



Nutrition Edition

Your Guide to Child Health and Nutrition



Nutrition Edition
Issue 73

www.CCFPRoundtable.org

Know Your Yogurt

BEGINNING October 1, 2017, no yogurt served on the Child Care Food Program can contain more than 23 grams of sugar per 6 ounce serving. Soy yogurt will be reimbursable for children 1 year and over. Dairy yogurt will be a reimbursable protein for infants.

HOW TO READ A YOGURT LABEL

Buying yogurt seems like a relatively straightforward activity. Choosing a healthful one, however, is not quite so simple, considering the many options available at your supermarket. From fruit-on-the-bottom and blended to squeezable, whipped and drinkable—and in dozens of flavors, most are laden with sugar and other ingredients you might not expect to find.

A report from the nonprofit watchdog group Cornucopia noted that manufacturers often mislead consumers into thinking that all yogurts are created equal, though many are essentially junk food masquerading as health food. That's why checking the Nutrition Facts label is a must.

DECIPHERING THE LABELS

Is the yogurt loaded with sugar?

Yogurt naturally contains the milk sugar, lactose. However, a lot of sugar,



often high-fructose corn syrup, is typically added to flavored yogurt. Plain yogurt has no added sugar. If the yogurt is labeled “fruit on the bottom” or “fruit flavored,” or has elaborate-sounding flavors like Boston Cream Pie, Berry Blue Blast, Caramel Macchiato or contains toppings like cookie bits, it's pretty much guaranteed to contain an excessive amount of sugar and more calories. Sugars such as evaporated cane syrup, fruit juice concentrate, “naturally milled” cane sugar and honey may sound healthier but there is no such thing as a healthy sugar.

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DID YOU KNOW...

- Yogurt has been found to reduce the risk of heart disease and osteoporosis, as well as aid in weight management.
- Some types of yogurt contain live bacteria, or probiotics, as a result of fermentation. These may benefit digestive health as well as strengthen the immune system.
- The American Heart Association recommends that no more than 5% of calorie intake (6 tsp of sugar) come from added sugar. Most Americans consume between 22 and 30 teaspoons of added sugar per day.
- On average, children 9–13 years old eat 17 to 22 teaspoons of added sugar every day.
- Children ages 1 to 13 years old eat up to twice the amount of refined grains than they should, but not enough whole grains.

Authority Nutrition, AHA.org, AAP.org, USDA

Quotable Quotes

“I went to a restaurant that serves ‘breakfast at any time’ so I ordered French toast during the Renaissance.”

– Steven Wright

INSIDE:

- Better Breakfasts
- Please Mr. Crocodile

- Recipes
- Food Funny

Know Your Yogurt

— Continued from front page

New FDA nutrition labels will require companies to list the amount of *added* sugars separate from total sugars, which should help consumers choose healthy yogurt.

Does it have real fruit—or is it just “fruit-flavored”? The term “strawberry flavored” or “peach flavored,” for instance, is a good hint that the yogurt contains little, if any, actual fruit. Even if the container depicts plump strawberries, blueberries or peaches, the flavor may come entirely from flavorings—plus **sugar!** Similarly, “fruit on the bottom” yogurts usually have very little fruit. Any real fruit added is not enough to be creditable on the CACFP.

Does it have a long list of additives? Many ingredients are used for consistency, texture and stability—including gums, modified corn starch, pectin, milk protein concentrate, gelatin and carrageenan.

Low-fat and nonfat yogurts have less or no fat, but they aren’t necessarily lower in sugar. In fact, some have as many calories as full-fat yogurts due to added sugars.

If a flavored yogurt has far fewer calories than its shelf-mates, chances are it contains some sort of sugar substitute such as aspartame, sucralose or stevia. The evidence overall suggests that these sweeteners are safe, but if you prefer your yogurt in its more natural state, you’ll want to avoid them.

IS GREEK YOGURT HEALTHIER OR JUST THICKER?

Traditional Greek yogurt is strained of its whey, the calcium-rich liquid left behind after the milk curdles, resulting in a thicker consistency. Because it has lost more whey, it has less calcium and milk sugar, but it is higher in protein. Don’t assume that Greek yogurt is a better choice, many Greek yogurts are just as sugary as the other yogurts.

WHAT ABOUT WHIPPED YOGURT?

“Whipped” yogurts incorporate air for a lighter consistency. You get fewer calories simply because there’s less actual yogurt (4 ounces by weight, for example, compared to 6 ounces in a single-serving container). You also get less calcium, protein and other beneficial nutrients—all for the same or an even higher price. Check serving amounts carefully when giving whipped yogurt or yogurt packaged in small containers such as tubes.

NON-DAIRY YOGURT

These yogurts are made from soy, almonds, coconut or grains, however, only soy yogurt is reimbursable on the food program. **Soy yogurt is reimbursable for children 1 year and over as long as it meets the limit for added sugar, 23 grams or less per 6 ounces.**

NON-CREDITABLE YOGURT

Frozen yogurt, drinkable yogurt, kefir, homemade yogurt, yogurt with more than 23 grams of sugar per 6 ounces, yogurt coated products and non-dairy yogurt, other than soy, are not reimbursable on the Food Program.

BOTTOM LINE

Rich in calcium, protein and other beneficial nutrients, yogurt can be part of a healthful diet. Choose the least processed yogurts with the shortest list of ingredients. Choose plain yogurt and add your own fruit or a touch of honey, maple syrup or other sweetener if you prefer it on the sweeter side. Yogurts that are more highly processed and are accompanied by a long list of added ingredients, notably sugars and artificial colors, may be more like dessert than a healthy food.

— Adapted from *Cornucopia Institute*

How to calculate creditable yogurt:

Option 1

1. Divide the grams of sugar by the serving size (in ounces).
2. This will be the grams of sugar per ounce.
Less than 3.83 grams/ounce – Creditable
Greater than 3.83 grams/ounce – Not Creditable

Option 2

Use the table below to determine sugar limits.

Yogurt Sugar Limits	
Serving Size	Sugar limit
4 ounces	15 grams or less
5.3 ounces	20 grams or less
6 ounces	23 grams or less
8 ounces	30 grams or less

KIDS' HEALTH & SAFETY

Better Breakfasts

UPDATES FOR THE CHILD AND ADULT CARE FOOD PROGRAM

You often hear that breakfast is the most important meal of the day, and it's about to become even better! **Starting October 1st, 2017 the CACFP will allow a meat/meat alternate to be served in place of the grains/ bread serving at breakfast up to three times per week.** This is good news for kids and good news for the adults that plan their menus. More variety means more chances for children to eat a healthy breakfast and find more favorites to enjoy in the morning.



WHY IS BREAKFAST SO IMPORTANT?

- Children learn better when they are fueled with a healthy breakfast.
- Children who eat breakfast have fewer morning tummy aches and headaches.



- Nutrients lost by not eating breakfast may not be made up later in the day.

TIPS TO MANAGE YOUR MORNING ROUTINE:

- Plan the breakfast menu ahead of time.
- Make breakfast preparations the night before: Peel or slice fruit, hard-boil and peel eggs, pour cereal into bowls and cover with wrap, set the table.
- Stock the fridge and pantry with quick-fix breakfast foods that are whole-grain, low in sugar and low-fat.
- Go to bed earlier and get up earlier. Just an extra 10–15 minutes can make a big difference.

SAMPLE MENUS:

Monday	Tuesday	Wednesday	Thursday	Friday
Oranges	Grapes	Raisins	Strawberries	Bananas
Scrambled eggs	Whole wheat bagels	Oatmeal	Yogurt	Cheerios
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk

Delicious Overnight Oats

BEGIN with equal amounts of raw oats, milk and your choice of dairy or soy yogurt. For best results, let the oats soak in the fridge for a full 8 hours so they can absorb all the liquid. Achieve maximum texture with old fashioned rolled oats or for a smoother consistency use quick oats. Frozen fruit toppings work especially well, as they thaw the delicious juices are absorbed into the oats! Also try layering in fresh or dried fruits, granola and nuts. To make this a grab and go meal try making it in a Mason jar with a lid.

Breakfast ideas using plain yogurt

- **Stir a spoonful of PB & J into yogurt**
- **Touch of maple syrup over yogurt and topped with granola**
- **Tropical fruit surprise, mango, pineapple and coconut in yogurt**
- **Dried fruit yogurt bowl with dates, raisins and nuts**
- **Breakfast banana split topped with yogurt, fresh cherries and nuts**
- **Peaches 'n cream, sliced peaches and yogurt added to cooked oatmeal**
- **Waffle sandwich with berries and yogurt**

— Adapted from Quaker Oats

Chicken Pizza

Chicken breast, boneless, skinless, thin sliced	8 ounces	Red pepper flakes	½ tsp
Olive oil (divided)	3 Tbsp	Thyme leaves, chopped	½ tsp
Salt and pepper	to taste	Garlic, thinly sliced	2 cloves
Garlic powder	1 tsp	Grape or cherry tomatoes, halved	3 cups
Onion powder	1 tsp	Basil leaves, fresh, torn	¼ cup
Fennel seed	1 tsp	Mozzarella cheese, shredded	12 ounces

Veggie toppings: sautéed or grilled broccoli, mushrooms, zucchini, bell peppers, etc

1. Place chicken between pieces of plastic wrap and pound until between ¼ and ½ inch thick. Drizzle chicken with a tablespoon of oil in a shallow dish and season with salt, pepper, garlic and onion powders, fennel seed, red pepper and thyme.
2. Heat a large skillet with a lid over medium-high heat with a tablespoon of olive oil. Add sliced garlic and stir, cook one minute. Add tomatoes and season with salt. Cover pan, lower heat and cook to soften tomatoes for 8–10 minutes, shaking pan occasionally. Add basil to sauce and stir to wilt.
3. In a large skillet sauté the flattened pieces of chicken in a tablespoon of olive oil in batches for a few minutes on each side then transfer to baking sheets. Do not over crowd. Top chicken with tomatoes and any other cooked veggies you wish. Sprinkle on mozzarella cheese, as if it were a small pizza. Broil to melt cheese. Cut in wedges.

Yield: 10 servings. Meets requirement for vegetable and meat/meat alternate

— Adapted from: Rachaelrayshow.com

ACTIVITY CORNER

Please Mr. Crocodile



ONE PLAYER IS CHOSEN AS

MR. CROCODILE. All other players stand side by side at one end of the yard or room, facing Mr. Crocodile. Mr. Crocodile stands in the middle of the yard or room. The players chant “Please Mr. Crocodile, may we cross your river? If not, why not. What’s your favorite color?”

Mr. Crocodile calls out a color and any of the players wearing that color are safe to pass by Mr. Crocodile.

Once the “safe” players are across to the other side of the space, the players not wearing the selected color must try to run to the other side without being tagged by Mr. Crocodile.

The next player that is tagged becomes Mr. Crocodile and the game starts again.

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This Nutrition Edition is brought to you by:



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Food Why do seagulls fly over the sea?
Funny Because if they flew over the bay they would be bagels!