

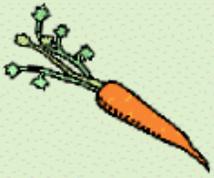
Physical Activity and Nutrition for Alaska's Kids



Serving Healthy Food

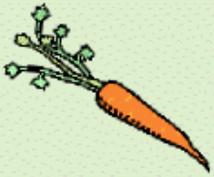
Section 3: Module 7





Childcare Centers play a significant role in nutrition

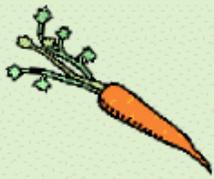
- Head Starts in Alaska
 - Serve over 3,000 children meals and snacks every school day
 - Provide children with a sense of food security
 - Share knowledge of healthy eating patterns
- Parents trust meals and snacks are nutritious



Childcare Centers play a significant role in nutrition

Performance Standards state

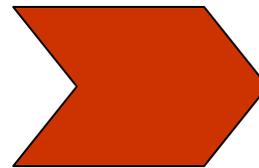
- Part-day program must provide at least $\frac{1}{3}$ of the child's daily nutritional needs
- Full-day program must provide at least $\frac{1}{2}$ to $\frac{2}{3}$ of the child's daily nutritional needs

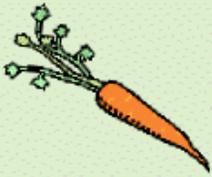


Physical Activity and Nutrition for Alaska's Kids

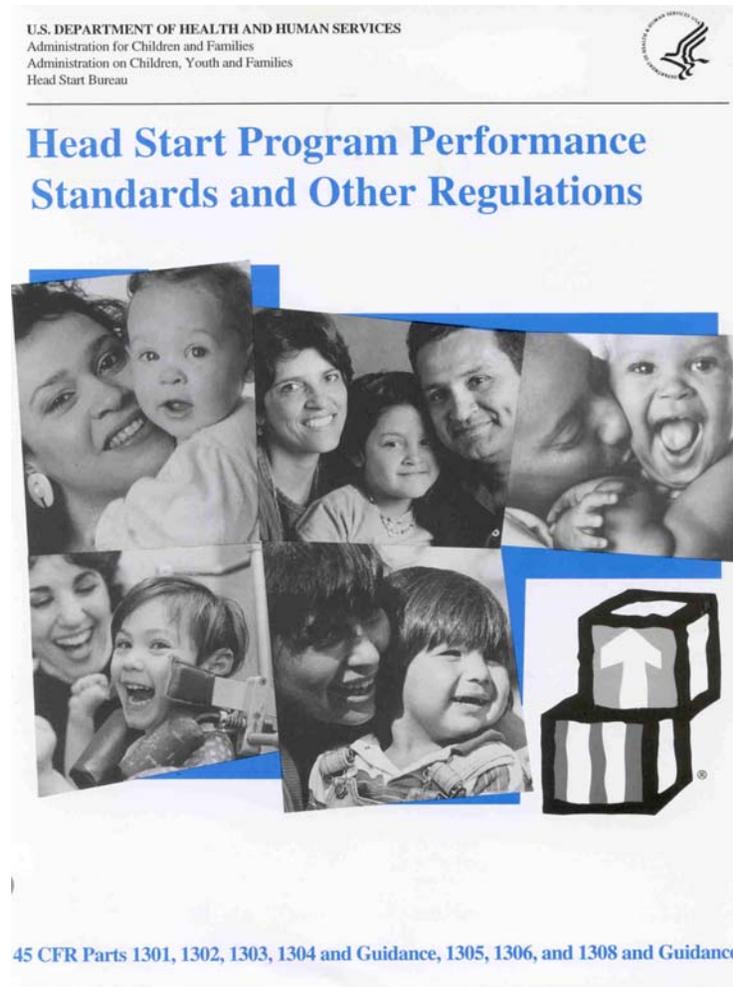


Eating Patterns



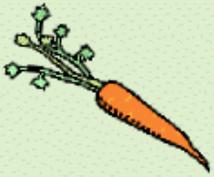


Physical Activity and Nutrition for Alaska's Kids



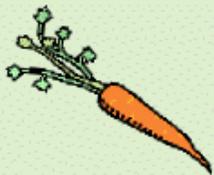
Performance Standard 1304.23 (b)(1) Nutritional Service

- (vi) Head Start foods served must be high in nutrients and low in fat, sugar, and salt.

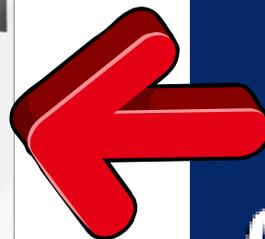
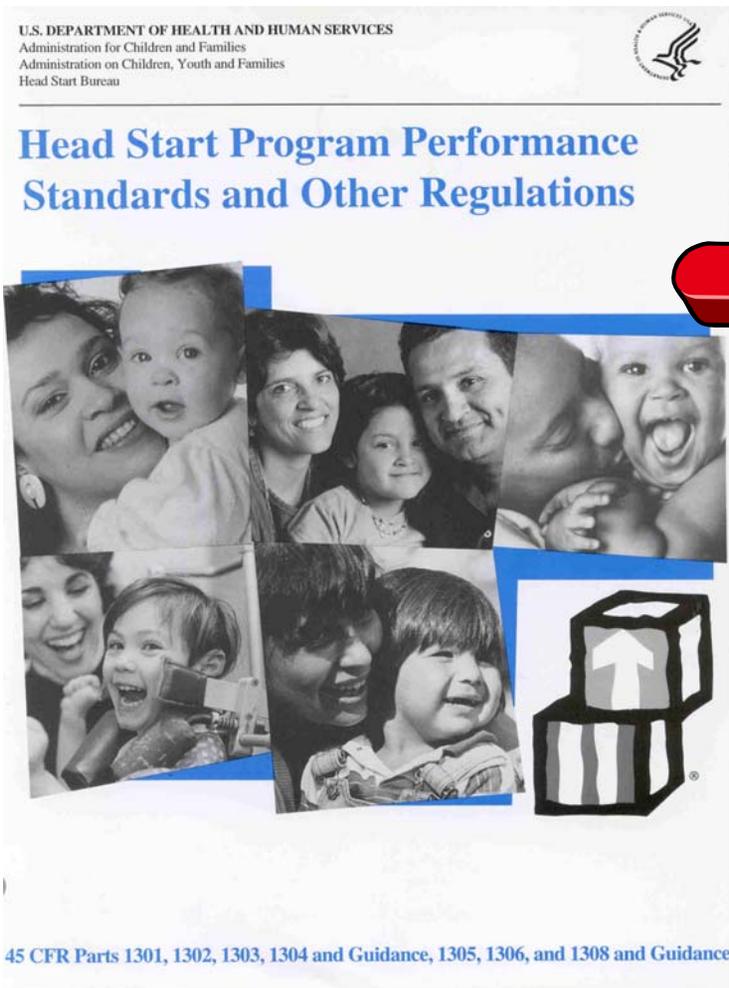


This Presentation

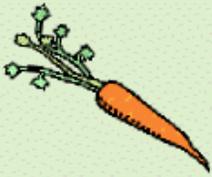
- **Selecting whole grain products**
- **Offering fish, legumes, and nuts more often**
- **Serving low-fat and non-fat milk**
- **Offering fresh, frozen, and canned fruits and vegetables**
- **Reducing *trans* fat, salt, and sugar**



Physical Activity and Nutrition for Alaska's Kids



in the Child and Adult Care Food Program (CACFP)

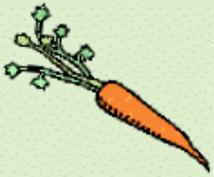


Physical Activity and Nutrition for Alaska's Kids

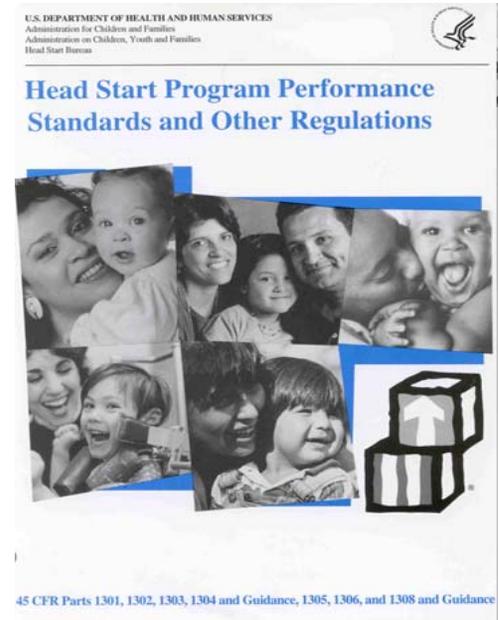
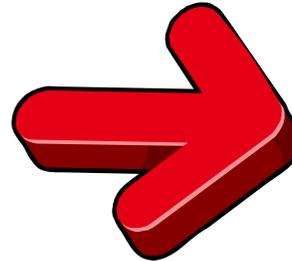


CACFP Guidance

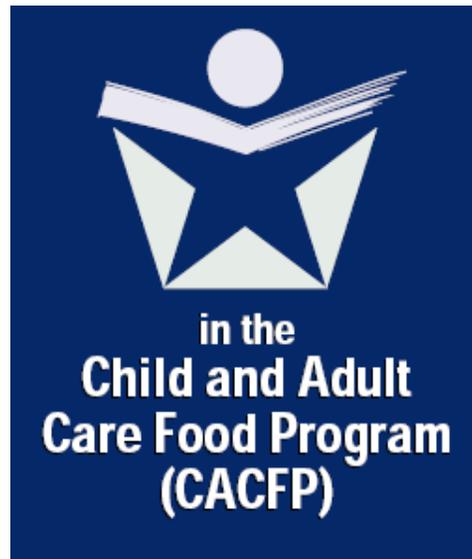
Child Meal Pattern Lunch or Supper			
<i>Food Components</i>	<i>Ages 1-2</i>	<i>Ages 3-5</i>	<i>Ages 6-12¹</i>
1 milk fluid milk	1/2 cup	3/4 cup	1 cup
2 fruits/vegetables juice, ² fruit and/or vegetable	1/4 cup	1/2 cup	3/4 cup
1 grains/bread³ bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains	1/2 slice 1/2 serving 1/4 cup 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/3 cup 1/4 cup 1/4 cup	1 slice 1 serving 3/4 cup 1/2 cup 1/2 cup
1 meat/meat alternate meat or poultry or fish ⁴ or alternate protein product or cheese or	1 ounce 1 ounce 1 ounce	1 1/2 ounces 1 1/2 ounces 1 1/2 ounces	2 ounces 2 ounces 2 ounces



Physical Activity and Nutrition for Alaska's Kids

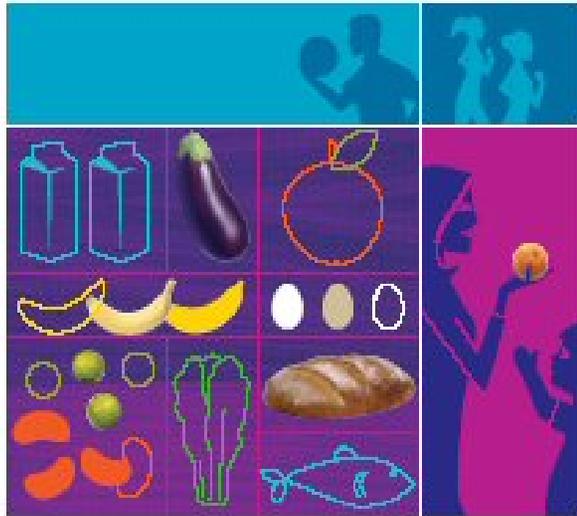


Dietary Guidelines
for Americans
2005





Physical Activity and Nutrition for Alaska's Kids



Dietary Guidelines
for Americans
2005



Dietary Guidelines

MyPyramid



Physical Activity and Nutrition for Alaska's Kids

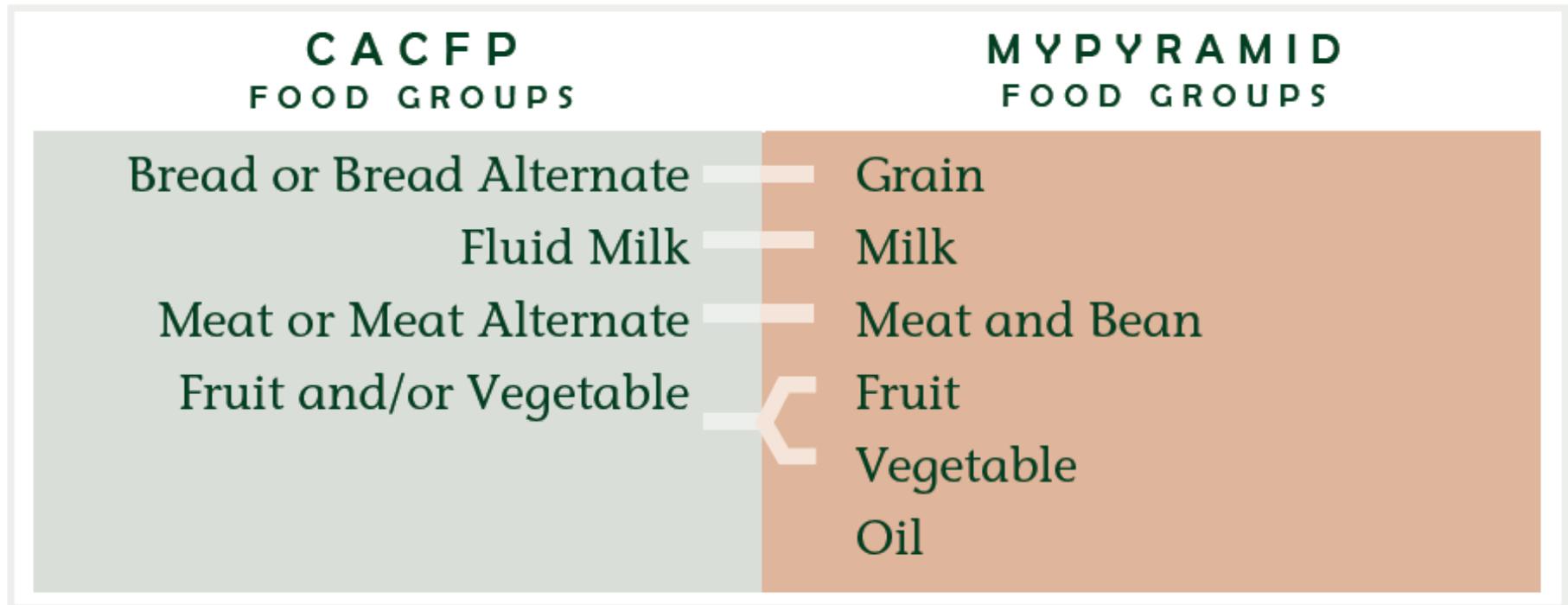
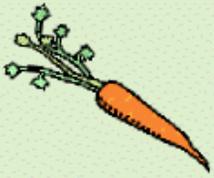


Figure 7a:



CACFP

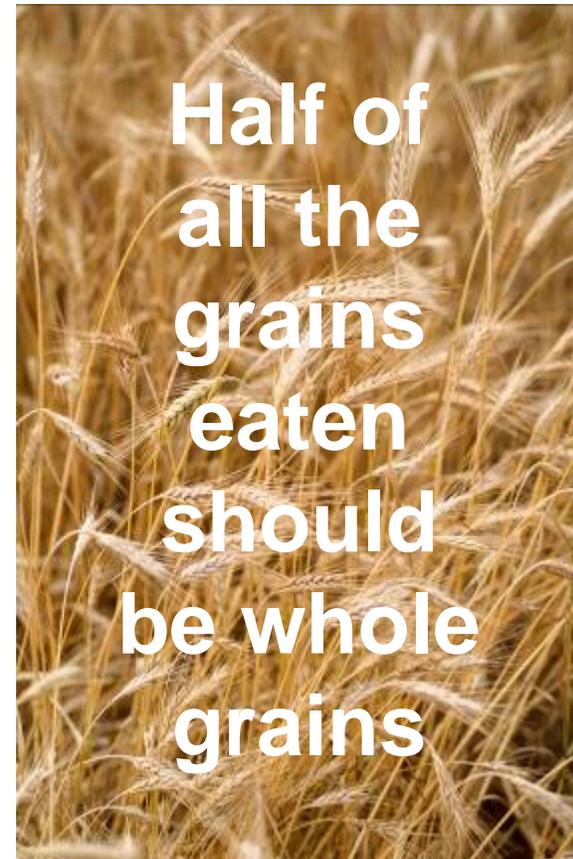
Bread or Bread

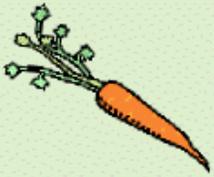
Alternate

- Enriched or fortified breads
- Encourages use of whole grain products

My Pyramid

Grains

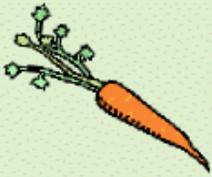




Whole-grain means these ingredients are listed first

- Brown rice
- Bulgur
- Graham flour
- Oatmeal
- Whole-grain corn
- Whole oats
- Whole rye
- Whole wheat
- Wild rice



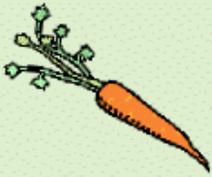


Physical Activity and Nutrition for Alaska's Kids



Menu Plan & Food Purchase

- Serve only whole grain breads, cereals, pancakes, & brown rice.
- Prepare all home made quick breads with whole grain flours.
- Serve whole grain pasta noodles, crackers, & pizza crust, when possible.
- Include whole grain products such as barely, quinoa, amaranth, millet, sorghum, and triticale when available.
- On the menu, list foods as whole grain



Physical Activity and Nutrition for Alaska's Kids



CACFP – Milk

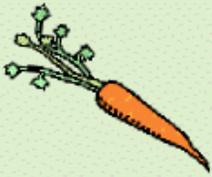
- Fluid milk
- In AK, reconstituted milk

~~– Yogurt
– Cheese
– Cottage Cheese~~

My Pyramid- Milk

- Fluid Milk
 - 1% or less after age 2
- Yogurt
- Cheese
- Cottage Cheese





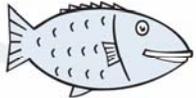
Physical Activity and Nutrition for Alaska's Kids

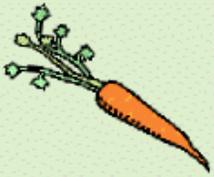


CACFP

- Meat or Alternate
 - Lean meat (beef, pork, lamb, veal)
 - Poultry, Fish
 - Eggs
 - Legumes (Beans)
 - Peanut butter
 - Nuts
 - Cheese, Yogurt, Cottage Cheese

MyPyramid

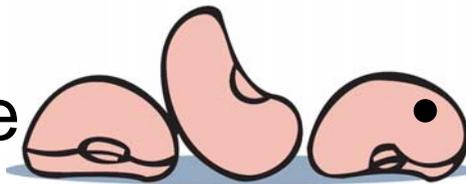
- Meat & Beans
 - Lean meat (beef, pork, lamb, veal)
 - Poultry, Fish 
 - Eggs
 - Legumes (Beans)
 - Peanut butter
 - Nuts
 - Game meat



Legumes and Nuts

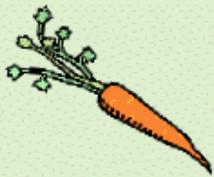
Legumes

- low fat, high fiber, protein rich, delicious and nutritious meal
- low cost
- do not require refrigeration
- are shelf stable for many months



- Peanuts are a legume.
- Nuts and nut butters are creditable as a Meat Alternate.

Soy beans, tofu, tempeh, soy burgers, or other soy products are not creditable.



Physical Activity and Nutrition for Alaska's Kids



**New Guidelines from the
State of Alaska Division of
Public Health 907.269.8000**

Guide to Eating Fish for Alaska Women and Children

Mix and match your fish meals for up to:*

**24 POINTS
PER WEEK**

* A meal size is 6 ounces (uncooked weight) for adults and 3 ounces for children age 12 years and under.

6 Points PER MEAL

- AK halibut 20–39 pounds
- All store-bought AK halibut
- AK rougheye rockfish
- AK lingcod 30–39 inches
- AK black cod (sablefish)

8 Points PER MEAL

- AK halibut 40–49 pounds
- Canned albacore tuna

12 Points PER MEAL

- AK halibut 50–89 pounds
- AK lingcod 40–44 inches
- AK yelloweye rockfish

24 Points PER MEAL

- AK halibut 90 pounds or more
- AK lingcod 45 inches or more
- AK salmon shark
- AK spiny dogfish

0 Points PER MEAL

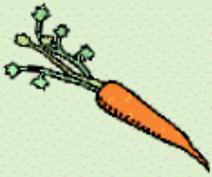
Unlimited amounts

- All species of wild AK salmon
- AK halibut 20 pounds or less
- AK lingcod 30 inches or less
- AK Pacific cod
- AK black rockfish
- AK walleye pollock
- Canned chunk light tuna
- AK Pacific ocean perch

Eat a variety of fish and other seafood as part of a balanced diet.

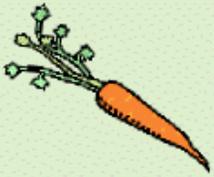
Alaska fish is good for you. State health officials recommend that everyone eats fish at least twice a week. All fish contain some level of mercury, a toxic metal that can harm the developing nervous systems in unborn babies and young children. Women who are or can become pregnant, nursing mothers and children 12 and under should follow these guidelines to limit their mercury intake. Everyone else can eat as much seafood as they like.

For more information:
www.epi.hss.state.ak.us/
(907) 269-8000



Menu Plan & Prep

- Prepare meat, poultry, and fish from scratch.
- Use low-fat methods such as trimming all visible fat and removing skin.
- Cook meat and poultry by broiling, poaching, roasting, stewing, steaming, stir frying, or using the crock pot.
- Use vegetable oils for cooking meats.
- Serve low-fat and non-fat dairy
- Serve Alaskan fish more often
- Serve legumes as soups, salads, casseroles, etc
- Avoid processed meat products



Physical Activity and Nutrition for Alaska's Kids



CACFP

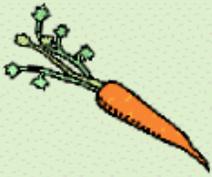
Fruits and Vegetables

- Fresh, frozen or canned
- 100% juice
- Legumes (beans) and peas



MyPyramid

- **Fruit**
 - Fresh, frozen or canned
 - 100% juice
- **Vegetables**
 - Fresh, frozen or canned
 - 100% juice
 - Legumes (beans) and peas



Physical Activity and Nutrition for Alaska's Kids



CACFP

Fruits and Vegetables

- Fresh, frozen or canned
- 100% juice
- Legumes (beans) and peas



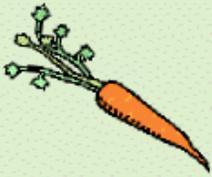
MyPyramid

Fruit

- Fresh, frozen or canned
- 100% juice

Vegetables

- Fresh, frozen or canned
- 100% juice
- Legumes (beans) and peas

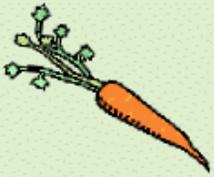


Physical Activity and Nutrition for Alaska's Kids



7c: Comparing Juice to Whole Fruit

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

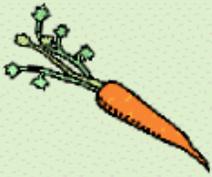


Physical Activity and Nutrition for Alaska's Kids



**Avoid
serving
juice**





Physical Activity and Nutrition for Alaska's Kids



CANNED IN WATER

CANNED IN HEAVY SYRUP

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.

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

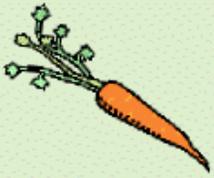
Protein 0g

Vitamin A 7% **Vitamin C** 5%

Calcium 0% **Iron** 1%

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

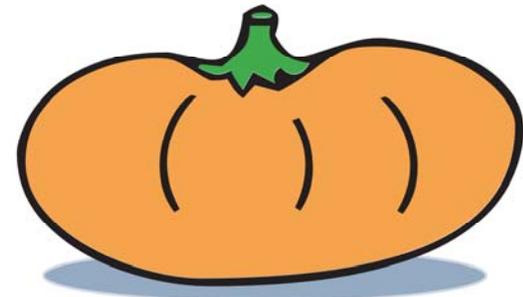
Figure 7d: Peaches

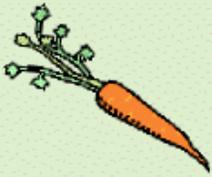


Physical Activity and Nutrition for Alaska's Kids



The Dietary
Guidelines
discourage serving
processed potatoes
because they are
high in fat and salt





Physical Activity and Nutrition for Alaska's Kids



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%

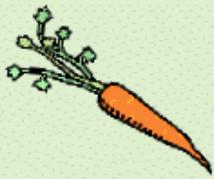
*Percent Daily Values are based on a 2,000 calorie diet.

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: Carrots



Physical Activity and Nutrition for Alaska's Kids

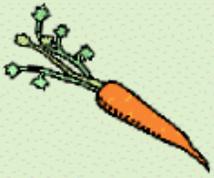


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	White Banana	Blue/Purple Raisins	Red Frozen Strawberries	Orange/Yellow Canned Apricots	Dark Green Green Apple
SNACK	Dark Green Cucumber Coins	Red Red Bell Pepper Sticks	Orange/Yellow Carrot Sticks	Blue/Purple Purple Cabbage Slaw	Blue/Purple Tundra Picked 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 Broccoli and Canned Pineapple	White and Dark Green Cauliflower and Canned Green Pears



Menu Plan & Food Purchase

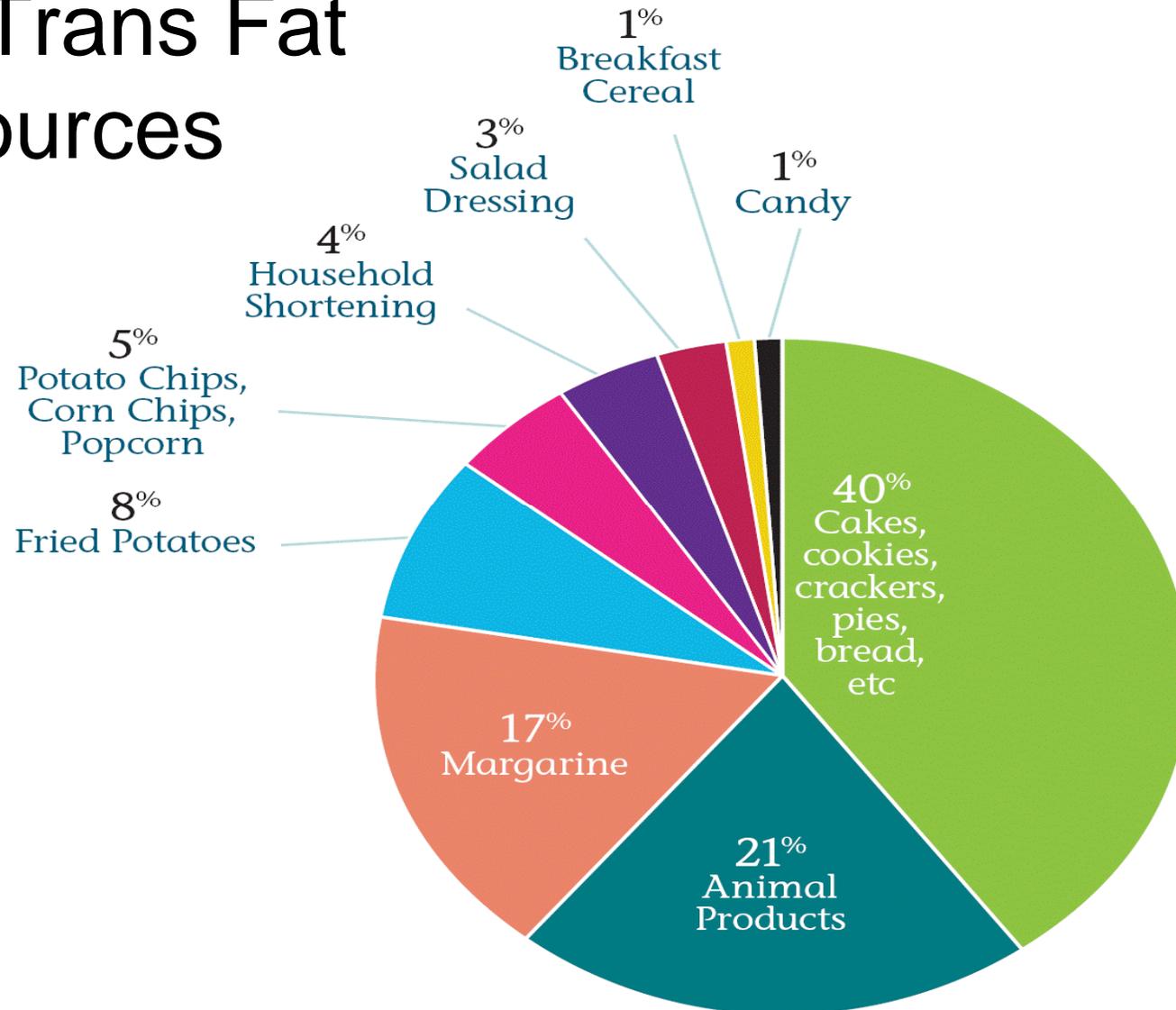
- Serve a fruit and a vegetable at lunch
- Avoid serving processed potatoes as vegetables
- Serve fresh and frozen vegetables more often
- Do not add salt or fat when cooking vegetables.
- Serve a variety of colorful fruits and vegetables
- Serve juice rarely and only as a snack
- Serve canned fruit packed in water or its own juice.
- Make your own fruit sauce by blending frozen or canned fruit
- Serve sliced fruit.

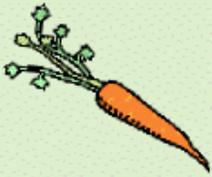


Physical Activity and Nutrition for Alaska's Kids



Figure 7h: **Trans Fat Sources**





Physical Activity and Nutrition for Alaska's Kids



Menu Plan & Food Purchase



- *Hydrogenator used to partially hydrogenate vegetable oils to create trans fats*

- Purchase food with zero *trans* fat
- Reduce the number of foods served made with partially hydrogenated vegetable oil

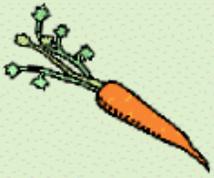


Figure 7i: Sneaky Names for Sugar

High fructose corn syrup	Corn sweetener	Malt syrup	Glucose
Corn syrup	Lactose	Fructose	Sucrose
Brown sugar	Maltose	Molasses	Honey
Invert sugar	Dextrose	Fruit juice concentrates	Syrup

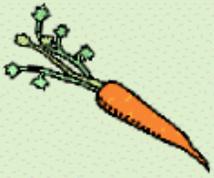
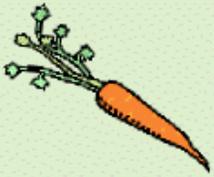


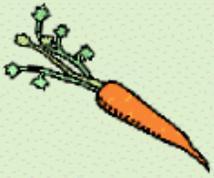
Figure 7i: **Sneaky Ingredient List**

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

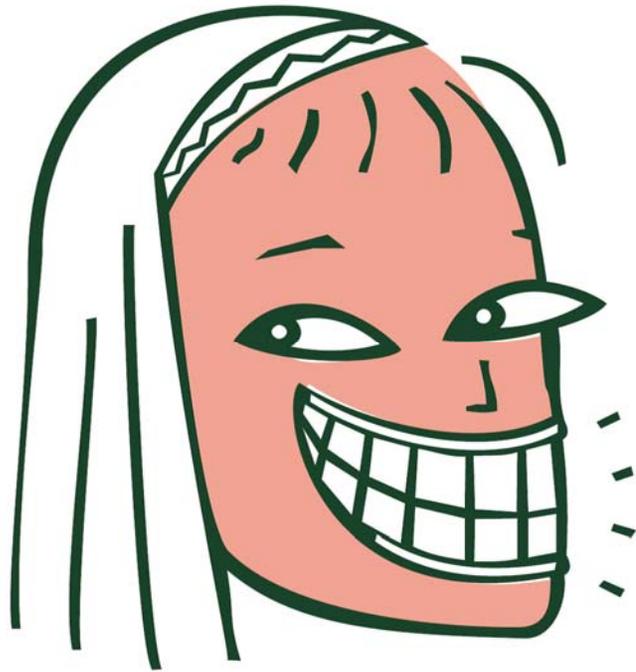


Menu Plan & Food Purchase

- **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**



Physical Activity and Nutrition for Alaska's Kids



Serving
nutritious food
to children will
help kids grow
up healthy and
strong.