



The Child and Adult Care Food Program Gives Tofu the Thumbs Up!

NUTRITIONAL PROFILE OF TOFU

Tofu, which is made from soybeans, coagulants and water, contains no cholesterol and is an excellent source of protein, iron and calcium. For vegetarians, vegans and those looking to move toward a more plant-based diet, tofu is a versatile, inexpensive source of protein. A half-cup serving of tofu contains about 100 calories, is a complete source of protein, (provides all of the essential amino acids needed in the diet) and is low in fat and carbohydrates. Soybeans are also high in healthy polyunsaturated fats, especially Omega 3 alpha-linoleic acid.

POSSIBLE HEALTH BENEFITS OF CONSUMING TOFU

Countless studies have suggested that increasing consumption of plant-based foods is associated with a reduced risk of many lifestyle-related health conditions including obesity, diabetes and heart disease. Due to its high levels of isoflavones, tofu consumption is also associated with a lower risk of several other diseases, such as breast and



prostate cancer, osteoporosis, liver damage and age-related brain diseases.

In addition, tofu promotes a healthy complexion and healthy hair, increases energy and helps with overall healthy weight maintenance. Tofu may also help lower LDL cholesterol and offer relief for certain symptoms of menopause.

(continued on page 2)

DID YOU KNOW...

- Tofu is naturally gluten-free and low in calories.
- Noncommercial and homemade tofu and soy products are not creditable on the Child and Adult Care Food Program.
- Tofu noodles and tofu incorporated into baked goods, such as banana bread, or blended into drinks such as smoothies, are not creditable. This is because the tofu is not easily recognizable as a meat replacement.
- It is estimated that one out of three people do not wash their hands after using the restroom.
- In the United States, injuries are the leading cause of death and disability for people aged 1 to 44 years.

California Dept. of Ed, Medical News Today, Centers for Disease Control and Prevention

Quotable Quotes

“If you can’t feed a hundred people, then feed just one.”

– Mother Teresa

INSIDE:

- Kids’ Health Quiz
- Toddlers in the Kitchen

- Tofu Recipes
- Food Funny

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— Continued from front page

TOFU ON THE CHILD AND ADULT CARE FOOD PROGRAM

Beginning **October 1, 2017** commercial tofu products will be creditable on the CACFP for children 1 year of age and over. Tofu must have at least 5 grams of protein per 2.2 ounces (¼ cup) in order to provide one ounce of meat alternate. At lunch and supper a 1 through 2 year old needs one ounce of meat alternate (¼ cup tofu) a 3 through 5 year old needs 1½ ounces of meat alternate (¾ cup tofu) and a 6 through 12 year old needs 2 ounces of meat alternate (½ cup tofu). The following steps show how to calculate the protein content of tofu using the Nutrition Facts panel found on the tofu packaging:

- Step 1 – Determine the grams of protein per ounce using the manufacturer’s serving size. Divide the total grams of protein per manufacturer’s serving by the manufacturer’s serving size in ounces.
- Step 2 – Determine the grams of protein in 2.2 ounces. Multiply the grams of protein per ounce by 2.2. If the protein is 5 grams or more it is creditable.

Non-commercial and non-standardized (homemade) tofu and soy products are not creditable.

One pound of tofu with 37 grams of protein equals 7.28 quarter cup servings, 3.6 half cup servings (the amount required for a school-age child) and 7.25 ounces of meat alternate. Tofu may be combined with another meat/meat alternate such as beans, cheese or chicken to fulfill the protein serving requirement.

Tofu must be “recognizable” in order to be credited as a protein. Any tofu that is pureed, made into noodles or in another way rendered unrecognizable, is not reimbursable. The intent of this requirement is to ensure that meat/meat alternates are offered in a form that is recognizable to children. The USDA emphasizes the importance of the nutrition education aspect of nutrition programs, which includes the goal of helping children easily recognize the key food groups that contribute to a healthy meal.

Meat substitute products such as links and sausages made from tofu are also easily recognizable as meat substitutes and can be included in a meal. When considering processed tofu products such as links and sausages as meat alternates

for the reimbursable meal, the tofu ingredient must contain the required 5 grams of protein per 2.2 ounces, which is not shown on a nutrition facts label. Therefore, the most appropriate way to ensure that the product meets the requirements is to choose products with the Child Nutrition (CN) Label.



HOW TO INCORPORATE MORE TOFU INTO YOUR DIET

Tofu can be prepared and served in a variety of ways that include ethnically appropriate and traditional dishes. Tofu is commonly found in Asian cuisines, particularly that of East and Southeast Asia. The neutral flavor of tofu allows it to be easily incorporated into many recipes and used as a meat substitute to diversify menus and better meet the dietary needs of vegetarians and culturally diverse groups.

Tofu comes in several different consistencies: extra firm, firm, soft or silken. Firm and extra firm tofu is denser than soft or silken tofu and retains more of its shape when cooked. This makes it suitable for grilling and stir-frying. To make tofu more flavorful, marinate it before using it in recipes. Tofu can be served warm or cold and does not need to be cooked before serving.

Sources:

—Megan Ware RDN LD, *Medical News Today*, USDA, Connecticut State Department of Education

KIDS' HEALTH & SAFETY

Kids' Health Quiz | Test Your Knowledge

TRUE OR FALSE?

Parents should start cleaning their child's teeth as soon as the first tooth appears.

True. As soon as the first tooth appears, wipe teeth every day with a clean, damp cloth. Switch to a small, soft toothbrush as more teeth come in.

Children younger than 6 years should use enough toothpaste with fluoride to cover the toothbrush.

False. Young children should use only a pea-sized amount of fluoride toothpaste. Fluoride is important for fighting cavities, however, if children younger than 6 years swallow too much fluoride, their permanent teeth may have white spots.

For babies under 6 months of age, sunscreen is the best defense against sunburn.

False. Your baby's best defense against sunburn is avoiding the sun or staying in the shade. However, according to the American Academy of Pediatrics, sunscreen use on babies less than 6 months old is not harmful on small areas of a baby's skin, such as the face and back of the hands.

Birth defects are the leading cause of death in children and adolescents.

False. Most deaths among children and adolescents aged 5–19 years are from the following injury-related causes: motor vehicle crashes, all other unintentional injuries, homicide and suicide. Highly associated with these injuries are certain adolescent behaviors, such as physical fights, carrying weapons and not using seatbelts.

Vaccines protect children against 9 potentially serious diseases.

False. Vaccines protect against 12 potentially serious diseases: measles, mumps, rubella (German measles), diphtheria, tetanus (lockjaw), pertussis (whooping cough), polio, Haemophilus influenzae type b (Hib disease), hepatitis B, varicella (chickenpox), hepatitis A and pneumococcal disease. At least one shot is needed for each of these diseases and for some of them several doses are required for the best protection. Studies have shown vaccinations are just as safe and effective when given

together as they are when given separately. The immune system is exposed to many foreign substances every day and will not be overburdened by vaccines.

Kids should wash their hands by vigorously rubbing them together for 20 seconds to remove germs.

False. By the way, it's not just for kids! Everyone should wash their hands for 20 seconds (or about the length of a little tune) to remove germs. It is the soap combined with the scrubbing action that helps dislodge and remove germs. Rinse well and dry your hands. Wash your hands before, during and after you prepare food, before you eat, after you use the bathroom, after handling animals or animal waste, when your hands are dirty and more frequently when someone in your home is sick.

Children should get at least 20 to 30 minutes of physical activity on all or most days of the week.

False. It is recommended that children and adolescents participate in at least 60 minutes of moderate intensity physical activity most, preferably all, days of the week.

A parent or other family member's attitude about tobacco influences a teen's likelihood to try tobacco products.

False. Research suggests that parental attitude is very important. If a parent is indifferent or permissive toward the issue of tobacco use, a teenager's likelihood of smoking increases. The value a parent places on a tobacco-free lifestyle, regardless of whether a parent uses tobacco, carries significant weight. If a child believes his or her parents would be upset if he or she smoked, the child is less likely to smoke, even if both parents smoke.

By the age of 20, the average woman has acquired most of her skeletal mass.

False. It is important for young girls to reach their peak bone mass in order to maintain bone health throughout life. A person with high bone mass as a young adult will be more likely to have a higher bone mass later in life. Not getting enough calcium or exercise early on could result in a failure to achieve peak bone mass.

— Adapted from Centers for Disease Control and Prevention

Baked Tofu Tenders

Tofu, extra firm	2 (14 ounce) pkgs	Salt	2½ tsp
Eggs	3 large	Pepper	to taste
Cornstarch	½ cup	Cooking spray	
Panko breadcrumbs	1½ cups		

1. Preheat oven to 425°F. Generously coat a rimmed baking sheet with cooking spray. Drain tofu. Slice each block into 8 sticks. Lay the pieces flat on paper towels and blot dry gently squeezing out excess moisture. Sprinkle tofu with 1 tsp of salt and let stand.
2. Put the cornstarch on a plate. Whisk the eggs with ½ tsp of salt and pepper in a shallow bowl. Mix panko with 1 tsp of salt and pepper to taste, in a second shallow bowl.
3. Working with one or two pieces of tofu at a time coat each piece in the cornstarch, shaking off excess and dip into the egg then dredge in the panko. Transfer the coated tofu sticks to the baking sheet and generously spray the tops with cooking spray.
4. Bake until brown and crisp, 30–35 minutes, turning halfway through. Serve with a dipping sauce such as, marinara sauce, ketchup or sweet chili sauce.

Yield: 8 servings; Meets requirement for meat/meat alternate — *foodnetwork*

Powered-Up Lasagna

Lasagna noodles, whole grain	9	Egg	1
Olive oil	1 tsp	Tofu, firm, drained and crumbled	2 cups
Onion, small, diced	1	Tomatoes, sliced	2
Mushrooms, sliced	8 ounces	Marinara sauce	24 ounces
Garlic, minced	3 cloves	Mozzarella cheese, shredded	8 ounces
Spinach, fresh	6 ounces		

1. Bring a large pot of water to boil and cook noodles “al dente” according to package directions. Preheat oven to 375° F.
2. Heat olive oil in a large skillet over medium heat. Add onions and mushrooms and cook 4–5 minutes or until tender. Add garlic and sauté an additional minute. Add spinach and sauté for 2–3 minutes more or until tender. Remove from pan and set aside. In a separate bowl, whisk together egg and tofu.
3. Spread the bottom of a 12 x 8 inch casserole dish with a small amount of marinara sauce. Layer with 3 noodles, ½ of tofu mixture, ½ of mushroom mixture, sliced tomatoes, marinara and sprinkle with mozzarella. Repeat. Top with the last 3 noodles, spread the remaining marinara over and sprinkle with remaining mozzarella. Bake for 45–55 minutes.

Yield: 9 servings; Meets requirement for whole grains and protein/meat alternate — *Nutrition Awareness*

ACTIVITY CORNER

Toddlers in the Kitchen

Create a bottom shelf in your kitchen for plastic containers, bowls, inexpensive pans and wooden spoons so toddlers can participate.

Teach about cooking by example. Place the very young safely in high chairs so they may observe you cooking. Older toddlers age 2–3, can “help” by adding ingredients to a mixing bowl and stirring.

Teach kitchen safety early. Protect curious toddlers by cooking on the back burner with pot handles facing towards the back. Teach toddlers what is hot and have child locks where needed.

Teach new words while you are cooking such as, the names of fruits, vegetables and utensils.

Talk about your five senses in the kitchen. Point out that wonderful smell is dinner cooking in the oven. Let your toddler feel how soft flour is, compared to coarse sugar. Let them sample the delicious, homemade foods as they are being prepared.

— *Adapted from kidscookingactivities.com*

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Food Why do watermelons have fancy weddings?
Funny Because they cantaloupe.