Serving Healthy Food

Head Start meals and snacks play a significant role in the nutrition of Alaskan preschool age children. Head Starts in Alaska serve over 1,700 children meals and snacks every school day. The meals provide children with a sense of food security and knowledge of healthy eating patterns. Parents trust that meals and snacks served to their children are wholesome and nutritious. To assure that the meals and snacks served support the nutritional needs of children, the meals served should reflect the most current nutritional recommendations.

Head Start meals make a significant nutritional contribution to a child's daily nutrition. Head Start Performance Standards state that each child in a part-day, center-based setting must receive meals and snacks that provide at least 1/3 of the child's daily nutritional needs. They also require that each child in a center-based, full-day program receives meals and snacks that provide 1/2 to 2/3 of the child's daily nutritional needs, depending upon the length of the program day.

The meals served not only nourish the children but teach and develop healthy eating habits. Clearly, it is easier to influence eating behavior at a young age than to change established eating patterns. Head Start is also a perfect place for nutrition education to support the meals and snacks served in the classroom. Head Starts have the responsibility and the ability to provide healthy meals every school day.

The information presented in this module is designed to help food service staff plan menus, make healthy food selections and prepare healthy foods by following the current nutrition recommendations. The information will address primarily one Head Start Performance Standard 1304.23 (b)(1) Nutritional Service (vi) that states:

"For 3- to 5-year-olds in center-based settings or other Head Start group experiences, foods served must be high in nutrients and low in fat, sugar and salt."

This module will present information on: selecting whole grains products; offering polyunsaturated and monounsaturated oil-rich fish, legumes and nuts more often; serving low-fat and non-fat milk to children after the age of 2; offering a variety of canned fresh, frozen and canned fruits and vegetables; and reducing trans fat, salt and sugar by making smarter food choices.

Meal Program Guidance

There are several guiding publications to help Head Starts plan menus and select healthy foods for meals. Foremost, Head Starts must follow the Head Start Performance Standards and Other Regulations. Performance Standard 1304.23 (b)(1) Nutritional Service requires Head Start grantees to use funds from the United States Department of Agriculture (USDA) Nutrition Programs. Therefore, all Alaska Head Start grantees must use the USDA Child and Adult Care Food Program (CACFP) for financial reimbursement.

The CACFP has regulations for the meals and snacks served in Head Start. Head Starts get reimbursed for the foods served by following the regulations of the program. The CACFP requires that meals and snacks follow a pattern, that certain food components and portions are included, based on the age of the children, are followed for meals and snacks.

Performance Standard 1304.23 (b)(1)(vi) requires that Head Start foods served be high in nutrients and low in fat, sugar and salt. The guidance on how to select foods high in nutrients and low in fat, sugar and salt is provided by the 2005 Dietary Guidelines for Americans.

SLIDE 9 MODULE SEVEN

The leading publication for nutrition advice is the science-based 2005 Dietary Guidelines for Americans. The Dietary Guidelines provide a broad range of nutritional recommendations that are important for health and the maintenance of a healthy weight. Health organizations such as the American Heart Association, the American Academy of Pediatrics and the state of Alaska Department of Public Health also provide important science based nutrition advice.

The Dietary Guidelines are used to design the MyPyramid food groups and MyPyramid recommendations. The food group recommendations will be addressed first and then some general nutrition advice on trans fat and sugar will be presented.

SLIDE 10 MODULE SEVEN

The CACFP provides guidance on food components using a modified version of the Four Food Groups. The CACFP has not yet been updated to reflect Dietary Guidelines. The MyPyramid recommendations are based on the Dietary Guidelines which reflect the most current scientific knowledge for food and nutrition.

To provide Head Start children with the healthiest food choices possible, menu planning and food selection will need to be based on the Dietary Guidelines, the MyPyramid recommendations and the nutritional advice of other health organizations. This module for food service staff will help weave together the Head Start Performance Standards, the CACFP requirements, the Dietary Guidelines for Americans and MyPyramid and health organization recommendations for good nutrition. Combining the recommendations from these programs will improve the nutrition of foods served to Head Start children.

SLIDE 11 MODULE SEVEN

There are some distinct difference between the MyPyramid recommendations and the Child and Adult Care Food Program (CACFP) requirements. The CACFP only recognizes four food groups for creditable foods: (1) Bread or Bread Alternate; (2) Fruits and/or Vegetables; (3) Fluid Milk; and (4) Meat or Meat Alternate. The term creditable refers to foods that may be counted towards meeting the CACFP requirements.

The MyPyramid structure recognizes six categories of foods and makes recommendations about selecting foods from these categories. The MyPyramid Grains food group is similar to the CACFP Bread or Bread Alternate. The MyPyramid Milk food group includes most high calcium dairy products; however the CACFP only recognizes fluid milk.

The MyPyramid Meat & Beans food group is similar to the CACFP Meat or Meat Alternate food group; however there are some differences. MyPyramid has separated Fruits and Vegetables into their own food groups whereas the CACFP has only one food group for fruits and vegetables. MyPyramid has a sixth category called Oils; the CACFP does not have a similar category (Figure 7a, next page).

Serve Whole Grains

SLIDE 12 MODULE SEVEN

The foods in the MyPyramid Grains food group and the CACFP Bread or Bread Alternate food group are the same. Examples are pilot bread, bread, pasta, oatmeal, breakfast cereals, tortillas and grits. The CACFP requires that bread or bread alternates are enriched or fortified and encourages the use of whole grain products. The key Dietary Guidelines recommendations for children are to consume whole grain products often, with at least half of the grains being whole grains.

A HELPING HAND FROM THE EXPERTS

mypyramid.com
healthierus.gov/dietaryguidelines
www.fns.usda.gov/cnd/care/CACFP/aboutcacfp.htm#top

FIGURE **7a:** Two Perspectives on Food Groups

CACFP FOOD GROUPS	MYPYRAMID FOOD GROUPS
Bread or Bread Alternate	Grain
Fluid Milk	Milk
Meat or Meat Alternate	Meat and Bean
Fruit and/or Vegetable	Fruit
	Vegetable
	Oil

Reading the ingredients is the only way to know if a prepared food is a whole grain food. Color is not an indication of a whole grain. Bread can be brown because of molasses or other added ingredients. Foods labeled with the words "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" may not be whole-grain products. Since ingredients are listed in the order of quantity, whole grain foods are those that have one of the following ingredients listed first: brown rice, bulgur, graham flour, oatmeal, whole-grain corn, whole oats, whole rye, whole wheat and wild rice.

Nutrition Facts

Serving Size 100 grams

Amount Per Serving

Calories 23	Calories from Fat 1
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 240mg	10%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	**7%**
Sugars 2g	
Protein 1g	
Vitamin A 241%	Vitamin C 3%
Calcium 3%	Iron 3%

*Percent Daily Values are based on a 2,000 calorie diet.

FIGURE **7b:** Fiber Facts

REDUCE YOUR RISK

Another way to help determine if a product is whole grain is to use the Nutrition Facts Label. Choose products with a higher percent Daily Value for fiber. The percent Daily Value for fiber is a good clue to the amount of whole grain in the product (Figure 7b).

To increase the amount of whole grain served to Head Start children, food service staff will want to menu plan, read labels and introduce whole grain foods to students, staff and parents.

Head Start and its grantee agencies can adopt menu and purchasing policies to encourage the consumption of whole grains. They include:

- Serve only whole grain breads, cereals, pancakes and brown rice.
- Prepare all homemade quick breads with at least ½ the total flour being whole grain flour.
- Serve whole grain pasta noodles, crackers and pizza crust when possible.
- Prepare and serve whole grain products such as barley, quinoa, amaranth, millet, sorghum and triticale when available.
- On the menu, list foods as whole grain so that children and families become familiar with the term.
- When purchasing cereals, breads, or pasta, select products that list brown rice, bulgur, graham flour, oatmeal, whole-grain corn, whole oats, whole rye, whole wheat, wild rice as the first ingredient.

Serve Low Fat Milk

The only food creditable in the CACFP Milk food group is fluid milk, or in Alaska nutritionally equivalent reconstituted milk. To assure Head Start children ages 3–5 are served meals that are low in fat as required by the Performance Standards, serve only 1 percent or skim milk for children ages 2 and older.

UNDERSTANDING THE NUTRITION FACTS
www.cfsan.fda.gov/~dms/foodlab.html

Whole grains are important because they are rich in fiber and nutrients. Consuming foods rich in fiber, such as whole grains, as part of a healthy diet, reduces the risk of coronary heart disease and may reduce constipation. Eating at least three ounce equivalents a day of whole grains may help with weight management.

GOT MOO?

The CACFP and MyPyramid classify foods made with milk differently. The only CACFP creditable food from the Milk food group is fluid milk; the CACFP credits yogurt, cheese and cottage cheese as a Meat or Meat Alternate. MyPyramid considers all fluid milk products and foods made from milk, such as yogurt, cheese and cottage cheese as part of the MyPyramid Milk food group because all are good sources of calcium.

This difference between the CACFP and MyPyramid can cause confusion when meal planning or discussing good nutrition. However, to meet the CACFP meal pattern requirement, only fluid milk is creditable. Food service staff receiving input on menu planning will need to clarify this difference to families and staff.

Serve Legumes and Lean Meats

SLIDE 17 MODULE SEVEN

The majority of foods in the MyPyramid and the CACFP Meat food groups are the same. Examples of foods counted in both groups are lean meat (beef, pork, lamb, veal), poultry, fish, eggs, peanut butter, legumes and nuts. Both MyPyramid and the CACFP recommend selecting lean cuts of meat and using low fat cooking techniques.

The Dietary Guidelines key recommendation, for children 4–18 years of age, is to keep total fat intake between 25 percent to 35 percent of calories from fat, with most of the fats coming from sources of polyunsaturated and monounsaturated fats such as fish, nuts and vegetable oils. To meet this recommendation, Head Start menus will want to offer fish, legumes and nuts frequently. Serve only ground or finely chopped nuts and seeds to children age 5 years and under to prevent choking.

The CACFP and MyPyramid both classify legumes (dried beans), peas and nuts in the Meat food group. Legumes provide a great low fat, high fiber, protein rich, delicious and nutritious meal when made into soups, salads, casseroles, or when served as a side dish. Legumes are also low cost, do not require refrigeration for storage and are shelf-stable for many months.

SLIDE 18 MODULE SEVEN

Examples of legumes and peas are black beans, black-eyed peas, garbanzo beans, kidney beans, lentils, mature lima beans, navy beans, pinto beans, split peas, white beans and peanuts. Peanuts are not truly a nut but a legume. Nuts and nut butters made from almonds, walnuts, macadamia, pecans and hazelnuts are also creditable as a Meat Alternate. The CACFP does not allow soy beans, tofu, tempeh, soy burgers, or other soy products to be served as a Meat or Meat Alternate.

SLIDE 19 MODULE SEVEN

Fish is an important part of a healthy diet for everyone, including young children. Many people have heard about high mercury levels in fish and are cautious about serving fish to children. The state of Alaska will soon publish up-to-date consumption guidelines for young children and women of childbearing age. These guidelines offer suggestions specific to each type and size of fish. Good news! All five species of Alaska wild salmon have very low mercury levels. Parents will be able to access the new guidelines on the State of Alaska, Division of Public Health web site or by calling 907-269-8000.

The Head Start grantee can adopt menu and purchasing policies or recommendations to decrease the amount of saturated fat and increase the amount of polyunsaturated and monounsaturated fat coming from the Meat and Meat Alternate food group.

Our recommendations:

- Prepare meat, poultry and fish from scratch.
- Trim all visible fat and remove the skin from meat and poultry before cooking.
- Cook meat and poultry by broiling, poaching, roasting, stewing, steaming, stir frying, or using the crock pot.

ALASKA FISH CONSUMPTION GUIDELINES
www.epi.hss.state.ak.us/

The CACFP meal pattern requires fluid milk to be served for breakfast, lunch and supper. Additionally, fluid milk may be served as one of the meal pattern components for snacks. For breakfast, fluid milk can be served as a beverage, used on cereal, or used in part for each purpose. Both lunch and supper must contain a serving of fluid milk as a beverage. Milk is never credited when cooked in cereals, puddings, or other foods.

The CACFP meal pattern requires fluid milk to be served for breakfast, lunch and supper. Additionally, fluid milk may be served as one of the meal pattern components for snacks. For breakfast, fluid milk can be served as a beverage, used on cereal, or used in part for each purpose. Both lunch and supper must contain a serving of fluid milk as a beverage. Milk is never credited when cooked in cereals, puddings, or other foods.

The CACFP considers cheese, yogurt and cottage cheese as a meat alternative because these foods are a good source of protein. MyPyramid considers foods made from milk that retain their calcium content as part of the MyPyramid Milk food group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not considered part of the MyPyramid Milk group. Since the CACFP requires that fluid milk be served at each meal, Head Start children are assured adequate calcium.

- Use vegetable oils such as olive or safflower oil instead of butter, margarine or vegetable shortening for cooking meats.
- Serve low fat and non fat yogurts, cottage cheese and cheeses.
- Serve Alaska fish.
- Serve legumes more often in soups, salads, casseroles, or side dishes.
- Serve only peanut butter and nut butters made with no added sugar or hydrogenated fat.
- Avoid serving processed products such as chicken nuggets, fish sticks, bologna, canned meats, hot dogs and corn dogs because they are high in fat and salt.
- Avoid serving high fat, processed, non-creditable meats such as salami, sausage and bacon because they are high in fat and salt.

Enjoy a Rainbow of Colorful Fruit and Veggies

Since the CACFP has not yet been updated to match the MyPyramid recommendations, the CACFP puts fruits and vegetables into one food group. The CACFP considers all fresh, frozen, or canned fruits and vegetables, 100% juice, legumes (beans) and peas creditable Fruits/ Vegetables. The MyPyramid food group system separates fruits and vegetables into their own food groups. Nonetheless, health messages often group fruits and vegetables together. In March of 2007, the Centers for Disease Control and Prevention launched a new campaign. Fruits and vegetables are grouped together and people are encouraged to eat more fruits and vegetables every day.

The CACFP considers all fresh, frozen, or canned fruit and 100% juice as creditable. The Dietary Guidelines recommends choosing fiber rich fruits and foods with little added sugars or caloric sweeteners, in order to consume a sufficient amount and variety of fruit each day. Head Starts following the Dietary Guidelines for fruit should serve a variety of whole, canned, frozen, dried, or fresh fruit every day. Serve canned fruit packed in water or its own juice, not heavy syrup, to reduce the amount of added sugar. Whole fruit is low in calories, high in fiber and nutrients, takes time to eat and helps provide the feeling of fullness.

Choose whole fruit over 100% fruit juice. Whole fruit (canned, frozen or fresh) contains fiber and is lower in sugar. Juice is fruit that becomes high in sugar when concentrated and has lost its fiber. Juice offers no nutritional advantage over whole fruit. Choosing fresh, frozen or canned fruit provides more nutrients, less calories, makes one feel full and helps introduce children to eating whole fruit.

Compare ½ cup 100% grape juice to 1 cup of whole grapes (Figure 7c). The whole grapes are lower in calories, lower in sugar and have more fiber than the juice.

The American Academy of Pediatrics recommends limiting 100% juice to 4–6 ounces (½–¾ cup) per day for children age 6 months to 6 years.[1] A recent study of juice intake in children noted that more than 20 percent of toddlers drink 9.5 ounces a day. Ten percent of toddlers drink more than double the recommended limit. The same study noted that many toddlers were not eating any fruit (fruit juice excluded) on a daily basis.[2] Since many children are exceeding the recommended amount of juice and not eating any fruit on a given day, Head Start should serve whole fresh, frozen or canned fruit instead of juice.

BEANS AND NUTS

FRUITS AND VEGGIES: MORE MATTERS
www.fruitsandveggiesmatter.gov

DELICIOUS RECIPIES WITH BEANS
www.americanbean.org

The CACFP allow legumes (beans) such as black, garbanzo, kidney, and pinto beans to be creditable from either the Meat Alternate or the Fruit/Vegetable food group. However, legumes cannot be credited towards the meat or Meat Alternate and the Fruit/Vegetable requirement in the same meal. Canned green or yellow beans and green peas may be credited only as vegetables. Nuts may be credited as a serving of Meat Alternate for a snack, but only 1/2 a serving of Meat Alternates at lunch or supper. Serve only ground or finely chopped nuts and seeds to children under 5 years of age to prevent choking.

FIGURE **7c:** Comparing Juice to Whole Fruit

	½ Cup 100% Grape Juice	1 Cup Whole Grapes
Grams of Fiber	0	2
Calories	75	62
Grams of Sugar	19	15

SLIDE 25 MODULE SEVEN

Canned and frozen fruits without added sugars are a good source of nutrients, are low in calories, store well and are simple to prepare. Kids also really enjoy eating them. Canned and frozen fruits are usually picked at their peak of ripeness and nutritional quality and then are processed within a few hours to lock in their nutrients. Few nutrients are lost during processing. However, only those without added sugar, syrups, or other ingredients are healthy choices.

Compare a Nutrition Facts label of canned water-packed peaches to the Nutrition Facts of peaches canned in heavy syrup (Figure 7d). The peaches in heavy syrup have three times as many calories and almost four times as much sugar. Peaches packed in water are the better choice.

SLIDE 26 MODULE SEVEN

The CACFP requires that lunch and supper contain two separate servings of vegetables or fruits. The Dietary Guidelines recommend consuming a sufficient variety of vegetables and choosing and preparing foods with little salt and fat.

Essentially all vegetables are low in fat, salt, calories and high in nutrients. However, fat and salt are often added during processing or preparation. Blue, purple, green, white, yellow, orange and red colored vegetables should be served instead of fried potatoes such as french fries, Tater Tots and hash browns. The CACFP considers french fries, Tater Tots and hash browns creditable vegetables. However their use is discouraged by Performance Standards and by the Dietary Guidelines because fried potatoes are high in fat and salt. Potatoes that are prepared without the addition of large amounts of salt and fat are an acceptable vegetable choice.

SLIDE 27 MODULE SEVEN

If the Nutrition Facts labels of canned and frozen carrots are compared (Figure 7e, on the following page), almost all the nutrients are very similar, including vitamin A. Unfortunately, the canned carrots are much higher in sodium because it is added during canning. The terms sodium and salt are often used interchangeably because salt is made from sodium. The Dietary Guidelines recommend choosing and preparing foods with little salt and the Performance Standards require foods served to be high in nutrients and low in salt. Since frozen vegetables usually do not have added salt, serving frozen vegetables is the better choice because they are lower in salt.

FIGURE **7d:** Nutrition Facts of Peaches

CANNED IN WATER

Nutrition Facts
Serving Size 100 grams (100g)

Amount Per Serving	
Calories 24	Calories from Fat 1
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	5%
Sugars 5g	
Protein 0g	
Vitamin A 11%	Vitamin C 5%
Calcium 0%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

CANNED IN HEAVY SYRUP

Nutrition Facts
Serving Size 100 grams (100g)

Amount Per Serving	
Calories 74	Calories from Fat 1
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	5%
Sugars 19g	
Protein 0g	
Vitamin A 7%	Vitamin C 5%
Calcium 0%	Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet.

However, canned vegetables are easier to transport, store, are high in nutrients and are a nutritious choice, except for the salt. To lower the amount of salt served, empty canned vegetables into a colander and rinse with water to help remove the salt.

CARROTS, CANNED

Nutrition Facts
Serving Size 100 grams (100g)

Amount Per Serving	
Calories 25	Calories from Fat 2
	% Daily Value*
Total Fat g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 242mg	10%
Total Carbohydrate 6g	2%
Dietary Fiber 5g	
Sugars 2g	
Protein 1g	
Vitamin A 223%	Vitamin C 5%
Calcium 2%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

CARROTS, FROZEN

Nutrition Facts
Serving Size 100 grams (100g)

Amount Per Serving	
Calories 36	Calories from Fat 4
	% Daily Value*
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 68mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	
Sugars 5g	
Protein 1g	
Vitamin A 225%	Vitamin C 4%
Calcium 4%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

FIGURE **7e:** Nutrition Facts of Carrots

WHAT'S UP, DOC?

A variety of canned, frozen and fresh fruits and vegetables should be on the Head Start menu. One way to make sure that the menu has good variety is to serve fruits and vegetables from different color groups. The main color groups are dark green, yellow and orange, red and pink, blue and purple and white.

BLUE, GREEN, WHITE, YELLOW AND RED

A sampling from each color group:

Dark green
green beans, cucumbers, green grapes and green apples

Yellow and orange
salmon berries, sweet corn, oranges and carrots

Red and pink
Highbush cranberries, tomatoes, red potatoes, beets and red apples

Blue and purple
blueberries, huckleberries, raisins, prunes and purple cabbage

White
bananas, potatoes (not fried), mushrooms and white corn

SLIDE 28 MODULE SEVEN

The Head Start grantee can also adopt menu and purchasing policies or recommendations to increase the amount of fruit and vegetables. Examples of policies or recommendations are:

- Serve a fruit and vegetable at lunch and supper (do not serve two fruits or two vegetables).
- Avoid serving processed potato products such as hash browns, Tater Tots and french fries as a vegetable serving.
- Serve fresh and frozen vegetables more often than canned. Rinse salt from canned vegetables before preparing.
- Do not add salt or fat when cooking vegetables.

SLIDE 29 MODULE SEVEN

To see more examples of foods in each color group and to learn about the nutrients in each group see Module 5, Slides #26–31 in this Training Manual.

The nutrient content of canned and frozen carrots is very similar. Canned carrots have more sodium (salt) because salt is added during the canning process.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	White **Banana**	Blue/Purple **Raisins**	Red **Frozen Strawberries**	Orange/Yellow **Canned Apricots**	Dark Green **Green Apple**
SNACK	Dark Green **Cucumber Coins**	Red **Red Bell Pepper Sticks**	Orange/Yellow **Carrot Sticks**	Blue/Purple **Purple Cabbage Slaw**	Blue/Purple **Tundra Picked Blueberries**
LUNCH	Red and Blue/Purple **Baked Red Potatoes with Canned Prunes**	Orange/Yellow and Dark Green **Mashed Sweet Potatoes with HoneyDew Melon**	White and Red **Mashed Turnips and Pickled Beets**	Orange/Yellow and Dark Green **Broccolli and Canned Pineapple**	White and Dark Green **Cauliflower and Canned Green Pears**

FIGURE **7f:** Colorful Weekly Menu

- Serve a variety of colorful fruits and vegetables each day and plan for a variety throughout the week.
- If juice is served, serve juice rarely and only as a snack.
- Serve canned fruit packed in water or its own juice. If fruit is packed in heavy syrup, serve fruit without the juice.
- Purchase apple sauce without added sugar.
- Do not serve commercial fruit pie filling (it is high in sugar).
- When dried fruit is served ensure that children brush their teeth.
- Make your own fruit sauce by blending frozen or canned fruit. Serve blending fruit with pancakes or French toast instead of syrup.
- Serve sliced fruit.

Trans Fat

SLIDE 30 MODULE SEVEN

The Dietary Guidelines recommend keeping trans fat intake as low as possible. Trans fats are found primarily in hydrogenated and partially hydrogenated vegetable oils. Partially hydrogenated vegetable oils are used by food manufactures to make processed foods such as chips, crackers, cookies, chocolate and most snack foods. Trans fat is common in the frying oil used in deep fat fryers. Processed foods provide approximately 80 percent of the trans fat in the diet as compared to 20 percent that occur naturally in food from animal sources.[3]

Trans fats increase the risk of heart disease, stroke and may increase the risk of diabetes, cancer and other chronic diseases. Since January 2006, the amount of trans fat in a product must be listed on the Nutrition Facts label (Figure 7g).

SLIDE 31 MODULE SEVEN

The average daily trans fat intake for the average American is 5.8 grams a day or 2.6 percent of calories. The major sources of trans fat in the American diet in 2003 were 40% from cakes, cookies, crackers, pies, bread, etc.; 17% margarine; 8% fried potatoes; 5% potato chips, corn chips, popcorn; 4% household vegetable shortening; 3% salad dressing; 1% breakfast cereal; 1% candy; and 21% from prepared animal products (Figure 7h).[3]

FIGURE **7g:** Locating Trans Fat

Nutrition Facts

Serving Size 1 cup (228g)
Servings per Container 2

Amount Per Serving	
Calories 260	Calories from Fat 120
	% Daily Value*
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 2g	
Cholesterol 30g	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 241%	Vitamin C 3%
Calcium 3%	Iron 3%

*Percent Daily Values are based on a 2,000 calorie diet.

The way to determine if the trans fat in a meat product is naturally occurring or added is to read the ingredient list. If no partially hydrogenated oils are listed, then trans fats occur naturally. Trans fat is likely to be found naturally at very small levels in products containing butter, milk, cheese, beef or lamb.

SLIDE 32 MODULE SEVEN

To decrease the amount of trans fat from hydrogenated oils fed to Head Start children, food service staff will want to read labels. The Head Start grantee can also adopt menu and purchasing policies or recommendations that limit the use of foods containing trans fat.

Food service staff will need to read the Nutrition Facts label and the ingredient list to keep trans fat consumption as low as possible. The Head Start center or grantee agency can also adopt menu and purchasing policies or recommendations that limit the use of foods containing trans fat.

Examples of policies and procedures are:

- Purchase food with zero trans fat listed on the Nutrition Facts label.
- Reduce the number of foods served made with partially hydrogenated vegetable oil.

Avoid Sweetened Beverages and Food

SLIDE 33 MODULE SEVEN

Many high sugar foods are obvious because they taste sweet. However, sugar is often added to many foods, including tomato sauces, peanut butter, breakfast cereals and canned fruit. The Dietary Guidelines recommends choosing and preparing foods and beverages with little added sugar or caloric sweeteners.

SLIDE 34 MODULE SEVEN

To avoid additional sugar, one must read the ingredient list. Ingredients are listed in order of predominance by weight, that is, the ingredient that weighs the most is listed first and the ingredient that weighs the least is listed last. Sugar has many names such as high fructose corn syrup, corn syrup, brown sugar, invert sugar, corn sweetener, lactose, maltose, dextrose, malt syrup, fructose, molasses, fruit juice concentrates, glucose, sucrose, honey and syrup.

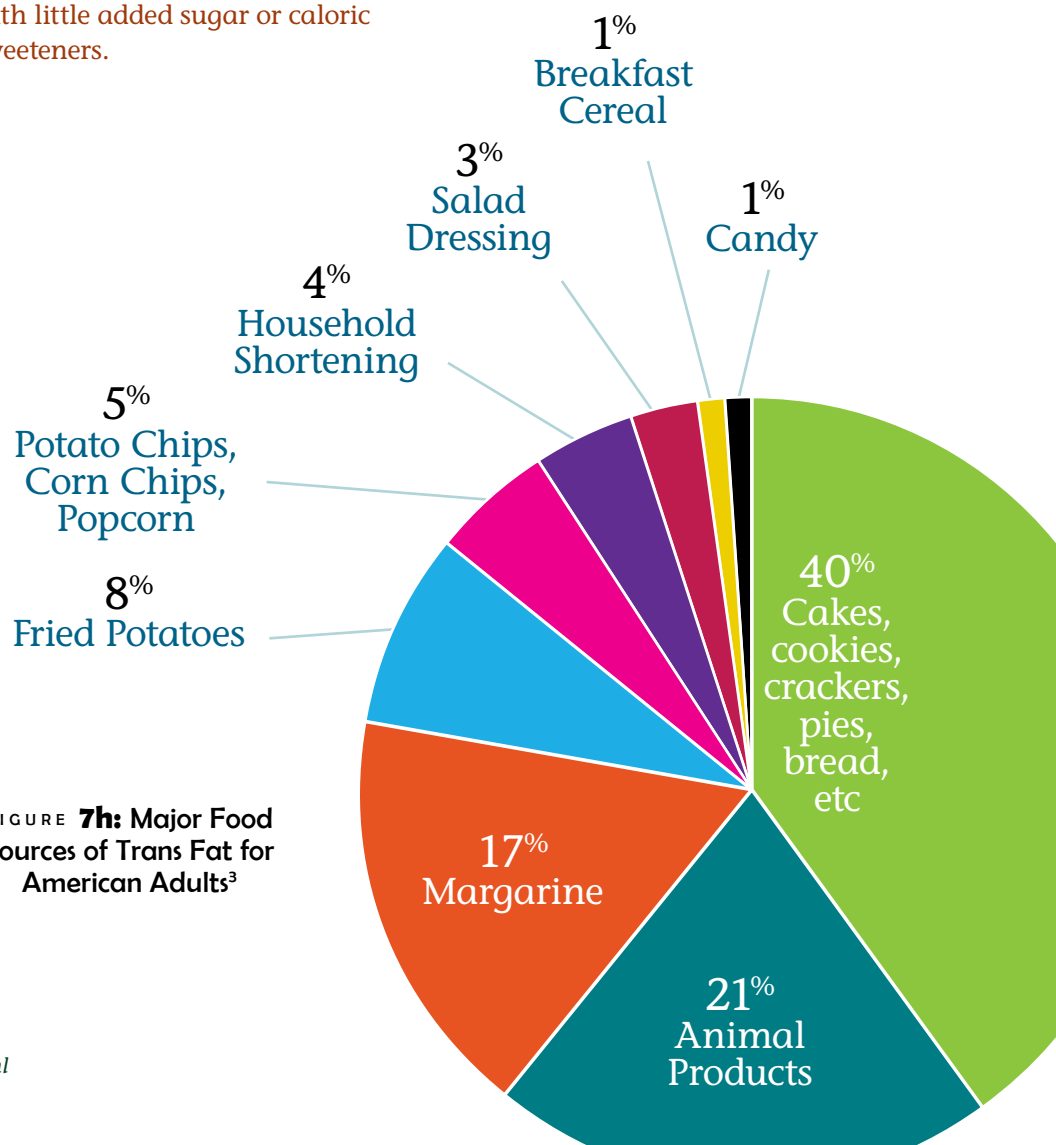

FIGURE **7h:** Major Food Sources of Trans Fat for American Adults[3]

MORE ON TRANS FAT
www.cfsan.fda.gov/~dms/transfat.html#after

THE LABELING OF TRANS FAT
www.fda.gov/fdac/features/2003/503_fats.html

Often sugar is listed several times on the ingredient list, but with various names. For example, the second ingredient is sugar, the fourth ingredient is corn syrup and the sixth ingredient is brown sugar syrup. If these sugars were added together, there might be more sugar than the first ingredient in a product (Figure 7i). To decrease the amount of sugar served to Head Start children, food service staff will need to label read.

FIGURE **7i: Hidden Sugar**

Ingredients: Whole grain wheat, **sugar,** salt, **corn syrup,** canola and/or rice bran oil, **brown sugar syrup,** trisodium phosphate, natural flavor.

Food service staff will need to read the Nutrition Facts label and the ingredient list to choose foods and beverages with little added sugar. The Head Start center or grantee agency can also adopt menu and purchasing policies or recommendations that limit the use of foods containing high amounts of sugar, such as:

- Avoid foods with sugar listed as one of the top three ingredients or listed several times.
- Do not allow added sugar, syrup or sweeteners added at the table.
- Do not serve sweet foods such as baked products or candy.

Wrap up

The information presented in this module is designed to help food service staff menu plan, select food items and prepare healthy foods using most recent scientific nutrition recommendations. Information was presented on: selecting whole grain products; offering fish, legumes and nuts rich in polyunsaturated and monounsaturated oils more often; serving low fat and non fat milk to children after the age of two; offering a variety of canned, fresh and frozen fruits and vegetables; and reducing trans fat, salt and sugar by making smarter food choices.

These suggestions allow Head Start to receive the CACFP reimbursement and exceed the nutritional requirements of the Performance Standards by applying the 2005 Dietary Guidelines for Americans and MyPyramid recommendations. Serving nutritious food to Head Start children will help children grow up healthy and strong.

MODULE SEVEN REFERENCES

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2 Clarke S, Ziegler PJ, Dwyer JT, and Hendricks K. Take a Look at the Diets of Our Youngest Americans! Lessons From the Feeding Infants and Toddlers Study. Nutrition Today. 2006;41(4);153-159.

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Traditional Foods in Alaska's Head Starts

Head Start centers may wish to serve donated traditional Alaska Native foods to address the cultural food preference of their community and students. In 2005, almost 60% of Alaska Head Start students enrolled reported their ethnicity as Alaska Native or American Indian (Figure 8a). Serving traditional Native foods in the Head Start classroom provides good nutrition and addresses the cultural and ethnic food preferences of many of the children.

This module will provide a brief overview of the nutritional benefits of Alaska traditional foods, how to determine if the Head Start center has the capacity to prepare traditional foods, ways to involve the community in the donation of Alaska traditional foods to the Head Start, and the Alaska Department of Conservation (DEC) Alaska Food Code regulations surrounding the use of Alaska traditional foods.

The Head Start Performance Standards and Other Regulations support serving cultural and ethnic foods. Performance Standard 1304.23 (b) Nutritional services (1) states:

"Grantee and delegate agencies…. nutrition program must serve a variety of foods which consider cultural and ethnic preferences and which broaden the child's food experience."

Serving traditional foods will support the cultural and ethnic food preferences of many Alaskan Head Start children.

Examples of common traditional wild game are seal, whale, venison, moose, caribou, duck, goose, salmon, halibut, and all other fish. Examples of harvested foods include blueberries, huckleberries, salmonberries, cranberries, beach asparagus, seaweed, fiddlehead ferns, young fireweed leaves, young sourdock leaves, and wild rhubarb. Many of these foods are of superior nutritional quality to similar store bought foods.

The Alaska DEC and the Department of Education and Early Development allow the use of traditional foods in Head Start when Alaska Food Code regulations are followed. Before serving any donated traditional foods, food service staff need to be familiar with and strictly follow the Alaska Food Code regulations. Donated traditional wild game meat, fish, sea mammals, plants and other food can be served at the Head Start.

Due to the food safety risk, Alaska Food Code regulations restrict the use of some traditional foods as explained in slide #22 of this module.

Head Starts interested in serving traditional foods will want to work with Head Start parents, food service staff, local fisherman, hunters, and gathers to achieve regular service of traditional foods. To help achieve regular food service of traditional foods, the Head Start staff and specifically the food service staff will want to enlist community support and learn the Alaska Food Code regulations.

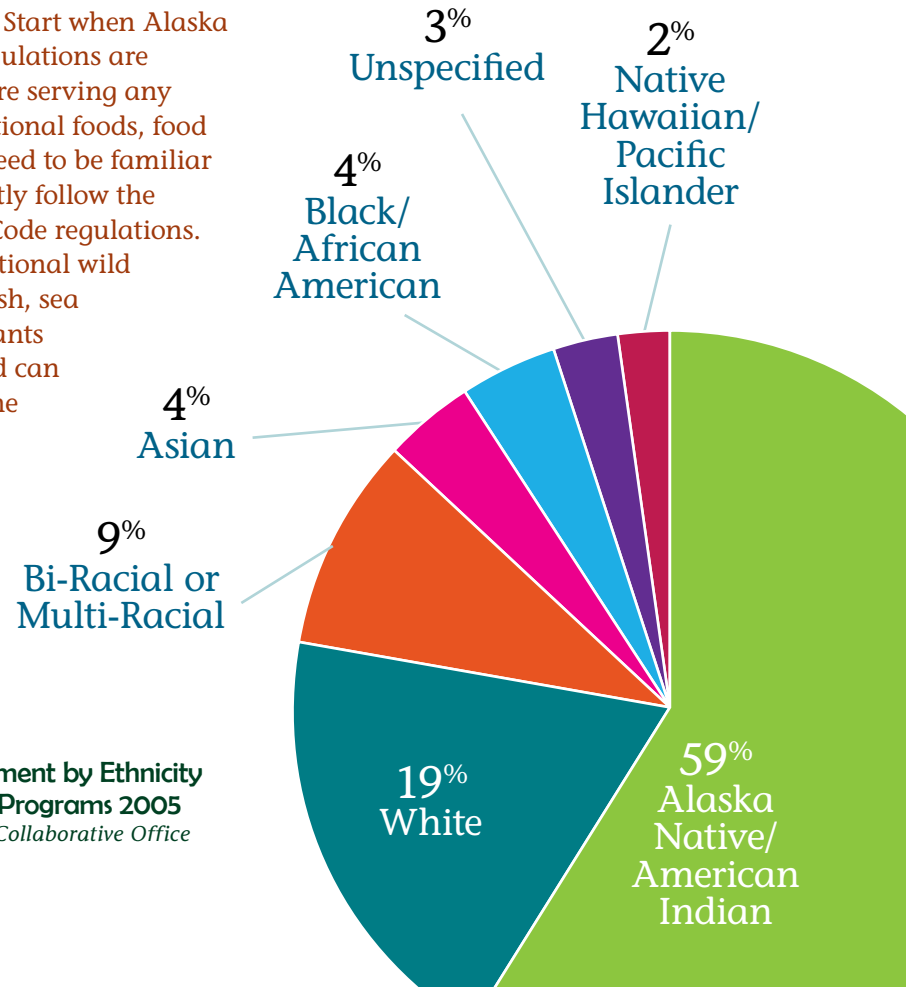

FIGURE **8a: Total Enrollment by Ethnicity in Alaska Head Start Programs 2005**
Source: Alaska Head Start Collaborative Office

The CD enclosed with this report offers slides that match the text below. Throughout the following module, you'll see numbered slide icons like this 1 *that correspond with slide numbers in the CD Power Point presentation. Activities suggested often support specific performance standards and are noted as "(PS 1305.23(c)(6))."*

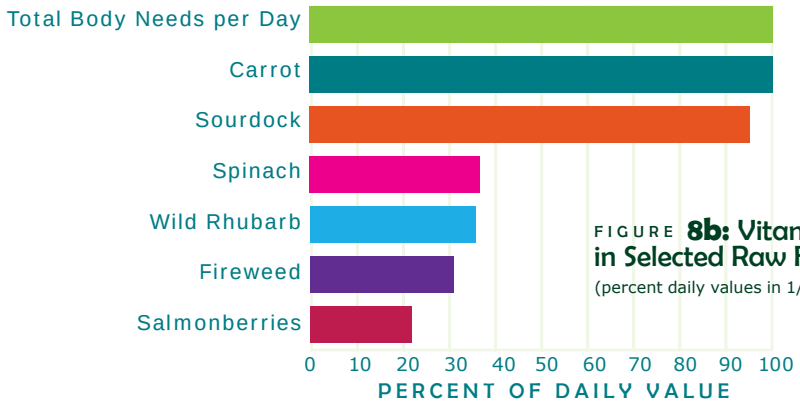

FIGURE **8b: Vitamin A in Selected Raw Food**
(percent daily values in 1/2 cup)

YOUR DAILY VALUES

OUR SOURCE FOR THIS CHART

Nutritional Benefits of Traditional Foods

SLIDE 6 MODULE EIGHT

The Alaska Native people have lived off the land by hunting and gathering for centuries. These activities provide good nutrition, exercise, affordable food, and preserve cultural heritage. Traditional foods are natural, do not contain additives or preservatives and are a good source of nutrients. Traditional foods in Native culture are believed to nourish not only the body, but the spirit and community as well. Science has clearly demonstrated that many traditional foods are nutritionally superior to store-bought foods.

SLIDE 7 MODULE EIGHT

Healthy children need protein to build muscles, calcium for strong bones and teeth, and Vitamin A to help fight infections, promote vision health, and keep healthy skin. Children benefit from Vitamin C which helps fight infection, improves the body's ability to use iron, helps heal wounds, and plays a role in cancer prevention. Dietary iron helps prevent iron deficiency anemia so that children have energy and are mentally alert for learning. Traditional Alaska foods are a rich food source of these nutrients.

SLIDE 8 MODULE EIGHT

Many traditional Native foods such as sourdock, wild rhubarb, fireweed and salmonberries are a good source of vitamin A. Vitamin A is important for night vision, to help prevent skin infections, and to keep skin healthy. As shown in Figure 8b, a half cup of sourdock provides more than 90% of the Daily Value for Vitamin A. A half cup of wild rhubarb or fireweed leaves provides more than 30% and ½ cup of salmonberries provides more than 20% of the Daily Value for Vitamin A.[1]

SLIDE 9 MODULE EIGHT

Many traditional Native foods such as lowbush salmonberries, willow leaves, sourdock, and lowbush cranberries are a good source of Vitamin C. Vitamin C helps to keep teeth and gums healthy, keep skin elastic, fight infection, and heal wounds.

Jensen PG, Nobmann ED. What's in Alaskan Foods, Chart Series, Alaska Area Native Health Service, Anchorage 1994.

Percent Daily Values are based on a 2,ooo calorie diet. Daily Values may be higher or lower depending on your caloric needs .

Institutions and non-profit programs for Alaska Food Code purposes are defined as residential child care facilities licensed by the Alaska Department of Health and Social Services, school lunch programs and senior meal programs. Head Start centers are classified as residential child care facilities.

As shown in Figure 8c, a half cup of lowbush salmonberries provide 100% of the Daily Value for Vitamin C. A half cup of willow leaves provides more than 80% and ½ cup of sourdock provides more than 40% of the Daily Value for Vitamin C. Berries are also low in sugar, high in cancer preventing antioxidants and Vitamin A.[1]

Traditional Alaska fish are rich in heart healthy nutrients.

SLIDE 10 MODULE EIGHT

Alaska fish is high in Omega-3 fatty acids, monounsaturated and polyunsaturated fat. Omega-3 fatty acids have been linked to a wide range of health benefits including improved heart health, good development of a baby during pregnancy, healthy joints, improved behavior and mood, and prevention of certain cancers.[2]

Monounsaturated and polyunsaturated fats are good for heart health. The Dietary Guidelines for Americans 2005 suggest eating fish as a food source of monounsaturated and polyunsaturated fats.[3] The American Heart Association recommends adults eat two servings of fish a week to help prevent heart disease.[4]

Fish is an important part of a healthy diet for everyone, including young children.

Many parents have heard about high mercury levels in fish and are cautious about serving it to their children. The state of Alaska will soon publish up-to-date consumption guidelines for young children and women of childbearing age.

SLIDE 11 MODULE EIGHT

These guidelines offer suggestions specific to each type and size of fish. Good news! All five species of Alaska wild salmon have very low mercury levels.

Parents will be able to access the new guidelines on the State of Alaska, Division of Public Health Web site or by calling 907-269-8000.

SLIDE 12 MODULE EIGHT

Traditional Alaska fish and meats have nutritional benefits that make them superior to many store bought foods. Fish, seal, moose and caribou are typically lower in fat and saturated fat than meat purchased from the store. Sea mammals, moose, caribou and venison are also excellent sources of protein and higher in iron than store bought beef.

SLIDE 13 MODULE EIGHT

Seal, ptarmigan, and moose provide more iron per 3 ounce serving than lean beef or chicken. Iron carries oxygen to muscles and body parts, helps children learn better, and provides the body with energy. Three ounces of seal provides almost 100% of the Daily Value for iron. Three ounces of moose or ptarmigan provides more than 20% the Daily Value for iron whereas the same portion of lean beef provides 15% the Daily Value and chicken less than 10% the Daily Value (Figure 8d).

SLIDE 14 MODULE EIGHT

Three ounces of seal meat provides more iron than three ounces of caribou, hamburger or hotdogs. To get the same amount of iron as three ounces of seal one would need to eat 6 ounces of caribou meat, 6 three-ounce hamburgers (or 18 ounces of hamburger), or 56 hot dogs. The iron content of seal meat and caribou is superior to store bought hamburger and hotdogs.

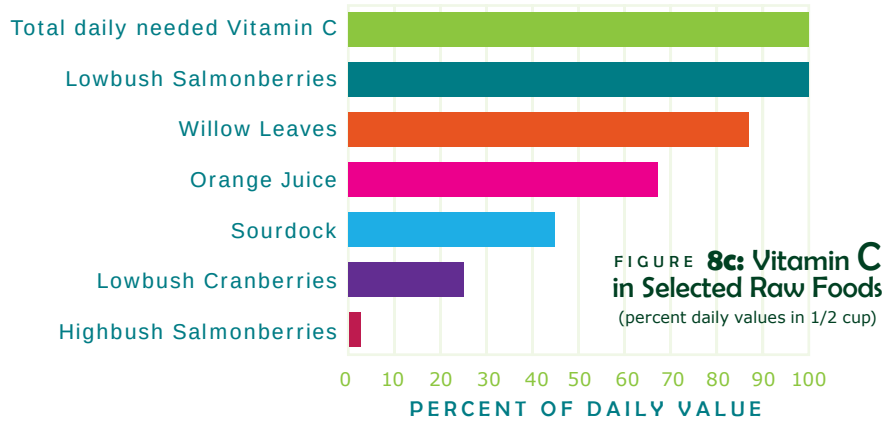

FIGURE **8c: Vitamin C in Selected Raw Foods**
(percent daily values in 1/2 cup)

OUR SOURCE FOR THIS CHART

Jensen PG, Nobmann ED. What's in Alaskan Foods, Chart Series, Alaska Area Native Health Service, Anchorage 1994.

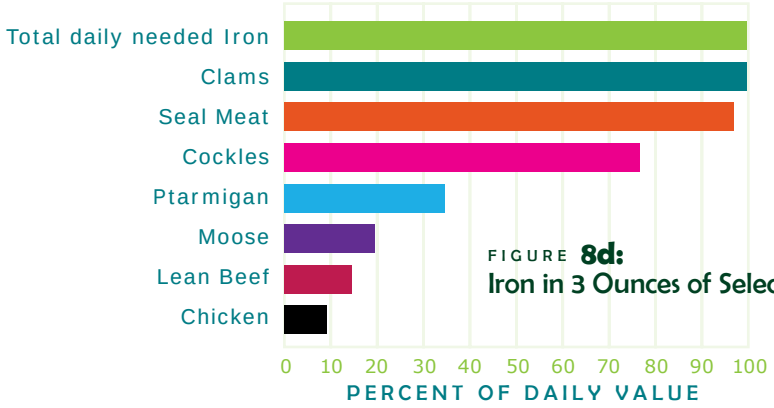

FIGURE **8d:**
Iron in 3 Ounces of Selected Meat

OUR SOURCE FOR THIS CHART

Jensen PG, Nobmann ED. What's in Alaskan Foods, Chart Series, Alaska Area Native Health Service, Anchorage 1994.

SLIDE 15 MODULE EIGHT

These are just a few of the nutritional benefits of traditional Alaska foods. Clearly, traditional Alaska foods are a rich source of nutrients and Head Start children would benefit nutritionally from eating more traditional foods.

Community Involvement

SLIDE 16 MODULE EIGHT

Head Starts wanting to incorporate more traditional foods in the daily menu will want to assess the capacity of their food service staff and kitchen. Head Starts can only serve donated traditional food if the kitchen is designed for cooking from scratch versus "heat and serve." The Head Start will want to determine if the food service staff have enough time allotted to cook from scratch. Cooking from scratch takes more time than serving prepared "heat and serve" foods.

Once the Head Start determines if the kitchen and food service staff are able to prepare donated traditional foods, the Head Start should enlist community support by holding a community meeting.

The community meeting should provide background information on the nutritional and cultural benefits of serving traditional foods and the Alaska Food Code regulations. Guidance should be clear about the harvest of the animal including sanitation and butchering. Expectations regarding the transportation, refrigeration, and sanitation of the donation need be addressed. The goal of this meeting would be to increase interest and knowledge about donating traditional foods to Head Start.

SLIDE 17 MODULE EIGHT

SLIDE 18 MODULE EIGHT

Providing parents, community members, hunters, fisherman, and gathers with information about the donation of traditional foods to the Head Start center will help donations become more regular and ensure products donated meet Alaska Food Code regulations.

The following information can be used for food service staff to become more familiar with the donation of traditional foods and can also be used during the community meeting to help explain the Alaska Food Code regulations.

SLIDE 19 MODULE EIGHT

Donation of Traditional Foods

The following information regarding Alaska DEC Alaska Food Code regulations is current as of December 2006. New regulations are periodically issued. Head Starts are responsible to know and follow the most current regulations.

The Alaska Food Code regulations must be followed before serving any donated food. Head Start staff, especially food service staff, need to know which foods can and cannot be served and ensure that donations are received, prepared and processed properly.

The following information, based on the Alaska Food Code regulations, will be presented: what can be donated; what cannot be donated and why; expectation for harvest, transportation, and dressing of animal; receipt and storage; preparation and processing. This information can be used by food service staff for accepting and preparing donations and to educate community donors.

SLIDE 20 MODULE EIGHT

MORE ON THE ALASKA DEC
www.dec.state.ak.us/regulations/pdfs/31mas.pdf

GUIDANCE ON ALASKA'S EDIBLE PLANTS
www.ankn.uaf.edu/NPE/CulturalAtlases/Yupiaq/Marshall/edibleplants/
loc.gov/rr/scitech/tracer-bullets/edibleplantstb.html

HOME COOKED MEALS

The Alaska Food Code regulations only apply to regulated food service establishments. Regulations do not apply to food prepared at home for individual consumption.

The edible nontoxic berries, roots, and leaves of plants that are harvested can be accepted as donations and served to Head Start children. It is critical to properly identify plants. If there is any doubt regarding the plant name do not serve. Examples of some plants are cranberries, blueberries, fireweed, rose hip, dandelions, wild currants and salmonberries.

Most traditional wild game meat, fish, and sea mammals can be accepted as donations. For example the meat from hare, duck, goose, moose, beaver, muskrat, reindeer, caribou, fish, seal, stellar sea lions, and whale are acceptable. The meat needs to be accepted in portions no smaller than quarters or roasts; no ground meat can be accepted. Head Start can grind the meat themselves or take it to a permitted facility for grinding. Food establishments, including Head Starts, are prohibited by the Alaska Food Code regulations from serving some seafood, game meats, fermented or smoked products because of the potential for human illness.

SLIDE 21 MODULE EIGHT

The following foods cannot be served at Head Start:

- Shellfish that is not from a permitted facility. Shellfish that is not monitored is at increased risk for Paralytic Shellfish Poisoning (PSP), Vibrio parahaemolyticus, and bacteria.
- Fox meat is prohibited because of rabies.

SLIDE 22 MODULE EIGHT

- Polar bear, bear, and walrus meat, which are prohibited because meat not cooked to a proper temperature may contain Trichinellosis.
- Seal or whale oil, with or without meat (such as oil with dried meat), fermented game meat (such as beaver tail, whale flipper, seal flipper and muktuk), and fermented seafood products (such as stink eggs or stink fish) are prohibited because they may harbor Botulism.
- Home canned products or canned products from an un-permitted processor are prohibited because of the risk of Botulism.
- Vacuumed sealed, reduced-oxygen packages are prohibited because of the risk of Botulism.
- Smoked or dried seafood products are prohibited due to the risk of Botulism and Listeria.

The Alaska Food Code regulations state that the food service staff must make a reasonable determination that the animal was not diseased; the food was butchered, dressed, transported, and stored to prevent contamination, undesirable microbial growth, or deterioration; and the food will not cause a significant health hazard or potential for human illness.

SLIDE 23 MODULE EIGHT

SLIDE 24 MODULE EIGHT

Food service staff will want to ask questions about the transportation and storage of the animal before accepting the donation. A healthy animal does not exhibit obvious signs of illness. The animal should have been eviscerated within an hour of harvest and chilled as quickly as possible to 41° F or below. For raw meat or seafood donations, food should have been covered to protect it from contamination such as insects, dust, or dripping water during transport. It should have been kept separate from non-food items, and kept cold (41° F or below) during transport and storage.

The food service staff will want to inspect the food when it is received to assure that it is whole, gutted, gilled, and in quarters or roasts that have not been further processed. Communicating this requirement with donors ahead of time will help streamline the donation process. Food service staff will want to check for general cleanliness and quality, for any signs that the game animal was diseased, and for any signs of contamination, bacterial growth and/or deterioration.

SLIDE 25 MODULE EIGHT

FIGURE **8e: Label for Donated Caribou**

Keep Frozen

Donated Caribou Roast

Hunter: Trent Carson

NOT AN INSPECTED PRODUCT

Cook all parts of game meat to an internal temp of 165°F for 15 seconds

MORE ON FOOD BORNE ILLNESS
www.cdc.gov/foodborneoutbreaks/foodborne_az.htm

It is important to maintain records of the donation date, person donating, and the type of food. Donations should then be packaged to prevent contamination and kept at the proper temperature. Packaged foods should be labeled and stacked in an area designated for donated foods and not packed beyond the capacity of the freezer. Make sure raw wild game is stored on the refrigerator shelves below the ready to eat foods and commercially processed raw meats.

SLIDE 26 MODULE EIGHT

Food service staff need to assure that donated food is packaged and labeled individually. The label should clearly state the information shown by Figure 8e.

Preparing Donated Traditional Foods

SLIDE 27 MODULE EIGHT

In the Head Start kitchen, the preparation of donated foods should be kept completely separate from other food preparation by space and time. Food service staff will need to clean and sanitize all equipment and food preparation surfaces prior to and following processing and packaging of donated seafood or game meat to avoid cross-contamination.

SLIDE 28 MODULE EIGHT

The procedure to thaw donated food is the same as other frozen foods. Thaw seafood or game meat in a refrigerated unit or as part of the cooking process. Cook all parts of traditional wild game meat to an internal temperature of 165° F. The cooking temperature for seafood is 145° F. Temperatures may vary for seafood; check with DEC for temperature regulations. Hold cooked portions of game meat at an internal temperature of 140° F prior to service. Avoid cooling and reheating meats. After the traditional food is prepared or processed, surfaces and utensils need to be cleaned and sanitized.

SLIDE 29 MODULE EIGHT

Meal preparation and recipe ideas for traditional foods can come from a variety of sources. Recipes can be provided by community members, found in published Alaska Native Foods cook books, and food service staff can substitute traditional foods for store bought foods in recipes. For example, one pound of cubed moose meat can be used instead of one pound cubed beef. Food production will need to follow the Child and Adult Care Food Program (CACFP) regulations regarding amounts and components of foods served.

Wrap up

SLIDE 30 MODULE EIGHT

To help encourage Head Starts to serve traditional foods more often, this module provided a brief overview of the nutritional benefits of Alaska traditional foods. However, Head Start centers need to determine if they have the capacity to prepare traditional foods before requesting donations. Head Starts were encouraged to hold a meeting to involve parents, community members, hunters, fishermen, and gatherers in the donation of Alaska traditional foods. Lastly, this module reviewed the Department of Conservation (DEC) Food Code regulations surrounding the use of traditional foods.

Head Start centers wishing to serve traditional Alaska Native foods on a regular basis can become successful by encouraging the parents and the community to participate. Donations will become more acceptable and regular if donors and food service staff understand the Alaska DEC Food Code regulations. Serving traditional Native foods in the Head Start classroom will provide good nutrition and address the cultural and ethnic preferences of many of the children.

MODULE EIGHT REFERENCES

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