

## KICK THE CAN—Giving the Boot to Sugary Drinks

**SUGARY BEVERAGES** are having a negative effect on the nutritional health of Americans. Soda, energy drinks and sports drinks are the largest source of added sugar in the average American's diet, and a significant contributor of empty calories. Between 1977 and 2001 daily calorie consumption has increased by 250–300 calories, nearly half of which (43%) came from sugary drinks alone. So it's not surprising that there is solid scientific evidence indicating a strong link between sugary drink consumption and obesity. And, it turns out that calories in liquid form do not trigger the same feeling of satiation (fullness) as those from solid foods. As a result the calories we *drink* add to those we *eat*, rather than replace them. Adults who drink one soda or more daily are 27% more likely to be overweight or obese. For each additional soda a child drinks, his or her risk of obesity goes up 60%.



- **Young children drink an enormous amount of sugar.** One study found that 44% of toddlers between 19 and 24 months drink a sugar-sweetened beverage at least daily, as do 70% of 2- to 5- year-olds.
- **Sugar-sweetened beverages are a major contributor to childhood obesity.** Every additional daily serving of soda increases a child's risk for obesity by 60%. Sugar-sweetened beverage consumption in childhood also increases the risk for overweight and obesity in adulthood.

(article continued on page 2)

### did you know...

- ▶ No research has shown that bottled water is safer or more "natural" than tap water.
- ▶ Bottled water is at least 300 times more expensive than tap water.
- ▶ Bottled water is often simply municipal water sold at a higher price.
- ▶ Bottled water is shipped from distant sources, or imported, thus, bottled water increases fossil fuel consumption, greenhouse gas emissions and air pollution.
- ▶ A tick's favorite hiding places are the scalp, armpits, groin area and between fingers and toes.
- ▶ Tick-borne illnesses are uncommon and when detected early, they can be treated effectively with antibiotics.

Environmental Health, KidsHealth.org

### Quotable Quotes

“The most remarkable thing about my mother is that for thirty years she served the family nothing but leftovers. The original meal has never been found.

— Calvin Trillin

### INSIDE:

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- ◆ Dance Fun! Activity
- ◆ Recipes

## Kick the Can—Giving the Boot to Sugary Drinks

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- **Sugar-sweetened beverages displace healthier items in a young child’s diet.** Young children who consume a lot of sugar have poorer overall diet quality because these empty calories (low in nutrients) replace healthier foods that provide essential nutrients like calcium, iron and vitamin A.
  - **Children are drinking more sugar-sweetened beverages and less milk than they used to.** In the 1970s, children drank nearly three times more milk than sugar-sweetened beverages. Today, they consume these beverages in equal amounts. Because milk provides essential nutrients for bone development, replacing milk with soda may reduce bone mass and increase the risk for osteoporosis later in life.
  - **Sugar-sweetened beverages damage children’s teeth.** Soda consumption nearly doubles the risk of dental caries in children. The acid in soda and other sugar-sweetened beverages causes erosion of tooth enamel, often after just one sip, and the sugar in these beverages provide fuel for the bacteria that cause tooth decay. Because diet beverages also contain acid, they too increase the risk for cavities.
  - **Sugar-sweetened beverages often contain caffeine.** Sixty percent of sodas sold in the United States contain caffeine. Children who consume the amount of caffeine in one 20-oz. soda can experience withdrawal symptoms such as headaches and anxiety if they stop drinking soda.
  - **Breast milk is best under age one; whole milk and water from 1–2 years; low-fat, nonfat milk, and water age 2 and over.** Experts agree that for children under the age of one, breast milk is best. If breast milk is not provided, then infant formula is the best alternative during the first year. From the age of one to two, if children are no longer breastfed, they should drink whole milk and water. *If a 1 year old is at risk of being overweight or has a family history of obesity, heart disease or high cholesterol they should be served reduced-fat, 2% milk and water.* Once children turn two, they should drink low-fat or non-fat milk and water.
  - **Children should not drink more than one small serving of 100% fruit juice per day.** Fruit juice has a high concentration of sugar and calories and lacks some of the nutrients and other benefits of whole fruit. It is best to offer children fresh whole fruit instead of juice. Infants under six months of age should not be given juice at all. When children drink juice it should be 100% juice, not sugar-sweetened juice drinks.
  - **Diet beverages are not a healthy alternative for children.** Diet sodas are detrimental to dental health, may contain caffeine, and their long-term effects are still unknown for children.
- \***NOTE:** *Sugar-sweetened beverages refers to all beverages with added sugars including carbonated soft drinks, juice drinks, sports drinks, flavored and enhanced waters, sweetened teas and energy drinks.*
- [www.KickTheCan.info](http://www.KickTheCan.info)

### Recent Legislation Promotes Healthy Beverages in Child Care!

AB 2084, the Healthy Beverages in Child Care Act, took effect January 1, 2012 and applies to all licensed child care homes and centers in California. The new healthy beverages standards require:

- Clean and safe drinking water must be readily available throughout the day, including at all meals, snacks and play times.
- Only fat-free or low-fat (1%) unsweetened, plain milk for children two years of age or older.
- No more than one serving per day of 100% juice.
- Beverages with added sweeteners, either natural or artificial, are prohibited (not including infant formula or complete balanced nutritional products designed for children)

## KIDS' HEALTH & SAFETY

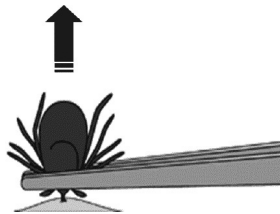
# Tick Bites

**WHILE MOST TICK BITES ARE HARMLESS** and don't require medical treatment, some ticks (like the deer tick, wood tick and others) can carry harmful germs and cause diseases such as Rocky Mountain spotted fever and Lyme disease. The deer tick is tiny, no larger than a pencil point. Other ticks are larger and easier to find on the skin.

### What to Do

#### If the tick is still attached to the skin, remove it

- Using fine-tipped tweezers, grasp the head of the tick close to the skin.
- Firmly and steadily pull the tick straight out of the skin. Do not twist the tick or rock it from side to side while removing it.
- Put the tick in a sealed container or zip-locked bag and save it to show to the doctor if your child becomes ill.
- Do not use petroleum jelly or a hot match to kill and remove the tick.
- Wash your hands and the site of the bite with soap and water.
- Swab the skin with alcohol.



**Western black-legged ticks on a finger.**

Left to right: nymph, adult male, adult female.  
Photo: California Department of Health Services

#### Seek medical care if:

- the tick might have been on the skin for more than 24 hours
- part of the tick remains in the skin after attempted removal
- a rash of any kind develops (especially a red-ringed bull's-eye rash or red dots on wrists and ankles)
- the bite area looks infected (increasing redness, warmth, swelling, pain or oozing pus)
- symptoms such as fever, headache, fatigue, chills, stiff neck, back, muscle or joint aches develop

#### Think prevention!

- After kids play outside, check their skin and hair, especially the scalp, behind the ears, the neck and under the arms.
- When playing in wooded areas, children should wear long-sleeved shirts and pants and tuck pant legs into their socks.
- Use an insect repellent with at least 10% to 30% DEET for protection against bug bites and stings in kids older than 2 years, always carefully follow the directions for application.
- Avoid tick infested areas.

#### Signs and symptoms of tick related diseases

- A red bump ringed by an expanding red rash, which looks like a bull's eye (Lyme disease)
- Red dots on the ankles and wrists (Rocky Mountain spotted fever)
- Flu-like symptoms such as fever, headache, fatigue, vomiting and muscle and joint aches

— [www.KidsHealth.org](http://www.KidsHealth.org)  
from Nemours

## Curried Chicken Salad Pitas

Sour cream or plain yogurt .....	6 Tbsp
Mayonnaise .....	¼ cup
Curry powder .....	1 Tbsp
Chicken breast, cooked, chopped .....	2 cups
Celery, chopped .....	½ cup
Pear, chopped or grapes .....	½ cup
Dried cranberries .....	½ cup
Almonds, sliced and toasted .....	¼ cup
Whole wheat pita breads, cut in half .....	4
Baby spinach .....	1 cup

1. Combine sour cream and mayonnaise with curry powder in a large bowl.
2. Add chicken, celery, fruit and nuts, tossing to combine.
3. Fill each pita with chicken salad and top with spinach leaves.

Yield: 4 servings

Meets requirement for fruit/vegetable, breads/grains and protein/meat alternate

## Potato Salad with Vegetable-Stir-Ins

Potatoes, scrubbed & halved .....	6
Eggs .....	2
<b>Dressing:</b>	
Mayonnaise .....	1 cup
Vinegar .....	1 Tbsp
Mustard .....	1 Tbsp
Salt .....	1 tsp
Pepper .....	½ tsp

**Choose vegetable stir-ins:**

**Celery, radishes, peas, bell peppers, corn, cucumber, grape tomatoes, olives, red onion**

1. Boil potatoes in water until tender but not mushy. Add eggs for last ten minutes of cooking. Drain, cool, peel and cut potatoes into bite sized pieces. Peel and dice eggs.
2. Prepare any stir-ins into small bites as needed. Mix the dressing and pour over potatoes, eggs and stir-ins. Mix in more dressing as needed.
3. Toss gently. Serve chilled.

Yield: 12 or more servings, depending on the amount and type of stir-ins used

Meets requirement for fruit/vegetable

## Activity Corner

### DANCE FUN!

Research shows dancing boosts a child’s self-esteem and helps them gain confidence. It also promotes listening and enhances gross motor skills, coordination, balance and cardio-vascular health.

#### Musical Hugs

Dance to lively music. When you pause the music, the children find a partner, or two or three, to hug. Dance again, until the next pause in the music.

#### Dress-up Dance Party

Listen to different types of music and pull out costumes. For example, cowboy hats for country music, toy instruments for rock and roll, and bring out the sunglasses for hip-hop.

Open up the costume box and let children choose their own themes and play music of their choosing.

#### Pop Dance

Give each child their own sheet of bubble wrap to place on the floor in front of them. Explain to the children that they are going to pop the bubbles with their feet. Turn on the music and let them dance and pop!

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**Food Q: On what day do people drink the most water?**  
**Funny A: Thirst day!**