



Nutrition Edition

Your Guide to Child Health and Nutrition



Nutrition Edition
October 2021, Issue 121

CACFPRoundtable.org

Vegetarian Diets for Children

IT IS BECOMING EVER MORE popular to embrace a vegetarian diet, whether for personal, health, cultural or environmental reasons. While you may wonder if a vegetarian diet is safe and appropriate, most medical experts agree that a diet free from meat can be very healthy indeed, as long as it is well planned and includes all the necessary food groups, vitamins and minerals.

TYPES OF VEGETARIAN DIETS

Not all vegetarian diets are the same, there are a few variations and distinctions to consider.

- Lacto-ovo vegetarian- eats no meat, fish or poultry but will eat eggs and dairy products (this is the most common form of vegetarianism)
- Lacto-vegetarian- eats no meat, fish, poultry or eggs but will eat dairy products
- Ovo-vegetarian- eats no meat, fish, poultry or dairy products but will eat eggs
- Vegan- eats no animal products whatsoever, only plant-based foods

If a child is vegetarian, do not be alarmed. Embrace it and know there are plenty of ways to ensure a healthy diet. By including a variety of nutritious foods in their everyday diet they will thrive!

A well-planned vegetarian diet has many benefits, for example a diet abundant in fruits and vegetables is naturally low in fat. It also packs a healthy punch of fiber and antioxidants which can help improve cardiovascular health, lower cholesterol and help children maintain a healthy weight. Make sure children are provided enough healthy calories

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Farmer Fran's Fun Facts



Pears

- The pear tree has glossy leaves and white flowers. There are more than 3,000 varieties of pears worldwide.
- Pear orchards need the ideal warm days and cool nights found in California, Oregon and Washington where 98% of all pears are grown in the United States.
- Pears do not ripen properly on the tree; they are picked when mature but green. Pears are harvested by hand and transported to a packing house. Once there they are graded for quality, sorted by size and packed for the fresh market or sent to a processing plant to be canned pears, fruit cocktail, juice, baby food or dried.
- Bartlett pears are ripe when they turn golden yellow. Other pears, such as Anjou or Bosc, are ripe when the area near the stem gives to gentle pressure. Choose pears that are smooth and fresh looking, without bruises. Pears ripen from the inside out. Store unripe pears at room temperature until ripe, then in the refrigerator for up to a week.
- Add sliced pears to salads for a sweet crunch. Enjoy the pear peel, where most of the fiber and antioxidants are found. Pears are a good source of vitamin C and fiber.

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Vegetarian Diets for Children

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and these essential nutrients to support their growth and development:

- Iron: eggs, beans and legumes, dried fruits, whole grains, dark green leafy vegetables and iron-fortified breads and cereals
- Vitamin B12: eggs, dairy products, fortified cereals and grain products, soy milk and nutritional yeast
- Vitamin D: milk, vitamin D fortified orange juice
- Calcium: dairy products, dark green leafy vegetables, broccoli, beans, and some calcium fortified foods such as orange juice, cereals and soy milk
- Zinc: nuts, beans, pumpkin seeds, wheat germ and fortified cereals
- Protein: dairy products, eggs, tofu and soy products, legumes, beans and nuts

Keep in mind, the less restrictive the diet, the more variety and nutrients a child will get. Be sure to offer all the food groups and always check with a doctor or nutritionist for guidance.

VEGETARIAN INFANTS

A baby's main source of nutrition is from breastmilk or formula in their first year of life. When solids are introduced, include iron-rich foods such as iron fortified cereals, especially for breastfed babies. For protein, include cottage cheese, yogurt, pureed beans or legumes and eggs.

VEGETARIAN TODDLERS

Toddlers naturally tend to be a bit choosier when it comes to eating. Now is not the time to cater to their whims as it may lead to nutritional deficiencies, especially in a vegetarian toddler. Be sure they are receiving enough calories and nutrients for their growing bodies. A strict vegan toddler may be at risk for low amounts of Vitamin D, Vitamin B12, Iron, Calcium, and Zinc so be sure to serve foods that are fortified and nutrient dense. Vitamin and mineral supplementation may also be recommended.

HEALTHY LIFESTYLE

A vegetarian diet can be a very healthy choice not only for our bodies but also for the planet. Plant based diets



use far less water, create less carbon and greenhouse gas emissions and require remarkably less land to grow our food. The key to a healthy vegetarian diet can be achieved by proper planning. Provide a variety of nutrient dense foods from all the food groups and allow the children to choose how much they would like to eat from the healthy choices served. Consider planning a meat-free menu for one day or more each week to be offered to all the children, not just the vegetarians. This is an inclusive gesture and ensures there are days when all children are eating the same meals. It also exposes them to more meat alternate choices and contributes to the overall health of their bodies and the planet. Include fruits, vegetables, nuts, seeds, whole grains, legumes and beans as well as healthy fats such as olive oil, nut and seed butters and avocados. With so much delicious food to eat they may not even miss the meat!

— Rachel O'Neal
 Child Health and Nutrition Specialist, CocoKids

KIDS' HEALTH & SAFETY

Rock-A-Bye Baby

October is Safe Sleep and SIDS Awareness Month.

Typically, infant deaths are categorized as either a Sudden Unexpected Infant Death (SUID) or Sudden Infant Death Syndrome (SIDS). Sadly, in the last five years, there have been 46 sleep-related deaths in California licensed facilities. According to the *American Academy of Pediatrics* (AAP), more than 3,500 babies in the U.S. die suddenly and unexpectedly every year while sleeping, often due to SIDS. In an effort to reduce these deaths, the Department of Social Services, Child Care Licensing Program has strengthened licensed care provider regulations around safe sleep environments.

SUID is the death of an infant younger than 1 year of age that occurs suddenly and unexpectedly. After a full investigation, these deaths may be diagnosed as suffocation, entrapment, infection, metabolic disease, cardiac arrhythmia, trauma or SIDS. **SIDS** is the sudden death of an infant younger than 1 year of age that remains unexplained after a thorough investigation.

According to the Safe to Sleep campaign, *back sleeping does not increase the risk of choking. In fact, babies may be better able to clear fluids when they are on their backs.* According to the AAP, many infant deaths occur when babies who are used to sleeping on their backs are placed to sleep on their tummies by a different caregiver. Babies who experience this “unaccustomed tummy sleeping” are 18 times more likely to die from SIDS.

While SIDS cannot be prevented or predicted, there are a number of ways that parents and child care providers can help to reduce the risk. The following is a summary of safe sleep requirements in California Child Care Facilities:

- Infants up to 12 months of age must be placed on their backs to sleep, unless there is a medical exemption from a licensed physician that allows for an alternative sleep position.
- Cribs must be free from all loose articles and objects, including blankets and pillows.
- Mattresses must be firm and include a tight-fitted sheet.
- Infants must not be forced to sleep, stay awake or stay in the sleeping area.
- Infants must not be swaddled while in care.
- An infant's head must not be covered while sleeping.
- If an infant falls asleep before being placed in a crib, for

example, in a stroller, the provider must move the infant to a crib (or play yard for FCCBs) as soon as possible.

- Car seats will only be used for transportation and must not be used for sleeping within a childcare facility.
- Pacifiers cannot have anything attached, such as a stuffed animal or a clip meant to secure it to the infant's clothing.
- Providers must check on sleeping infants every 15 minutes and document their condition to check for signs of distress, which includes but is not limited to, labored breathing, flushed skin color, increase in body temperature and restlessness. Documentation shall be maintained in the infant's file and be available to Community Care Licensing for review. Documentation shall include the following: Date, infant's name, time of each 15-minute check, initials of staff person who conducted each check.
- Each infant, up to 12 months of age, must have an Individual Infant Sleeping Plan (LIC 9227) on file, which will document the infant's sleeping habits, usual sleep environment and the infant's rolling abilities.

CHILD CARE CENTER SPECIFIC REQUIREMENTS

- Half-walls or transparent walls may be used when constant aural and visual supervision can be maintained.
- In the event a separate room is used as a designated infant sleeping area, without transparent walls or half-walls, staff must adhere to the staff-infant ratio requirements, as specified in Section 101416.5(d).

FAMILY CHILD CARE HOME SPECIFIC REQUIREMENTS

- The provider must have one crib or play yard for each infant in care.
- If an infant is sleeping in a separate room from where the provider is stationed, the door to the room the infant is sleeping in shall remain open at all times.
- The provider shall be able to visually observe the infant without moving the door.
- The provider shall be near enough to the sleeping infant to be able to hear them wake up.

Source:

cdss.ca.gov/inforesources/child-care-licensing/public-information-and-resources/safe-sleep

Farmers' Market Vegetarian Quesadillas

Vegetables, chopped:..... 3 cups, cooked* (summer squash, mushrooms, bell pepper, cauliflower, tomato, spinach, corn or beans)
Olive oil 3½ Tbsp (divided) **Tortillas, 6" whole-wheat** 6
Green onion, chopped 3 **Monterey jack or cheddar cheese, shredded** 12 oz
Salt and pepper to taste

1. Sauté vegetables in 2 Tbsp olive oil until tender and much of their water has evaporated. Add green onion and season with salt and pepper.
2. Using ½ Tbsp olive oil in skillet, spread a tortilla with 1 cup of vegetables, leaving a little space around outer rim of the tortilla.
3. Sprinkle ⅓ of the cheese over entire tortilla and top with another tortilla, pressing down firmly. Cook over medium heat on both sides until lightly browned and cheese is melted. Repeat for other quesadillas. Cut each quesadilla in half.

*All vegetables cook down to different amounts, with about 5–6 cups of raw vegetables equal to 3 cups cooked.

Yield: 6 servings

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

— Adapted from Allrecipes.com

Poached Pear Ghosts



1. Place 4 peeled Bosc pears and a cinnamon stick into a saucepan with enough apple juice to nearly cover. Simmer, covered for about 20 mins, until the pears are slightly soft. Remove fruit from the juice and place on a plate.
2. Remove the cinnamon stick and continue to simmer juice until it has thickened slightly and become syrupy.
3. Cut a thin sliver off the base of each pear to stand. Give each ghost pear two eyes with raisins and push sunflower seeds in a small circle for a ghost mouth. Drizzle with thickened juice and a drop or two of balsamic vinegar on the mouth for a scary look.

Yield: 4 servings

Meets requirement for fruit

Ghostly Cheese Sticks



Draw ghost faces on string cheese wrappers with a permanent marker.

Meets requirement for meat/meat alternate

— toddlerapproved.com

ACTIVITY CORNER

Physical Activity Around the World



MEXICAN HAT DANCE

Music and dance are a big part of Mexican traditions. Among the most well-known is the official dance of Mexico, the Mexican Hat Dance. Put on some lively Mariachi music and teach children the dance. With hands on hips, stand with feet together. Kick heels out three times, hopping and alternating feet each time, then clap twice and shout “Ole!” Repeat this until the chorus, then link elbows and skip in a circle one direction and then the opposite direction.

MEXICAN HAT DANCE RELAY

Divide the children into two teams. Place a sombrero for each team at the opposite side of the room. One player from each team skips down and does the hat dance in front of and around the hat, then skips back to the starting line to tag the next person who repeats the process.

This Nutrition Edition is brought to you by your local Food Program:



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Food Q. What did the mommy ghost say to the baby ghost when he ate too fast?
Funny A. Stop goblin your food!