

Be Snack Wise

CHILDREN HAVE SMALL TUMMIES so snacks are an important part of their daily food intake. Healthy snacks planned between meals will help to keep children satisfied all day long whether learning, playing or resting. Parents and caregivers can make healthy snacks by simply combining two or more foods from the basic food groups to create a “mini-meal.”

- Stick with the basics and avoid salty, sugary, highly processed “snack” foods and drinks.
- Plan sit-down snack times so that children are hungry, but not too hungry. Don’t allow children to graze *between* scheduled snacks and meals.
- If you are not already serving “family style,” where children serve themselves from plates and bowls passed around the table, then snack time is an excellent opportunity to give this method a try. Children will learn many important skills such as how much food to serve themselves, sharing, scooping, pouring, counting and helping their neighbor.

- The following snack ideas are sorted by food groups and represent wise snack choices. Combine two or more groups and have water available to make a delicious and nutritious mini-meal.

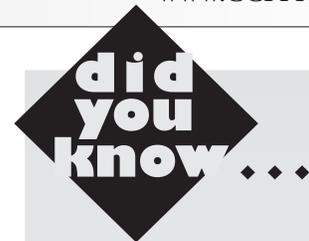


Snacks from the Grain Group

At least one-half of our daily servings of grains should come from whole grains. Read the ingredient list on the label. The key word is “whole” and this should be the first ingredient. Also look for products with at least 3 grams of fiber in a one ounce serving and crackers with no more than 3 grams of fat.

- Cracker stacks – whole wheat crackers with cheese or peanut butter
- Ready to eat whole grain cereal, low in sugar
- Breads of all kinds, multi-grain, rye, whole wheat
- Corn tortillas or whole wheat pita bread or mini bagels

(continued on page 2)



- ▶ Snacks are a great way to help children reach their recommended minimum daily servings for each food group. Studies show children receive an impressive 27% or more of their calories from snacks. Make them count.
- ▶ Beverage, candy and fast food advertising expenditures exceed 11 billion dollars per year.
- ▶ Researchers at Yale University found children consumed 45% more food when exposed to food advertising.
- ▶ An egg shell may have as many as 17,000 tiny pores over its surface. Through them, the egg can absorb flavors and odors. That is why storing eggs in their cartons keeps them fresh.

Sources: University of North Carolina, Yale University, www.catchusa.org/cec.htm

Quotable Quotes

“A messy kitchen is a happy kitchen and this kitchen is delirious.”

– Anonymous

INSIDE:

- ◆ Constipation in Young Children
- ◆ Old Favorites Activity
- ◆ Food Funny
- ◆ Recipes

Be Snack Wise

— Continued from front page

- Trail mix ~ a mixture of ready to eat cereals, pretzels, dried fruit and nuts*
- Whole grain or graham crackers

Snacks from the Vegetable and Fruit Group

Full of vitamins, fiber and phytochemicals, veggies and fruit are nutrient dense. Eat a rainbow every day to benefit from the many antioxidants they contain.

- Raw veggie sticks such as carrot*, celery*, bell pepper and zucchini with a yogurt dip
- Lightly steamed veggies such as broccoli, green beans and cauliflower with a low-fat dip
- Celery* stuffed with peanut butter*
- Cherry tomatoes stuffed with cottage cheese
- A baked potato topped with grated cheese
- Frozen green peas
- Apple ring sandwiches – apples sliced crosswise and spread with nut butter or sunflower seed butter
- Tangerine or orange sections
- Canned fruit packed in juice
- Dried fruit or raisins
- A frozen banana on a stick
- Seasonal, fresh fruit salad or fruit kebab
- Frozen grapes*

Snacks from the Milk Group

Providing necessary calcium, vitamin D and protein, milk helps children grow and attain their peak bone mass. All children 2 years of age and over should drink 1% or non-fat milk.

- Smoothies made from milk and frozen fruit
- Milk poured over low sugar cereal
- Milk served with graham crackers for dipping
- A glass of cold milk will complement most choices from the other food groups

Snacks from the Protein Group

Skip the processed lunch meats which are high in sodium and contain nitrites and saturated fat and opt for more plant based protein foods such as beans, nuts and seeds.



- Wedges of hard cooked eggs or deviled eggs
- Peanut butter on crackers
- Bean dip such as hummus with pita wedges, whole grain crackers or veggies
- Cheese slices on thin apple wedges
- String cheese or cheese sticks
- Yogurt or a yogurt parfait
- Cottage cheese with fruit
- Toasted almonds*, sunflower or pumpkin seeds*
- Tuna or chicken salad on crackers

A Dozen Delectable Nibbles

1. Dip a banana in yogurt, then roll in crushed cereal and freeze.
2. Stuff a whole-grain pita pocket with ricotta cheese and thin apple slices. Add a dash of cinnamon.
3. Make snack kebabs. Skewer cubes of low-fat cheese and grapes* with pretzel sticks.
4. Toast a whole grain waffle and top with low-fat yogurt and sliced peaches.
5. Make mini sandwiches on whole wheat dinner rolls with tuna, egg or chicken salad filling.
6. Dip graham crackers into applesauce.
7. Stir dried cranberries and chopped walnuts* into hot oatmeal.
8. Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers.
9. Dip strawberries or apple slices into low-fat yogurt.
10. Make a sandwich on whole grain bread. Cut out your favorite shape using a big cookie cutter. Eat the fun shape and the edges, too!
11. Toast a whole grain English muffin, drizzle with pizza sauce and sprinkle with grated mozzarella cheese.
12. Layer yogurt with blueberries and granola in a tall glass.

*Caution: Items are a choking hazard for young children

— Adapted from eatright.org and ilqualitycounts.com

KIDS' HEALTH & SAFETY

Constipation – What You Should Know

Does your baby or child have dry, hard stools (bowel movements or poops) that are hard to pass? He or she may be constipated.

- Check with your doctor to make sure the problem is constipation and not something else.
- Don't worry if your child doesn't have a bowel movement every day. If stool is soft, your child probably is not constipated.
- Don't give your child any laxatives, mineral oil, suppositories or enemas unless your doctor prescribes them. These can cause health problems for your child.

What can cause constipation?

- Not drinking enough liquids
- Baby formula that is mixed wrong
- Feeding solid foods before about 6 months
- Not enough movement or activity
- Some medications
- Dehydration due to vomiting or fever
- Some medical conditions (check with your doctor)

Your doctor may recommend:

- Give your child foods with more fiber (fiber is the part of food that we can't digest ~ it makes the stool softer).
- Give your child plenty of liquids.
- Help your child be active every day.

Babies under 6 months old

During the first month, babies may have a stool after each feeding or a few stools a day. After one month, babies have fewer stools each day or even a stool every few days.

Formula with iron does **not** cause constipation. Babies who drink formula do tend to have firmer stools than babies who are breastfed, but this is not constipation.

- Check with your doctor to be sure your baby is getting enough breastmilk or formula.
- Be sure you are mixing the formula correctly.
- Put a warm washcloth on baby's stomach.
- Give your baby more liquids if he or she is constipated.

Offer 2 ounces of water twice a day. Do not give baby sugar water or tea.

- Do not change formulas unless your doctor tells you to do so. Changing formulas often can cause more problems.

Babies over 6 months old

- Help your baby be more active. Move baby's legs like he or she is riding a bike. Encourage baby to move or crawl on the floor.
- Give baby more liquids. You can offer 2 ounces of prune, pear or apple juice mixed with 2 ounces of water, twice a day, or 4 ounces of plain water twice a day.
- Give your baby more foods with fiber like soft fruits and soft cooked vegetables each day.
- Soften one teaspoon of 100% bran cereal with breastmilk or formula and add this to your baby's cereal.
- Homemade baby foods usually have more fiber than baby food in jars.

Toddlers and Young Children

- Offer your child a variety of foods high in fiber. Whole grain breads and cereals, vegetables and fresh fruit are especially good.
- To increase fiber, you can add to your child's soft foods and cereals:
 - 1-3 Tablespoons per day of 100% bran cereal, or
 - 1-4 Tablespoons per day of wheat germ, or
 - 1-2 Tablespoons of finely chopped, dried fruit like raisins, prunes or dried apples
- Regular exercise is important. Be sure your child gets to play actively every day!
- Give your child plenty of liquids, especially water, every day.
- Help your child go to the bathroom regularly. Set aside a quiet time each day for using the toilet. After a meal may be the best time.
- Encourage your child to use the bathroom when she needs to go. Do not rush your child.

— *California WIC Program, California Department of Public Health*

Pizza Kebabs

Cherry tomatoes	24
Pineapple chunks	12
Black olives	12
Mozzarella balls, fresh	16 small
Canadian bacon	8 slices
Ham	8 slices

1. Soak 8 wooden skewers in water for several hours.
2. Wrap each mozzarella ball with a slice of meat.
3. Arrange ingredients on skewers, 4 with tomatoes, pineapple and ham wrapped mozzarella balls and 4 with tomatoes, black olives and Canadian bacon wrapped mozzarella balls.
4. Grill or broil on medium heat just until cheese starts to melt or serve cold.

Yield: 8 servings

Meets requirement for protein/meat alternate

Pink Pickled Eggs

Hard boiled eggs	6
Juice from cooked or canned beets	¾ cup
Cider vinegar	1 cup
Sugar	2 Tbsp
Garlic, crushed	1 clove
Bay leaf	1
Salt	1 tsp
Allspice	½ tsp
Black pepper	dash

1. Peel hard cooked eggs, place in quart jar.
2. In a saucepan combine all remaining ingredients. Heat but do not allow mixture to boil.
3. Pour hot liquid over eggs. Cool, then cover and refrigerate overnight or longer. The longer the eggs soak the deeper the pink color will penetrate.

Yield: 6 servings

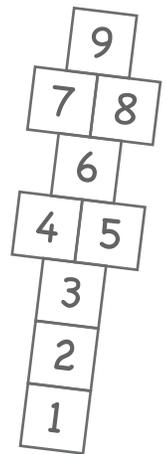
Meets requirement for protein/meat alternate

Activity Corner

OLD FAVORITES, NOT FORGOTTEN

Many fun physical activities (games) date back to our grandparent's time and beyond. These old favorites can still be enjoyed by today's children. Children need at least 60 minutes of physical activity every day. Be sure to include these fun favorites:

- Ring Around the Rosie
- Duck, Duck Goose
- Simon Says
- Hop Scotch
- The Hokey Pokey
- A Hula Hoop
- Jump Rope
- Hide and Seek
- Red Rover, Red Rover
- Mother May I
- London Bridge
- Tag
- Follow the Leader
- Blind Man's Bluff
- Leap Frog
- Red Light, Green Light
- Musical Chairs
- Dodge Ball



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Food Q: Why did the student eat his homework?
Funny A: Because the teacher said it was a piece of cake.