



## Growing Healthy Kids

### GRAIN-BASED DESSERTS AND HIGH-SUGAR CEREAL ARE OFF THE CHILD AND ADULT CARE FOOD PROGRAM

As part of a healthy eating pattern, the Dietary Guidelines for Americans recommends limiting the consumption of added sugars and solid fats. Grain-based desserts are identified as being a major source of added sugar and saturated fat. Therefore the CACFP, as part of their updated meal patterns, has eliminated grain-based desserts as part of a reimbursable meal.

**Grain based desserts cannot count towards the grain requirement at any meal or snack starting October 1, 2017.**

This new requirement was designed to help reduce the amount of added sugar and saturated fat that children consume, which, as a percent of calories, is particularly high. There are no established limits on sugar, saturated fat or other nutrients that need to be evaluated when providers are planning menus, rather **categories** are used to define what constitutes a grain-based dessert. Grain-based desserts, *both store bought and homemade*, include: cookies, cake, brownies, coffee cake, pie crust, turnovers, donuts, sweet rolls, toaster pastries, granola bars and other fruit and cereal bars.



Sweet crackers including graham crackers and animal crackers are allowed as part of a reimbursable meal. However, as a best practice, providers are encouraged to serve sweet crackers on a limited basis due to their higher added sugar content.

**Reminder:** Providers continue to have the flexibility to occasionally serve grain-based desserts, such as for celebrations or other special occasions, as an *extra* food item that is not contributing to the reimbursable meal.

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## DID YOU KNOW...

- October 2nd is Child Health Day, a federal observance celebrating every child's right to be as healthy as he/she can be.
- Sweet scones, sweet bread puddings and rice puddings are considered grain-based desserts and cannot count towards the grain component for a reimbursable meal.
- Savory scones and savory bread puddings are not sweet and are not considered a grain-based dessert, therefore they may be served as the grain component of a reimbursable meal.
- Approximately 700 new neural connections are formed every second in a baby's first few years of life.
- When a preschooler goes to bed by 8 p.m. instead of after 9 p.m. their risk of obesity is reduced by 50%.

Center on the Developing Child,  
USDA, Harvard University, National  
Institutes of Child Health and  
Human Development

### Quotable Quotes

*“The number one best tool for getting any kid out and active is his/her parent(s). Parents = role models. Active parent = active kids.”*

— Dr. Flanders

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# Growing Healthy Kids

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Cereal is another common source of added sugar in children's diets. To help reduce the amount of added sugar children are consuming, the new meal patterns for the CACFP will reduce the amount of allowable sugar in cereal. **Cereals cannot contain more than 6 grams of sugar per dry ounce starting October 1, 2017.**

To check for the amount of sugar in cereal read the Nutrition Facts panel on the side of the box. Focus on the "serving size" and "sugars." If the serving size is one ounce (approximately 28 grams), then the grams of sugar must be 6 grams or less. To determine if a cereal that has a serving

size smaller or larger than one ounce meets the sugar limit, divide the grams of *sugars* by the *serving size* number (in grams). If the answer is 0.212 or less, the sugar is below the limit and is creditable. Always check the label when purchasing as the nutrition content can change even for the same product.

The WIC (Women, Infants and Children) program also has a cereal sugar limit of 6 grams per 1 ounce, so purchasing WIC approved cereals is another way to ensure the cereals meet the new sugar limit.

## Sugar Limits in Cereal

Serving Size	Sugars
If the serving is:	Sugars cannot be more than:
8-11 grams	2 grams
12-16 grams	3 grams
17-21 grams	4 grams
22-25 grams	5 grams
26-30 grams	6 grams
31-35 grams	7 grams
36-40 grams	8 grams
41-44 grams	9 grams
45-49 grams	10 grams
50-54 grams	11 grams
55-58 grams	12 grams

## Example Cereal

Nutrition Facts		
Serving Size 1 1/4 Cups (33g)		
Amount Per Serving	Cereal	with 1/2 cup skim milk
<b>Calories</b>	130	170
Calories from Fat	0	0
% Daily Value**		
<b>Total Fat</b> 0g*	0%	0%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg	0%	0%
<b>Sodium</b> 190mg	8%	10%
<b>Potassium</b> 30mg	1%	7%
<b>Total Carbohydrate</b> 29g	10%	12%
Dietary Fiber 0g	0%	0%
<b>Sugars</b> 4g		
<b>Protein</b> 2g		

1. Determine Serving Size in grams: \_\_\_\_\_

2. Find the Sugars in grams; \_\_\_\_\_

Does this cereal meet the sugar requirement? \_\_\_\_\_

(Answer: Yes, the maximum sugar allowed for 33 grams of cereal is 7 grams. This cereal is 4 grams so it is creditable.)

## REIMBURSABLE CEREAL

### Example #1:

1. Use the *Nutrition Facts Label* on package
2. Sugars = 5g
3. Serving Size = 30
4. Divide Sugars/Serving Size

$$\text{Sugars} = \frac{5}{30} = 0.167$$

5.  $0.167 < 0.212$

This cereal is creditable

Nutrition Facts		
Serving Size 1 cup (30g)		
Servings Per Container about 12		
Amount Per Serving	Cereal	with 1% cup skim milk
<b>Calories</b> 100	100	140
Calories from Fat 5	5	5
% Daily Value*		
<b>Total Fat</b> 0.5g	1%	1%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg	0%	1%
<b>Sodium</b> 140mg	6%	9%
<b>Potassium</b> 90mg	3%	8%
<b>Total Carbohydrate</b> 22g	7%	9%
Dietary Fiber 3g	11%	11%
<b>Sugars</b> 5g		
Other Carbohydrate 14g		
<b>Protein</b> 140mg		

## NON-REIMBURSABLE CEREAL

### Example #2:

1. Use the *Nutrition Facts Label* on package
2. Sugars = 13g
3. Serving Size = 53
4. Divide Sugars/Serving Size

$$\text{Sugars} = \frac{13}{53} = 0.245$$

5.  $0.245 > 0.212$

This cereal is NOT creditable

Nutrition Facts		
Serving Size 1 Cup (53g/1.9 oz.)		
Servings Per Container About 8		
Amount Per Serving	Cereal	with 1% cup skim milk
<b>Calories</b> 190	190	230
Calories from Fat 25	25	25
% Daily Value*		
<b>Total Fat</b> 3g	5%	5%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 1g		
Monounsaturated Fat 2g		
<b>Cholesterol</b> 0mg	0%	0%
<b>Sodium</b> 100mg	4%	4%
<b>Potassium</b> 300mg	9%	9%
<b>Total Carbohydrate</b> 37g	12%	12%
Dietary Fiber 8g	32%	32%
Soluble Fiber 3g		
Insoluble Fiber 5g		
<b>Sugars</b> 13g		

## KIDS' HEALTH &amp; SAFETY

# National Child Health Day

## October 2, 2017



**CHILD HEALTH DAY** is a United States Federal Observance Day to learn about and focus on the health of children. Child Health Day is held each year on the first Monday in October. Child Health Day is on October 2nd this year. Each child deserves to be the healthiest he or she can be. Child Health Day raises awareness of what parents and other adults can do to help improve the health of all children. Child health education is the focus of the day. Agencies and schools observe the day with special programs. It is a day to be reminded of all the ways children grow healthy and strong. From the food they eat to the words they hear, children require support and opportunities to grow.

### HOW TO OBSERVE

#### Exercise

Go for a walk, play in a park, do some yard work, play games like tag or make up silly races, dance to music or participate on a sports team. Be active and find physical activities that can be enjoyed every day.

#### Eat Healthy

Learn about what foods are good for your body, “everyday” foods and which foods are not, “sometimes” foods. Avoid fried food, sugary food and salty food. Try to eat a rainbow of fruits and

vegetables on this day and every day. Make dessert a piece of chilled, fresh fruit, sliced up in a bowl.

#### Make Doctor's Appointments

Take a moment to make any needed doctor and dentist appointments. Yearly check-ups can help children stay healthy and it is a good time to make sure children have all the proper immunizations.

#### Post a List of Emergency Numbers

Make a list of phone numbers such as the Poison Control Line, the local police and fire department, your doctor, dentist, the hospital, local emergency room and any other important numbers for your family. Then post this list where it will be easy to find in case of an emergency.

### HISTORY

In 1928 President Calvin Coolidge was the first president to issue a Child Health Day Proclamation while the resolution was still pending in Congress. Each year since, under a joint Resolution of Congress, the President of the United States has proclaimed Child Health Day. This day was originally observed on May 1st until 1960 when the date was changed to the first Monday in October of each calendar year.

## Healthy Halloween Recipes

### Jack-O-Lantern Fruit Salad

Using a serrated knife, cut off the top of an orange or grapefruit and scoop out the inside, reserving chunks to combine with other seasonal fruit to re-fill the shell. With a small pairing knife, carve out a jack-o-lantern face. Replace the top. — *sayyes.com*



### Silly Apple Bites

Quarter apples and slice a wedge out of the middle of each quarter to create a “mouth.” Fill the gap with peanut butter, place sunflower seeds on top of the mouth for “teeth.” Place a strawberry slice inside the mouth for a “tongue.” Place raisins above the mouth for “eyes” using raisins and peanut butter. — *forkandbeans.com*



### Creepy Spider Sandwiches

Lay out two slices of bread on a flat surface. Have children use the rim of a drinking glass or a circular cookie cutter. Place the glass rim side down in the center of the bread and press down to make a circle. Tear the surrounding bread off and repeat with the second piece of bread. Remove the excess bread and save it for another recipe. Have children spread peanut butter on both circles and place four pretzel sticks on both sides of one circle, creating a total of 8 spider legs. Close the sandwich with the other circle, peanut butter to peanut butter. Use a toothpick to gently create a small indentation in the bread and place raisins in the dents for the spider’s eyes. — *education.com*



### Zombie Fingers Snack

Cut string cheese sticks in half to make the base of the amputated finger. Help children carve out a small nail bed on one end of the cheese. The nail bed should be the same size as on an adult fingernail. To make it appear more realistic, round the edges of the finger by gently whittling any straight edges. Create a knuckle by cutting three lines midway up the “finger.” Place a tiny dot of cream cheese on the bed of the nail. Cut a red bell pepper into tiny, rounded squares and fit them into the nail beds for a colorful fingernail. — *education.com*



## ACTIVITY CORNER

### HALLOWEEN ACTIVITIES

#### MONSTER FREEZE DANCE

Put on “Monster Mash” and have kids show off their silliest monster dance moves—but they must freeze in place when the tune turns off!

#### HALLOWEEN RELAY RACES

Get creative with this one—there are lots of silly ways for kids to get from the starting line to the finish. Try having them stagger like zombies, fly on broomsticks like witches or hop like toads.

#### WIGGLE WORM

This goofy race requires kids to work together (and stick together) as a team. Teams line up and form a “worm.” The person at the front of the line reaches his left hand between his legs, the player behind him grabs it with her right hand and this continues to the end of the line. Say “Go” or “Boo” and the first team over the goal line wins—but only if their worm is still intact!

— *VeryWell.com*

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**Food**    **Q** What’s a vampire’s favorite fruit?  
**Funny**   **A** A necktarine!