cost substitute for meat and a good source of protein and fiber
- 5) Choose the easiest form of legumes: use canned, pre-cooked beans to simplify recipes (no soaking needed) and reduce cooking times
- 6) Bake your own chicken nuggets or fish sticks using bread crumbs or other coatings

1 National Cattlemen's Beef Association. Reducing Fat in Cooked Ground Beef. 2000.

sample policies

- Processed meats will be served only once in a two-week cycle.
- Fried or pre-fried meats will not be served. Any breaded meat products will be homemade and baked.
- Seafood (not processed fish sticks) will be served one time per week.
- Only low-fat meats and skinless poultry will be served; ground beef will be at least 90% lean.
- A vegetarian lunch/supper will be served one time per week.

vegetarian meals

Recommendations

- Incorporate vegetarian meals into menus as a way to add variety
- Work with families that have adopted a vegetarian lifestyle. Substitute meat alternates for meats in recipes and menus

Why?

Vegetarian diets can provide adequate nutrition and health-related benefits. Well-planned vegetarian diets tend to be lower in cholesterol and saturated fat and higher in fiber and other vitamins and minerals. Some families have chosen to live a vegetarian lifestyle so you will need to work with parents of vegetarian children to assure those children are being served all required components of the meal pattern.

To help incorporate vegetarian meals into your menus, here are three scenarios with strategies:

1) If offering a vegetarian meal one time per week:

- substitute beans for meat in main dishes such as casseroles, quesadillas or stir-fry
- make meatless lasagna using ricotta and/or cottage cheese as the meat alternate
- serve egg salad or grilled cheese sandwiches as alternatives to meat sandwiches

2) If serving vegetarian meals every day:

- choose a different meat alternate food item for each day of the week; e.g., Monday - beans, Tuesday - yogurt, Wednesday - low-fat cheese, Thursday - fish, Friday - eggs

3) If accommodating vegetarian child(ren):

- work with parents to determine what the child(ren) can and cannot eat on their specific vegetarian meal plan
- substitute meat alternates for menu items that contain meat, i.e., if the center is preparing a meat spaghetti sauce, set aside some plain tomato sauce and also serve a cheese stick to meet the meat/meat alternate requirement
- make vegetarian meals/snacks one to two days each week for everyone so something different is not required every day for the vegetarian child(ren)

serve these...

- Whole milk for children ages 12-23 months
- 1% or fat-free milk for children ages 2 years and older
- Water
- 100% fruit and vegetable juices
Limit 100% juice to 4-6 ounces per day.
This includes juice consumed in child care and at home

The U.S. Food and Drug Administration defines "100% Juice" as either squeezed directly from the fruit or made from concentrated juice that is reconstituted with water. "Juice Cocktails" and "Juice Drinks" are formulated with less than 100% juice and, in most cases, contain added sweeteners as well.

instead of these...

- Sugar sweetened beverages including fruit-based drinks that contain less than 100% real fruit juice, flavored drinks, cocktail drinks, punch, soft drinks, sports or other energy drinks, etc.
- Unpasteurized juice such as apple cider, which can harbor e. coli and other bacteria that can cause illness

why?

MILK:

Milk provides calcium, protein and vitamin D for bone growth and development.

- **Whole milk** for children ages 12-23 months

Why? Provides fats that are needed for early brain and spinal cord development

- **1% & fat-free milk** for children ages 2 years & older

Why? Provides as much calcium and vitamins A & D as 2% and whole milk without the extra calories and saturated fat

SUGAR SWEETENED BEVERAGES:

Sugar sweetened beverages are not recommended because they are high in calories and low in nutrients.

JUICE:

Too much juice:

- May be linked to weight problems and is associated with tooth decay and diarrhea in children
- Can take the place of more nutritious beverages such as 1% or fat-free milk

Beverages offered to toddlers over age 1 should be in a cup, not in a bottle, to prevent delays in developing appropriate feeding skills

how?

MILK:

- 1) Mix 1% or fat-free milk with whole or 2% milk, or just make the switch — children probably will not notice
- 2) Use 1% or fat-free milk when cooking or preparing foods
- 3) Inform parents that 1% or fat-free milk are healthy choices for children over the age of 2. Encourage parents to make the switch too

JUICE:

- 1) Review how much juice is served on your menus. It does not have to be removed completely, just limited

When choosing juice look for "100% juice"

NOT:

- Juice cocktail
- Juice drink
- Juice beverage
- 100% Daily Value for vitamin C
- Juice blend



"The children had no complaints. Actually I don't even think they noticed the switch [from 2% to 1%] milk."

– Traci Frion, Rainbow Kidz, Inc., Bloomer

WATER:

- 1) Encourage children to drink water often throughout the day, but limit the amount just before and during meals. Too much water may reduce a child's food and milk consumption
- 2) Provide a step stool for easy access to a sink or drinking fountain
- 3) Provide pitchers of water and disposable cups if drinking fountains are not available
- 4) Serve water with snacks when no other beverage is served

Create your own milk mustache event!

Take pictures of children drinking milk and post at your center.



sample policies

- > We will only serve:
 - Whole milk for children ages 12-23 months.
 - 1% or fat-free milk for children ages 2 years and up.
- > Water will be clearly visible and available to children at all times.
- > Juice will be served one time per week.
- > We are committed to our children's health. We recognize the importance of the staff as positive role models to children as they learn to live healthy lives. Therefore, staff will not drink soda and sugary beverages in front of the children in their care.