



Nutrition Edition

Your Guide to Child Health and Nutrition



Nutrition Edition
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CCFPRoundtable.org



Farmer Fran's Fun Facts



Beets

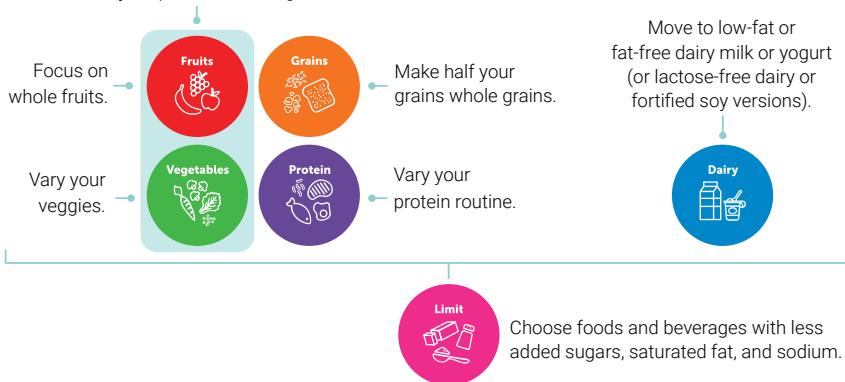
- The wild beet is believed to have originated in the Mediterranean. It has been cultivated since the third century.
- Beets have the highest sugar content of any vegetable. Sugar beets, or "white beets" contain sucrose and have twice the amount of sugar as other beets. They also provide about one-third of the world's supply of table sugar.
- The color of beet roots ranges from dark purple to bright red, yellow and white. Beet juice is widely used as a "natural" dye to give pink or red coloration to processed foods.
- Both the root and the leaves are edible. Choose fresh beets with healthy green tops still attached. Remove the tops from beets and store each in separate plastic bags; cook greens within a few days, beets last a couple of weeks in the refrigerator.
- Steam beets and slip off the skins, sprinkle lightly with seasonings and enjoy. Roast sliced beets with skins on in the oven at 375°F for about 40 minutes. Add fresh, roasted or canned beets to salads. Sauté beet greens with olive oil and garlic for a healthy side dish.
- Beets are a good source of folate and manganese. Cooked beet greens are an excellent source of vitamin K, vitamin A, and vitamin C.



Small Changes Matter. Start Simple With MyPlate Today.

Healthy eating is important at every stage of life.

Make half your plate fruits & vegetables.



The benefits add up over time, bite by bite.

INSIDE:

- Spell Your Name Workout
- Physical Activity Around the World

- Recipes
- Food Funny

Small Changes Matter. Start Simple With My Plate Today.

—Continued from front page

EVERY FIVE YEARS, the U.S. Department of Agriculture (USDA) and U.S. Department of Health & Human Services (HHS) develop the Dietary Guidelines for Americans which recommend what and how much to eat and drink. The Guidelines for 2020–2025 were just released in December.

Choose from these simple tips to help you...

FOCUS ON WHOLE FRUITS

- Start your day with fruit at breakfast. Top cereal with your favorite seasonal fruit, add bananas or chopped apples to pancakes or mix a spoonful or two of raisins into hot oatmeal.
- Keep ready-to-eat fruits in the refrigerator for a quick snack.
- For dinner, chop up a combination of seasonal, frozen or canned fruits to make a quick fruit salsa to top fish or chicken. Add fruit such as orange sections, apple wedges or grapes to a salad.

VARY YOUR VEGGIES

- Add shredded carrots to the lettuce and tomato in your sandwich, make soup from the veggies in your vegetable drawer and snack on raw vegetables.
- Try a stir-fry with fresh or frozen vegetables for a quick meal or easy side dish.
- Pick out a vegetable that the family has not tried and get a new recipe from a cookbook, website, supermarket or friend.

MAKE HALF YOUR GRAINS WHOLE GRAINS

- For breakfast, enjoy a whole-grain-based hot or cold cereal. Consider trying whole-grain puffs or flakes that are new to you—you might discover a new favorite!
- Instead of sandwich bread, try a whole-grain pita, tortillas, naan or other whole-grain flatbread or rolls.
- Create your own trail mix with whole-grain cereal or enjoy whole-grain crackers with turkey, hummus or avocado for a healthy whole-grain snack.

VARY YOUR PROTEIN ROUTINE

- Broil lean beef cuts like sirloin, top round or flank steak. Roast lean types of pork tenderloin or loin chops and slice into strips for dinner, salads and sandwiches.

- Have fish or seafood twice a week. Make a lunchtime sandwich or salad with canned tuna, grill fresh or frozen tilapia or salmon for dinner or enjoy fish tacos.
- Meatless meals are tasty and budget friendly. Try bean-based vegetarian chili or lentil soup, grilled or braised tofu with vegetables or adding nuts to salads.

MOVE TO LOW-FAT OR FAT-FREE DAIRY MILK OR YOGURT (OR LACTOSE-FREE DAIRY OR FORTIFIED SOY VERSIONS)

- Add low-fat or fat-free dairy to oatmeal or pureed vegetable soups instead of water and to smoothies or scrambled eggs.
- The nutrients in dairy are important at every stage of life. Include foods like low-fat or fat-free dairy milk or yogurt. Need an alternative? Try lactose-free dairy milk or yogurt that's low-fat or fat-free or fortified soy versions.
- Looking for a beverage? Grab a glass of low-fat or fat-free milk or fortified soy milk (soy beverage). Choose the unsweetened option.

Look at your current eating routine. Pick one or two ways that you can switch to choices today that are rich in nutrition. A healthy eating routine can help boost your health now and in the years to come. Think about how your food choices come together over the course of your day or week to help you create a healthy eating routine. It's important to eat a variety of fruits, vegetables, grains, protein foods and dairy or fortified soy alternatives. Choose options for meals, beverages and snacks that have limited added sugars, saturated fat and sodium.

— *Dietaryguidelines.gov*

MARCH IS NATIONAL NUTRITION MONTH

This year you are encouraged to: **Personalize Your Plate** There is no one-size-fits-all approach to nutrition and health. We are all unique with different bodies, goals, backgrounds and tastes!

NATIONAL CACFP WEEK IS MARCH 14–20

The CACFP brings healthy foods to tables across the country for children in child care centers, homes and afterschool programs as well as adults in day care.

KIDS' HEALTH & SAFETY

Spell Your Name Workout

CHILDREN, like the rest of us, are at home now more than ever. Finding ways to keep children physically fit can be challenging but has never been more important. An active body helps ensure children use up excess energy in a healthy way. It also helps them eat well, concentrate on learning and sleep soundly.

For a fun fitness activity try this workout with the children and see how many names you can spell out together. For a greater challenge try including middle names, last names or favorite character names.

- A** Jump up and down 10 times
- B** Spin around in a circle 5 times
- C** Hop on one foot 5 times and then the other
- D** Run to the nearest door and run back
- E** Walk like a bear for the count of 12
- F** Do 3 cartwheels
- G** Do 10 jumping jacks
- H** Hop like a frog 8 times
- I** Balance on your right foot for the count of 10
- J** Balance on your left foot for the count of 10
- K** March like a toy soldier for the count of 10
- L** Pretend to jump rope for a count of 20
- M** Do 3 somersaults
- N** Pick up a ball without using your hands
- O** Walk backwards 20 steps and skip back
- P** Walk sideways 20 steps and hop back
- Q** Crawl like a crab for a count of 12
- R** Roll like a sausage to the right 3 rolls and back
- S** Bend down and touch your toes 20 times
- T** Pretend to pedal your bike with your hands for a count of 15
- U** Roll a ball using only your head
- V** Flap your arms like a bird 25 times
- W** Pretend to ride a horse for the count of 15
- X** Try to touch the clouds for a count of 15
- Y** Walk on your knees for a count of 10
- Z** Do 10 push ups



— Adapted from 730sagestreet.com

Roasted Balsamic Beets

Small beets, trimmed & cleaned	3 pounds
Red onions, peeled, cut into wedges	3 small
Olive oil	1–2 Tbsp
Rosemary, dried	1½ tsp
Thyme leaves, dried	1½ tsp
Salt	½ tsp
Balsamic vinegar	2 Tbsp

1. Preheat oven to 425°F. Wrap 3 beets at a time in foil. Place in shallow baking pan. Toss onions in oil, rosemary, thyme and sea salt. Place in the same baking pan next to beets. Roast 45 minutes or until beets are tender when pierced with small knife.
2. Remove beets, cool until able to handle. Peel beets and slice into quarters.
3. Add sliced beets into the pan with the onions. Drizzle balsamic vinegar over vegetables. Roast 5 minutes longer or until vinegar is the consistency of syrup. Gently toss vegetables before serving.

Yield: 6 servings

Meets requirement for vegetables

— mccormick.com

Braised Lentils with Beets

Olive oil	3 Tbsp	Thyme, dried	1 tsp
Red onion, diced	1 cup	Bay leaf	1
Carrots, diced	1 cup	Lentils	1½ cups
Celery, diced	½ cup	Vegetable or chicken stock ..	5 cups
Beets, peeled, diced	1 cup	Salt	½ tsp
Garlic, chopped	4 cloves	Balsamic vinegar	2 Tbsp

1. In a large heavy bottomed pot or Dutch oven heat olive oil over medium high heat. Add onion, carrots, celery and beets. Sauté 5 minutes until slightly softened.
2. Turn heat to medium, add garlic and herbs and sauté for 2 more minutes. Add lentils, stock and salt, bring to a boil. Once boiling, cover with a lid, turn heat to low and simmer for 25 minutes.
3. Taste for salt and add more if necessary. Continue to simmer for 10–15 minutes with the lid on for a juicier consistency and with the lid off for a thicker dish.
4. Stir in the balsamic vinegar and taste again, adjusting as needed.

Yield: 6 servings

Meets requirement for vegetable and meat/meat alternate.

— Adapted from feastingathome.com

Food Q. Why did the veggie band sound horrible live?
Funny A. They were missing the beet!

ACTIVITY CORNER

Physical Activity Around the World



CORRE, CORRE LA GUARACA FROM CHILE

Translated to run, run la guaraca (a made up word), this game is a fun twist on duck, duck, goose. Players sit in a circle while a runner runs behind them with a handkerchief. The seated kids are not allowed to watch. They sing “Corre, Corre, la Guaraca who looks back will be bopped on the head!” Secretly, the runner drops the handkerchief on a child’s back and keeps running. If she makes it around the circle before the player realizes that it’s on their back, the seated player is out. If the seated player catches on, they must tag the runner. If they succeed, the runner is out. If they fail to tag her, they play again, but this time player 2 is the runner.

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