

Top 10 Recommendations – Dietary Guidelines for Americans



PUBLISHED EVERY FIVE YEARS, the Dietary Guidelines for Americans provide food-based recommendations for people age two years and older. The Guidelines reflect the current body of nutrition science, with a focus on chronic disease prevention. The recently released *2015–2020 Dietary Guidelines* are designed to help Americans eat a healthier diet. They outline how people can improve their overall eating patterns and are based on scientific evidence on nutrition.

1 A lifetime of healthy eating helps to prevent chronic diseases like obesity, heart disease, high blood pressure and Type 2 diabetes.

2 Healthy eating is one of the most powerful tools we have to reduce the onset of disease. The Dietary Guidelines recommendations can help you make informed choices about eating for you and your family.

3 The path to improving health through nutrition is to follow a healthy eating pattern that's right for you. Eating patterns are the combination of foods and drinks you eat over time. A healthy eating pattern is adaptable to a person's taste preferences, traditions, culture and budget.

(continued on page 2)



- ▶ National CACFP Week is March 13–19, 2016.
- ▶ March is National Nutrition Month. The theme for 2016 is “Savor the Flavor of Eating Right.” Learn more at EatRight.org
- ▶ Almost 9 in 10 Americans eat less than the recommended amount of vegetables.
- ▶ American adults consume about 50% more sodium than the Dietary Guidelines recommend.
- ▶ Children ages 1–3 consume 47% of their total fruit intake from fruit juice, as opposed to whole fruit.
- ▶ You can earn points and gain recognition for your program through the CACFP Take Action Challenge, find out more at www.cacfpactionchallenge.org

Sources: CACFP.org, EatRight.org, health.gov, aapcc.org

Quotable Quotes

“You’re off to Great Places!

Today is your day!

Your mountain is waiting,

So... get on your way!”

– Dr. Seuss, *Oh, The Places You’ll Go!*

INSIDE:

- ◆ CACFP Take Action Challenge
- ◆ Letter Sounds Relay

- ◆ Recipes
- ◆ Food Funny

Top 10 Recommendations – Dietary Guidelines for Americans

— Continued from front page

- 4** A healthy eating pattern includes:
- A variety of vegetables: dark green, red and orange, legumes (beans and peas), starchy and other vegetables
 - Fruits, especially whole fruit
 - Grains, at least half of which are whole grain
 - Fat-free or low-fat dairy, including milk, yogurt, cheese and/or fortified soy beverages
 - A variety of protein foods, including seafood, lean meats, poultry, eggs, legumes (beans and peas), soy products, nuts and seeds
 - Oils, including those from plants – canola, corn, olive, peanut, safflower, soybean and sunflower. Oils also are naturally present in nuts, seeds, seafood, olives and avocados.

5 Healthy eating patterns limit added sugars to less than 10% of your daily calories. ChooseMyPlate.gov provides more information about added sugars, which are sugars and syrups that are added to foods or beverages when they are processed or prepared. This does not include naturally occurring sugars such as those consumed as part of milk and fruit.

6 Healthy eating patterns limit saturated and trans fats. Less than 10% of your daily calories should come from saturated fats. Foods that are high in saturated fat include butter, whole milk, meats that are not labeled as lean and tropical oils such as coconut and palm oil. Saturated fats should be replaced with unsaturated fats, such as canola or olive oil.

7 Healthy eating patterns limit sodium. Adults and children ages 14 years and over should limit sodium to less than 2,300 mg per day, and children younger than 14 years should consume even less. Use the Nutrition Facts label to check for sodium, especially in processed foods like pizza, pasta dishes, sauces and soups.

8 Most Americans can benefit from making small shifts in their daily eating habits to improve their health over the long run. Small shifts in food choices—over the course of a week, a day or even a meal—can make a difference in working toward a healthy eating pattern that works for you.

9 Remember physical activity! Regular physical activity is one of the most important things individuals can do to improve their health. According to the Department of Health and Human Services' Physical Activity Guidelines for Americans, adults need at least 150 minutes of moderate intensity physical activity each week and should perform muscle-strengthening exercises on two or more days each week. Children ages 6 to 17 years need at least 60 minutes of physical activity per day, including aerobic, muscle-strengthening and bone-strengthening activities.

10 Everyone has a role—at home, schools, workplaces, communities and food retail outlets—in encouraging easy, accessible and affordable ways to support healthy choices.

- At home, you and your family can try out small changes to find what works for you such as adding more veggies to favorite dishes, planning meals and cooking at home and incorporating physical activity into time with family or friends.
- Schools can improve the selection of healthy food choices in cafeterias and vending machines, provide nutrition education programs and school gardens, increase school-based physical activity and encourage parents and caregivers to promote healthy changes at home.
- Workplaces can encourage walking or activity breaks, offer healthy food options in the cafeteria, vending machines, and at staff meetings or functions and provide health and wellness programs and nutrition counseling.
- Communities can increase access to affordable, healthy food choices through community gardens, farmers' markets, shelters and food banks and create walkable communities by maintaining safe public spaces.
- Food retail outlets can inform consumers about making healthy changes and provide healthy food choices.

— Adapted from health.gov

CACFP *take* ACTION CHALLENGE

The Child and Adult Care Food Program (CACFP) *Take Action Challenge* is a campaign to support the CACFP, expand awareness about the program and increase exposure to healthy foods, physical activity and healthy habits in child care. Childcare providers, sponsors, parents, the state agency and USDA can all take part in the *Take Action Challenge* to help build a healthy culture while spreading the word about CACFP. Supporters of CACFP will want to take part in the *Take Action Challenge* to share all the exciting projects and policies being established in every corner of the United States. It is time to be recognized for all those positive steps taken to ensure children get a healthy and active start in life. **Take the Challenge!** Submit as many challenges as possible, until August 31, 2016, to earn points and recognition. The campaign culminates in an award recognition finale at the 25th anniversary of the CCFP Roundtable Conference in October 2016.

Sample *Take Action Challenge* ideas to get you thinking:

- Sign up for Let’s Move! Child Care.
- Grow an edible garden and incorporate the harvest into meals and/or snacks.
- Take a dance, yoga, fitness class of any sort alone or with a group.
- Take classes in Child Development or Child Nutrition or Child Care Business.
- Post CACFP *Take Action Challenge* pictures on social media 6 weeks in a row.

Go to the CACFP *Take Action Challenge* website to learn about the groups of challenges, see the complete list and find all the resources to complete the challenges.

Capture your challenge in a picture, a document or a short video, submit it on the website and share it on social media.

Each challenge awards you points, markets your program through social media and earns your program recognition at the 25th CCFP roundtable conference in October 2016.

Download resources at www.cacfpchallenge.org

"CACFP TAKE ACTION CHALLENGE 2016"

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A Helpful-How To Guide
for the CACFP take
ACTION Challenged

COMPLETE THE TAKE ACTION CHECKLIST IN 4 EASY STEPS

STEP 1

Share and Complete the Challenge

STEP 1

Select a challenge from the challenge list @ www.cacfpchallenge.org

STEP 2

Click Submit @ www.cacfpchallenge.org

STEP 3

Upload picture and share my story online, complete requested info

www.cacfpchallenge.org

STEP 4

Helping build a healthy culture to create a healthier generation. Lets Do This!

GET MORE POINTS

Select another challenge to earn more points.

RECOGNITION

Gold, Silver, Bronze and honorable mention all year!

GET MORE POINTS

Select another challenge to earn more points.

St. Patrick's Day Shepherd's Pie

Potatoes, peeled and quartered..... 3 (Can use leftover mashed potatoes)	Beef broth..... ¾ cup
Butter..... ½ cup, divided use	Worcestershire sauce..... 1 Tbsp
Onion chopped..... 1	Salt..... 1 tsp
Green vegetables..... 2 cups total (Chopped green beans, celery, broccoli, green onions, kale, spinach or green peas)	Pepper..... ½ tsp
Lean ground beef or lamb..... 1½ pounds	Thyme..... 1 tsp
	Cheddar cheese, grated..... 4 ounces

1. Cook potatoes in water until tender, about 20 minutes.
2. While potatoes are cooking melt ¼ cup butter in a large pan and add onions. Sauté over medium heat adding ground meat after about 5 minutes. Cook until meat is no longer pink. Stir in green vegetables.
3. Season with salt, pepper and thyme. Add broth and Worcestershire sauce, let simmer on low 10 minutes.
4. Mash cooked potatoes with remaining ¼ cup butter and salt. Add a small amount of milk as needed for fluffy potatoes.
5. Preheat oven to 400°F. Spread the meat and vegetable mixture in a large baking dish. Spread the mashed potatoes over the meat mixture, top with grated cheese and bake about 30 minutes until browned and bubbly.

Yield: 10 servings

Meets requirement for fruit/vegetable and protein/meat alternate

Bunny Salad

Carrots, grated..... 4
Apples, chopped..... 2
Celery, chopped..... 1 stalk
Raisins..... ½ cup
Walnuts, chopped..... ½ cup
Vanilla yogurt..... ½ cup
Lemon juice..... 1 Tbsp
Cinnamon, ground..... ½ tsp

1. Stir all ingredients together in a mixing bowl until evenly blended.
2. Refrigerate 1 hour and serve.

Yield: 10 servings

Meets requirement for fruit/vegetable

— Allrecipes.com

Activity Corner

LETTER SOUNDS RELAY

Research shows that if children can connect an action or movement while learning something new it is easier for them to retain the information.



Clear some open floor space. Place letter magnets or cards with letters drawn on them on one side of the room. Place food pictures on the opposite side of the room.



Have children take turns running from one side of the room to the other, to get the letters when you call out a letter sound. Explain that when they find the letter they should bring it back and find a food picture that starts with the same letter sound. For example, say: *ready... set... "b,b,b."* A child should run to the letters, find the "B", bring it back and find a picture of broccoli, bread or a banana to go with it.

— Adapted from *Inspiration Laboratories*

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Food Funny Q: When is an Irish potato not an Irish potato?
A: When he's a French fry!