



## The Scariest Part of Halloween May be the Sugar

CHILDREN will likely over-indulge on sugar this Halloween and possibly for a few days more, but help them exercise restraint and don't gather so much candy that it will take weeks to gobble it down. In the long run, a few days of extra sugar won't make a difference in their over-all health, unless they suffer from a health condition. The scary part of extra sugar is consuming it every day, all year round. According to the Union of Concerned Scientist, the average American child between the ages of 2 and 19 consumes 124 grams, or 29 teaspoons of sugar every day!

The American Heart Association recommends limits of, 12–25 grams per day, or 3–6 teaspoons, depending on the child's age.

This Halloween, focus on the costume, decorating, gathering with friends or family and trick or treating. Spend time before trick or treating having a nutritious, sit-down meal, getting ready to go out and taking pictures. Serve healthy dishes with fun names like "Broccoli Boo Salad" and "Bloody Brains" which is just spaghetti with

*(continued on page 2)*



## DID YOU KNOW...

- Sweetened beverages (liquid sugars) are the single largest source of added sugar in the American diet.
- On average, each American consumes approximately 66 pounds of added sugar per year.
- A lesser known holiday than Halloween is also celebrated in October...National Pizza Month!
- There are an estimated 63,000 pizzerias in the U.S. and 94% of Americans eat pizza at least once a month.
- Child Health Day is observed on the first Monday in October. On Child Health Day, we are reminded that each child deserves to be the healthiest he or she can be.
- Oct 7–13 is Fire Protection Week. This year's theme is "Look. Listen. Learn. Be aware. Fire can happen anywhere."

*Sugarscience.ucsf.edu, pizza.com, nationaldaycalendar.com, nfpa.org*

### Quotable Quotes

*"Feeding a child is a profound act. The foods we invite into our children's bodies determine how their organs will develop and function the rest of their lives."*

– Dr. Alan Greene

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— Continued from front page

a red meat sauce. Put on spooky music and do a safety check: Is everyone in safe, comfortable shoes; do costumes allow for everyone to see and be seen; do you have a flashlight? Plan ahead for a route through the neighborhood that will take some time but not hit up every door possible. Taking children to fewer houses to trick or treat translates into less candy in their bags.

If you're the one in charge of handing out the treats opt to give children a small toy, cool sticker or other non-sugary treat and if you do give candy, make it just one piece, not a fistful.

### Avoid everyday sugar by watching out for:

**Liquid Sugar:** This includes all drinks with added sugar and that is a lot of products... everything from sports drinks, fruit drinks, tea, energy drinks, coffee drinks and of course, soda. Just one regular, 12 ounce soda has about 10 teaspoons of added sugar. Research suggests that our bodies process liquid sugar rapidly and this can deliver more sugar to vital organs than they can handle. Over time this overload can lead to serious diseases such as diabetes, heart disease and liver disease. Sugar found in fruit and other foods with fiber and other nutrients is processed more slowly, releasing sugar into the blood stream gradually and giving the body a sustained source of energy. Studies also suggest that when we drink high calorie beverages we don't feel as full as we would if we had eaten the same amount of calories in food.

**Hidden Sugar:** We tend to think of sugar as being in sweets like candy, cookies and cake and assume if we just avoid the sweet treats we aren't getting too much added sugar, but think again, it is actually everywhere. Sugar is added to 74% of packaged, processed foods. That includes savory foods such as spaghetti sauce, salad dressings, ketchup, peanut butter and bread. It is also found in foods that are advertised as "health foods" such as yogurt, granola bars, energy bars and juice drinks.



**Added Sugar:** Some sugars are found naturally in products, such as milk, vegetables and fruit (lactose, glucose and fructose). Added sugars are those sugars and syrups added to processed products. Adding sugar to processed foods does many things. It adds flavor, texture and color, preserves foods, fuels fermentation and balances acidity, to name a few. If you find it difficult to find added sugar in the foods you eat by checking the ingredient list for the 61 different names for sugar you will be happy to know manufacturers are now required to list total grams of added sugar on the Nutrition Facts panel of all packaged foods. Get into the habit of looking for added sugar as you make your way down the grocery aisle. This new labeling requirement makes avoiding high sugar foods much easier.

Make Halloween a fun, healthy holiday by taking the focus **off** the candy and have a fun, healthy year by keeping the focus **on** everyday sugar and strategies to avoid it!

— Catherine Stafford  
Child Health and Nutrition Manager

## KIDS' HEALTH & SAFETY

# Fire Safety

Each year, children set more than 100,000 fires, according to the United States Fire Administration (USFA). Children make up nearly a quarter of all fire-related deaths. About 40 percent of fires that kill children under 5 years old are set by children playing with fire.

Fire Prevention Week is a great time to review some basic fire safety facts with students across the grades, to check out some terrific fire safety web sites and to engage students in fire safety activities that get them talking and learning about the dangers of fire. But, remember, fire safety is a year-round discussion!

### FIRE SAFETY FACTS

**Fire is fast!** In less than 30 seconds a small flame can get completely out of control and turn into a major fire. It takes only minutes for thick black smoke to fill a house.

**Fire is hot!** A fire's heat alone can kill. Room temperatures in a fire can be 100 degrees at floor level and rise to 600 degrees at eye level. Inhaling this super-hot air will scorch your lungs.

**Fire is dark!** Fire starts bright, but quickly produces smoke and complete darkness. If you wake up to a fire, you may be blinded, disoriented and unable to find your way around the home you've lived in for years.

**Fire is deadly!** Smoke and toxic gases kill more people than flames do. Fire uses up the oxygen you need and produces smoke and poisonous gases that kill.

### FIRE SAFETY TIPS FROM USFA

In the event of a fire, remember that:

- Time is the biggest enemy and every second counts! Escape first!
- Develop a home fire escape plan and practice it frequently.
- In your fire escape plan, designate a meeting place outside.



- Make sure everyone in your family knows two ways to escape from every room.
- Practice feeling your way out with your eyes closed.
- Never stand up in a fire, always crawl low under the smoke and try to keep your mouth covered.
- Never return to a burning building for any reason; it may cost you your life.
- Finally, having a working smoke detector dramatically increases your chances of surviving a fire.

Get more tip sheets from the National Fire Protection Association. See [SmokeyBear.com](http://SmokeyBear.com) for activities, including a forest fire prevention quiz, a campfire word unscramble, fun games and activities. Even create your own personalized story on Fire Prevention by answering several questions and then read it online in full color!

— Adapted from *Education World*



## Roasted Veggie Pita Pizza

Olive oil .....	1/3 cup	Mushrooms, quartered .....	8
Thyme, oregano, garlic powder and basil, crushed .....	1 tsp each	Whole wheat pitas .....	4 small
OR pesto sauce, jarred .....	2 Tbsp	Tomato, sliced thin .....	1
Yellow bell pepper, cut in rounds .....	1	Mozzarella cheese, shredded .....	8 ounces
Zucchini, sliced in 1/2 inch slices .....	1		

1. Preheat oven to 425°F. Mix the olive oil with mixture of dried herbs or pesto sauce. Toss all the vegetables, except the tomato, with half of the oil mixture and place in a single layer on a baking sheet. Bake for about 15 minutes or until the veggies have given up much of their moisture.
2. Spread the pita rounds with the remaining oil mixture and place on baking sheets. Top with the roasted vegetables, sliced tomatoes and cheese. Continue baking for 8–10 minutes.

Yield: 4 servings

Meets requirement for vegetable, meat/meat alternate and whole grain-rich.

## Waldorf Salad

Apple, cored & chopped .....	2	<b>DRESSING:</b>	
Lemon Juice .....	2 Tbsp	Plain Yogurt .....	1/2 cup
Red Seedless Grapes, halved .....	1 cup	Mayonnaise .....	2 Tbsp
Celery, thinly sliced .....	1 cup	Honey .....	1 Tbsp
Walnuts, toasted, chopped .....	1 cup	Nutmeg .....	pinch

1. Toss apples and lemon juice in a large bowl. Gently combine celery, walnuts and grapes with apple mixture.
2. For dressing: blend yogurt, mayonnaise, honey and nutmeg in small bowl. Toss the dressing with the salad mixture until salad is coated. Chill before serving.

Yield: 8 servings

Meets requirement for fruit

— *Sun-World.com*

## ACTIVITY CORNER

### FrankenGuac




Use this picture or your own imagination as a guide for creating your very own FrankenGuac for children to nibble on before Trick or Treating. The kids will enjoy thinking creatively with veggies and gobble them up with the tasty dip.

— Photo credit: *Parent Magazine*

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**CocoKids™**  
Childhood Champions  
Child Health & Nutrition Program  
www.CoCoKids.org  
nutrition@cocokids.org  
(925) 676-6117 • (Fax) 676-5829  
Program Director ..... Paula James  
Co-Editor ..... Donna Green, RD  
Supervisor, Co-Editor..... Catherine Stafford

**Food Funny** Q. What do witches put on their bagels?  
A. Scream cheese!