



## Solving the Milk Mystery

THERE ARE A STAGGERING NUMBER of choices to make when it comes to buying milk. For each type there are many variations and numerous health benefit claims including low fat, fortified, organic and a variety of flavors. Most people choose plain cow's milk but for those who don't drink milk for either medical or personal reasons, many substitutes are available. In making this choice, it is important to understand the nutritional differences so that the healthiest beverage can be selected. Cow's milk comes from an animal, while milk substitutes, not technically milk at all, are derived from plant sources. Cow's milk is available in whole (4%), reduced fat (2%), low-fat (1%) and skim or non-fat milk, as well as lactose-free and buttermilk. Cow's milk, as with all animal based foods, is a complete protein, with all amino acids (the building blocks of protein) present. Milk is a rich source of nutrients with 1 cup supplying 30% of an adult's daily need for calcium and about 50% of their need for vitamin B12 and riboflavin. In addition, it is fortified with vitamin A and vitamin D. Cow's milk is known to contribute to optimum bone growth and health.



**Goat's milk** is a nutritious alternative to cow's milk. Although more costly, goat's milk has a nutritional profile similar to cow's milk. To ensure safety, always look for pasteurized goat's milk.

**Soy milk** is a beverage made from ground, strained soy beans and is a popular milk substitute for vegans and people allergic to milk. Soy milk has about the same amount of protein as cow's milk and, like cow's milk, is a complete protein. Unfortified soy milk contains some B vitamins, but is not a good source of vitamin B12, which is a

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## DID YOU KNOW...

- **October is Fire Prevention Month.** The theme for 2019 is *Not Every Hero Wears a Cape. Plan and Practice Your Escape.*
- Cooking equipment is the leading cause of home fire injuries, followed by heating equipment.
- According to the National Fire Protection Agency only one-third of Americans have both developed and practiced a home fire escape plan.
- **October is National Pizza Month.** 94% of Americans eat pizza at least once a month. That adds up to about 45 slices per person per year.
- Milk does not increase the production of phlegm and can be a healthy beverage even when you have a cold.
- **October is National Bullying Prevention Month.** It encourages schools, communities and organizations to work together to stop bullying and cyberbullying and put an end to hatred and racism.

*NFPA.org, Pizza.com, mayoclinic.org, Stopbullying.gov*

### Quotable Quotes

“The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.”

– Ann Wigmore

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## Solving the Milk Mystery

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nutrient of concern in a vegetarian diet. In response to an increased demand for a substitute for cow's milk, soy milk manufacturers have developed fortified soy milk products which closely match the nutrients found in milk. The fortified versions have added calcium, vitamin E, B12, and D along with other nutrients and some are acceptable as a fluid milk substitution on the Child and Adult Care Food Program (CACFP). Keep in mind, calcium from most plant sources is not absorbed as well as calcium naturally occurring in cow's milk. Additionally, soy beans are high in both oxalates and phytates, compounds that inhibit the absorption of calcium.

**Almond milk** made from ground, strained almonds is not a nutritionally comparable substitute for cow's milk. Although often fortified with calcium, vitamin D, A and E it lacks some B vitamins and has a low protein and carbohydrate content.

**Rice milk** is made from ground, strained rice. It is high in carbohydrates and contains only 1 gram of low quality protein in a one-cup serving. The fortified version has added calcium, vitamin A, B12, D and other nutrients. This fortified choice is better than the unfortified, but still lacks many readily absorbable nutrients found in cow's milk.

**Coconut milk** is made from coconut meat and water. Coconut milk is very high in fat and calories, while very low in protein and calcium and is most often used in cooking. Some drinkable coconut milks are lower in calories and fat and are fortified with calcium, vitamin D, vitamin A and vitamin B12, but remain very low in protein.

**Pea milk** is a newer addition to the growing selection of "milk" products on the market. It contains protein in amounts comparable to soy and cow's milk and although fortified with similar nutrients, the levels of fortification do not rise to the levels found in cow's milk. Therefore pea milk cannot be used as a milk substitution on the CACFP without a medical statement at this time.

**Other milks** have come on to the market in recent years including hemp and flax milk; however, these "milks" are extremely low in protein and are not fortified with nutrients to the levels found in cow's milk.

### CHILD CARE FOOD PROGRAM MILK POLICY

For children participating on the CACFP, parents may request a fluid milk substitution. The request must be in writing and does not need a physician's recommendation as long as the chosen beverage is nutritionally equivalent to milk with a sufficient amount of protein and meets the nutritional standards for fortification of calcium, vitamin A, vitamin D and other nutrients to the levels found in cow's milk. A request for any other milk substitution not nutritionally equivalent to cow's milk must have a signed medical statement from a licensed physician, physician assistant or a nurse practitioner, which identifies the child's physical or mental impairment and the foods to be omitted with a list of appropriate substitutions. Child care providers must keep a copy of this signed and dated statement on file for their records and send the original to the sponsoring organization.

On the CACFP all cow's milk including lactose-free milk and goat's milk must be low-fat (1%) or non-fat, (skim) when served to children 2 years and older. One year old children must be served whole milk until they turn 2 to support proper brain development.

Finding non-dairy beverages that compare nutritionally to cow's milk can be difficult. Before giving up the idea of drinking cow's milk due to lactose intolerance, try a lactose free milk product or Lactaid tablets. Many people can build up their tolerance to lactose by consuming small servings of milk with other foods. However, for individuals who are allergic to cow's milk or follow other dietary restrictions, it is even more critical to be an avid label reader to ensure healthy choices. For all "milk" products, look for the plain versions, as the flavored ones are generally higher in added sugar. Keep in mind all "milk" can be part of a healthy diet when complemented with other foods to meet daily nutrient requirements.

— Catherine Stafford  
Child Health and Nutrition Manager

## KIDS' HEALTH &amp; SAFETY

## Fire Safety: Prepare, Practice, Prevent

**FIRE PREVENTION WEEK** is October 6–12, 2019. This year's campaign, "Not Every Hero Wears a Cape. Plan and Practice Your Escape!" works to educate everyone about the small but important actions they can take to keep themselves and those around them safe.

In a typical home fire, you may have as little as one to two minutes to escape safely from the time the smoke alarm sounds. Escape planning and practice can help you make the most of the time you have, giving everyone enough time to get out.

The campaign also focuses on what a home escape plan entails and the value of practicing it. These messages are more important than ever, particularly because today's homes burn faster than ever. Synthetic fibers used in modern home furnishings, along with the fact that newer homes tend to be built with more open spaces and unprotected lightweight construction, are contributing factors to the increased burn rate.

### SAFETY TIPS

- Install working smoke alarms on every level of the home including the basement, outside every bedroom and other sleeping areas. Test smoke alarms at least once a month by pressing the button to be sure the alarm is working.
- Draw a map of your home showing all doors and windows and include an outside meeting place (like a tree, light pole or mailbox) that's a safe distance from the home. Discuss the plan with everyone in your home. Home escape plans should be practiced twice a year by all members of the household.
- Know at least two ways out of every room, if possible, with a clear path to outside. Make sure all doors and windows leading outside can open easily with no special skills or knowledge. Child safety locks, gates and knobs will prevent a child from getting out in a fire.
- Practice your home fire drill both at night and during the day with everyone in your home.
- Practice different ways out.
- Teach children how to escape on their own in case you can't help them.



- Close doors behind you as you leave to help slow the spread of smoke, heat and fire.

Do not let children play with matches, lighters or candles. Keep these items up and away. In addition, teach children these basic fire safety tips to help ensure they know what to do during a fire emergency.

- Teach children that if a doorknob is hot, you should NOT open the door.
- Teach children how to "Stop, Drop and Roll."
- Teach children to crawl on their hands and knees if they see smoke.
- Take children to the fire house to meet a fire-fighter. This way, they learn what a firefighter looks like in their fire gear.
- Teach children to never hide under the bed or in the closet.

In a fire, mere seconds can mean the difference between a safe escape and a tragedy. Fire safety education is important for everyone. Every October, during Fire Prevention Week, review your fire plan and be sure everyone in your home understands how to stay safe in case of a fire.

— Adapted from *nfpa.org*



# Haunting Halloween Recipes

## Veggie Skeleton

The kids will have so much fun eating these “bones” that they’ll totally forget they are eating raw vegetables.



## Hand ‘Wich

This Halloween lunch idea really brings new meaning to the term “finger food.” These playful hands can be made with any sandwich, but PB&J is perfect because it stays put. Just trim crusts off of your sandwich, then slice into 5 thin “fingers.” Roasted pumpkin seeds or almonds make the perfect “fingernails.” Simply attach them with a dab of peanut butter.



## Spider Web Pizza

Serve up a piping hot slice of spookiness with these super-simple pizzas made with pre-baked crust, pizza sauce, strategically placed string cheese and a black olive spider.



## Bloodshot Deviled Egg Eyeballs

Hard boil eggs, peel, halve and separate. Mix the yolk with a little bit of mustard, lemon juice, salt, pepper and mayonnaise; mash until smooth, Place egg yolk mixture into a small zip-top plastic bag, seal bag and snip a small hole from one corner of the bag to pipe filling into egg whites. Place an olive slice in the center of each egg. Use ketchup to paint lines onto the surface of the egg white. Chill until ready to serve.



## ACTIVITY CORNER

### Healthy Bones Skeleton

Teach kids about how important calcium is for healthy bones with this creative version of hang man!



Print enough images of a skeleton for each child, have children cut out the bones.

Talk to children about calcium-rich foods: milk, cheese, yogurt, tofu, sardines, dark leafy greens such as spinach, kale and collard greens, dried figs and almonds. Also talk about foods that are low in calcium such as chicken, bananas, hamburgers, tomatoes, peanut butter and crackers to help children gain an understanding of foods that help build strong bones.

Then ask children which food item has more calcium, “...yogurt or a banana?” When they get it right they get a bone.

Play until each child builds a whole skeleton.

This Nutrition Edition is brought to you by:



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**Food Q.** What do you call a cow that doesn't give milk?  
**Funny A.** A milk dud!