



Fuel Their Minds

Ideas for Better Eating and Active Play with Young Children



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2010 Dietary Guidelines

Earlier this year, the release of the 2010 Dietary Guidelines for Americans became official and replaced the previous 2005 recommendations. The older version is no longer being used as a nutritional guide. The new recommendations place a stronger emphasis on reducing caloric consumption and increasing overall physical activity. The alarming statistic that more than one-third of American children and more than two-thirds of adults are overweight played a significant role in the recommendations. These new dietary recommendations will provide individuals with knowledge to make healthy dietary choices in the appropriate portion sizes and also reinforce physical activity.

The major changes in the new guidelines are:

Sodium: Less is More



For most individuals, consumption of sodium (salt) exceeds the daily recommended maximum. Though sodium is an essential nutrient needed by our bodies, too much can be detrimental to our health.

- ◆ Limit your intake to less than 2300mg per day.
- ◆ For children, adults 51 years or older, and/or those who may be suffering from chronic disease such as hypertension, diabetes, or kidney disease, a maximum of 1500mg is recommended.
- ◆ Read the nutrition label on food products (bread, soups, frozen meals) to compare milligrams of sodium. Choose the food product with the lowest amount.

Solid Fats & Added Sugars (SoFAS)

SoFAS are a new concept added to the dietary guidelines. Solid fats (saturated and trans-fat) contributed a whopping 19 percent of calories to our diets. These fats are found in animal foods, like lard and cheese, and should be replaced with liquid fats, found in non-hydrogenated plant foods, like oil and nuts. When selecting foods, you should consider the following:

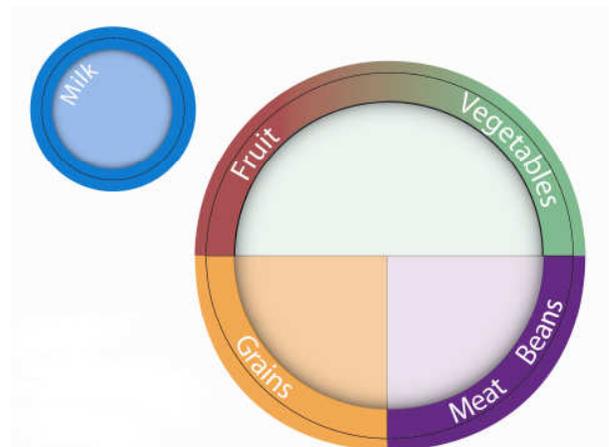
- ◆ Look at the nutrition label, and cut back on saturated and trans fat.
- ◆ Check the ingredient list for sugar, corn syrup, or other sweeteners. Choose water and milk over sodas, fruit drinks, and sports drinks.
- ◆ When possible, substitute oils (canola and olive are best) for solid fats.



Portion Control

The average dinner plate size has grown over the years, and research has found that an increase in plate size leads people to eat more. Reducing the size, or portions, of your meals will cut down on the calories you eat, and help you to reduce or maintain your weight. Consider trying the following:

- ◆ For adults, use a 9-inch plate (size of a salad plate).
- ◆ For children, use a 6-inch plate.
- ◆ When preparing a meal try to:
 - Make half your plate fruits and vegetables.
 - Make one quarter of your plate whole grains.
 - Make one quarter of your plate meat and beans.
 - Drink non-fat milk with meals.



Physical Activity

Complement your healthy dietary changes with physical activity. A minimum of 60 minutes a day for children and 30 for adults. Maintaining an active lifestyle is key for longevity.

Allergies 101



Many of us are ready to enjoy the sunny, warm, and breezy Spring days. But behind the beauty and enjoyment of the those days, allergens wait to make themselves known to those that suffer from allergies.

Many of us are affected by allergies, whether it's food, pollen, or our beloved pets that are the cause. Allergies are a major illness in the United States, affecting 50 million individuals, both adults and children. This common illness accounts for the loss of an estimated 2 million schooldays per year. Allergies should be taken seriously to avoid life threatening complications. To further understand how to take precautions, here's a guide to help you prevent, cope, and treat common allergic reactions for you and your family.

What are Allergies?

An allergy is an overreaction of the body's immune system to a substance. The body's immune system treats the substance (known as an allergen) as an invader and reacts inappropriately, resulting in mild to severe symptoms. The body automatically shifts to protective mode when it senses the allergen and produces antibodies (immunoglobulin) that release chemicals such as histamine, which help aid against the invading allergen, but cause your nose to get stuffed up and your eyes to water.



Who Can be Affected by Allergies?

Allergies are hereditary and can be passed down. Both children and adults can suffer from allergies even though no particular family member suffers from them. A person who is typically allergic to one substance is more likely to be allergic to others as well, for instance, having allergic reactions to various tree pollens.

What are Common Allergens?

Most of the common things people are allergic to are airborne (carried through the air) like:

- ◆ **Dust Mites:** Dust mites are the main allergic component of household dust which is made up of particles containing fabric fibers, bacteria, and animal allergens. Dust mites are present on carpets, bedding, upholstery, and stored items such as clothing and toys.
- ◆ **Pollen:** Trees, weeds, and grasses release particles into the air to fertilize other plants. This type of allergen is seasonal. Pollen counts are typically higher in the morning on warm, dry, or breezy days. Check your local weather report for the pollen count. This will also help you plan your weekend outdoor family activities.
- ◆ **Mold:** Molds are fungi that thrive indoors and outdoors in warm, moist environments. Outdoor molds can be found in drainage areas, rotting leaves and compost piles. Indoor molds are found in dark, poorly ventilated areas such as bathrooms, damp basements, closet hampers, and under your kitchen sink. If you smell a lingering musty odor in your home, chances are you could have mold growing. If so, seek professional advice on how to treat and prevent mold growth.
- ◆ **Pet Allergens:** Your furry pet friend may be the cause of your allergies. When pets lick themselves the saliva on the fur dries, protein particles become airborne, and stick onto fabrics. Pet allergens are also present in dander and hair.



According to The American Academy of Allergy, Asthma, and Immunology, up to 2 million kids in the United States are affected by food allergies. The most common food allergy reactions in kids are triggered by: eggs, fish, milk, peanuts, shellfish, soy, tree nuts, and wheat. Other common allergens include medicine, chemicals, and insect stings.

Signs & Symptoms of an Allergic Reaction

Mild:

- Itchiness
- Skin redness
- Slight swelling
- Stuffy, runny nose
- Sneezing
- Itchy, watery eyes
- Red bumps (hives) on the body

Severe:

- Swelling of the mouth or tongue
- Difficulty swallowing or speaking
- Wheezing or difficult breathing
- Abdominal pain, nausea, vomiting, or diarrhea
- Dizziness or fainting

What to do if you suspect an allergic reaction:

- Call 911 if a severe reaction occurs; the person cannot breathe normally, has tightness in the chest, or swelling of the face, mouth or throat.
- Contact a doctor if the reaction symptoms are disrupting your normal life activities.
- If the symptoms are mild, take an oral over the counter antihistamine (diphenhydramine) such as Benadryl.
- If the symptoms are severe and a pre-scribed medicine such as an epinephrine (EpiPen) is needed, use it as directed and call for emergency medical assistance.



Article adapted from KidsHealth®

Food Bank Opportunities and Resources

Our local partners from the Food Bank of Yolo County are committed to providing community members of Yolo county with valuable resources to help build and maintain healthy lifestyle choices. This organization offers FREE cooking classes that are not only nutritious and delicious but culturally diverse. For more information regarding the free cooking classes, contact Arturo or Stephanie at (530) 668-0690.



Quick & Fresh Market



A new market is now open at the Yolo County Food Bank featuring fresh and nutritious offerings. The market is open to the public and also welcomes WIC (Women, Infant, and Children) and Food Stamp recipients to come enjoy a great shopping experience for the whole family. The Quick & Fresh Market is located at 1248 Fortna Avenue (off of East Street between Beamer and Kentucky) and is open Monday through Fridays from 8am-6:30pm and Saturdays from 9am-4pm. For more information regarding food items, location, and hours of operation, call (530) 668-0648.

Spinach Brownie Muffins Recipe and Student Activity

Ingredients:

- 1 box brownie mix
- 1/4 cup water
- 1/2 cup canola oil
- 3 large eggs
- 3 cups fresh spinach leaves



Preparation Time: 10 minutes
Cook Time: 20 minutes
Recipe makes 12 brownie muffins

Recipe adapted from "Deceptively Delicious" cookbook

Instructions

1. Preheat oven to 375°F.
2. Wash your hands with soap and warm water.
3. Wash the spinach leaves in a clean bowl of water.
4. Tear the stems off the spinach leaves and place the leaves on a clean paper towel. Save the spinach stems for the student activity.
5. Put the spinach leaves, water and oil in a blender or food processor then puree.
6. Crack open 3 large eggs keeping only the egg whites in a clean small bowl.
7. Mix together the dry brownie mix, egg whites and spinach puree in a clean medium bowl. Stir the ingredients until they are well blended (about 40-50 strokes).
8. Pour the spinach brownie mix into a lightly greased muffin pan.
9. Bake brownie mix for 18-20 minutes. Check for doneness by inserting a clean toothpick into the center of one brownie, if it comes out clean the brownies are done.
10. Let brownies cool. Serve and enjoy!!

Stem the Alphabet Student Activity

Save the stems from the spinach leaves used for the recipe and have the children use them to complete this activity that focuses on letter and word knowledge. Allowing children to use spinach stems during a hands-on activity may increase the likelihood they would be willing to try the food at school or in the home.

1. Collect all the spinach stems that were saved from the spinach brownie recipe.
2. Set up a small table for the children to use for this activity.
3. Lay the spinach stems out on the table.
4. Have the children use the stems to form letters of the alphabet.
5. For older children, let them spell out their name or other words they may know.



Activity Kits Free From the University of California

The University of California has prepared activity kits to help you teach nutrition and physical activity concepts to your young children while integrating math, language arts, and science. **These lessons come “ready-made”** with all the materials you will need to teach a fun and interactive lesson with your preschoolers through third graders. The curriculum was developed by the University of California.

We will bring the materials to your site, free of charge, and we can provide your staff with trainings and additional resources to increase their confidence in these topics. We can also plan classroom, food-themed parties, special events, and other fun sessions.

If you are interested in signing up to receive these materials, please contact us.

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Fuel Their Mind Nutrition Newsletter Enclosed

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Fuel Their Minds Parent Corner

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Screen Time: Friend or Foe?

Quality programming for children does exist but the amount of time spent in front of televisions, computers, and video games can negatively effect children. Several recent studies have linked an increase in screen time with an increase in body weight in children. Learning and behavior problems such as attention deficit disorders (ADD) have also been linked to increased screen time.



How much is too much?

The American Academy of Pediatrics recommends no more than 2 hours of television a day for children age 2 and over, and no screen time whatsoever for those younger than 2 years of age. Researchers found that children who exceeded the 2 hour limit of screen time were more likely to snack while watching television, replace physical activity for screen time, and viewed more advertisements for unhealthy, high fat foods while watching children's programming. Additionally, children who viewed more than the recommended screen time were more likely to be overweight or obese.

What can you do to keep your child(ren) healthy and active?

- Remove televisions, video games, and computers from children's bedrooms.
- Get moving together: model healthy behavior by playing at the park, walking the dog, riding bikes, planting a garden, and going on a "nature scavenger hunt" around your neighborhood.
- Adopt a "house rule" that no more than 2 hours of screen time will be allowed for **all** family members each day.
- Monitor the quality and content of the programming that children are watching. Make sure their time spent in



front of the screen is educational. Violent video games and television programs are not appropriate for children. Educational shows such as Sesame Street help engage young children while teaching basic life skills such as the importance of hand washing, social skills, and reading.

By making these simple household changes today, you and your family can lead healthier, active lives tomorrow.

Article adapted from healthychildren.org, usda.gov, and aap.org.



Fuel Their Minds-Boletín para Padres

Ideas para Comer Mejor y Estar Activos con Niños Jóvenes



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¿Tiempo de Pantalla: Amigo o Enemigo?

Si existen programas para niños de calidad pero la cantidad de tiempo uno pasa enfrente de la televisión, computadora, y equipos de juegos de video puede afectar negativamente a los niños. Varios estudios recientes han asociado a un aumento en el tiempo de pantalla con un aumento de peso en los niños. Problemas de conducta y aprendizaje como trastornos de déficit de atención (ADD) también se han asociados con el tiempo de pantalla.



¿Cuánto es demasiado?

La Academia Americana de Pediatría recomienda no más de 2 horas de televisión al día para niños de 2 años y mayor, y sin algún tiempo de pantalla para los niños menores de 2 años de edad. Estudios han encontrado que los niños que han superado el límite de 2 horas de tiempo de pantalla tenían más probabilidades de comer botanas mirando televisión, sustituir la actividad física con tiempo de pantalla y ver más anuncios de alimentos insalubres, alimentos altos en grasas mientras mirando la programación infantil. Además, los niños que consideran más que el tiempo de pantalla recomendado tienen más probabilidades de ser obesos o con sobrepeso.

¿Qué puede hacer para mantener a sus hijos sanos y activos?

- Remover las televisores, juegos de video y computadoras de las habitaciones de los niños.
- Mantenerse activos juntos: usted puede modelar comportamiento saludable por jugando en el parque, paseando su perro, montar su bicicleta, plantar un jardín y jugar "buscando la naturaleza" alrededor de su vecindario.
- Adoptar una "regla de hogar" no más de 2 horas de tiempo de pantalla se permitirá a **todos** los miembros de la familia cada día.



- Controlar la calidad y el contenido de la programación que los niños están viendo. Asegúrese de que el tiempo delante de la pantalla es educativo. Programas de televisión y juegos de video violentos no son adecuados para los niños. Programas educativos como Sesame Street animan a niños a enseñar habilidades básicas de la vida, como la importancia de lavarse las manos, habilidades sociales y habilidades de leer.

Al hacer estos cambios simples hoy, usted y su familia pueden llevar una vida más sana y activa mañana.

Artículo adaptado por healthychildren.org, usda.gov, y aap.org.