



Nutrition Edition

Your Guide to Child Health and Nutrition



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Think Outside the Bread Box

SANDWICHES ARE A SIMPLE STAPLE for any quick meal or snack. They are an American tradition. Old, stand-by favorites like PB&J, grilled cheese and turkey do not need to be given the



boot. However, if you crave variety and you're looking to spice up your sandwich selections think outside the bread box.

A delicious, nutritious sandwich can start with a couple of slices of fresh bread or a whole host of bread substitutes. Think tortillas, rolls, bagels, buns, naan, pita bread, lavash, English muffins, focaccia, waffles, pancakes, croissants and biscuits. All bread product choices must be enriched or whole grain and

measured in ounce equivalents to be creditable in the CACFP. For better nutrition and more fiber, choose whole grain products. Breads can be warm, cold, toasted, sliced thick or thin and served with two slices or open-faced.

Sandwich fillings are only limited by one's imagination! Traditional sliced meats and cheeses are only the beginning. For a new twist try a variety of leftovers from the night before, such as meatloaf, sliced pork chops, baked fish, taco filling, roast chicken, meat sauce for spaghetti, meat balls and grilled or steamed vegetables. Left over baked beans, stew, chili, thick chowder, bean salad or other sloppy fillings can be scooped into pita pockets.

Other delicious, unusual fillings include cottage cheese, ricotta cheese, hummus, refried beans, sunflower seed butter and goat cheese. Look for lean protein choices and check the sodium in processed meats.*

A variety of fruits and vegetables add flavor, nutrients, color and crunch to a plain sandwich. Try dark green leafy lettuce, spinach or baby kale, cucumber or tomato slices, shredded cabbage, sprouts and avocado. Chopped apple, celery, onion and

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Cultural Cuisines

> Philippines <



Origins & Roles of Food

Dating back as far as 3200 BC, rice was introduced during the Indo-Malaysian, Chinese and Vietnamese migrations. Boiling, steaming, roasting and eventually stir-frying were the primary food preparation methods with ingredients such as water buffalo, chicken, pork and seafood.

Food Customs

Spices and flavors like adobo, fish sauce and coconut are used just about everywhere. Balut, which is a cooked egg with a half-developed duck or chick inside, is considered a delicacy and popular in the Philippines.

Staple Foods

Rice, noodles, pork, chicken, seafood, banana leaves, plantain, guava, mango, papaya, coconut, preserved vegetables and rice dishes made with coconut, pork and chicken are very common. Philippine cuisine also includes sweet desserts such as pastries, fruits, pudding and cake.

Dining Etiquette

The customary way to eat, *kamayan* or "with hands", uses no utensils at all; instead, people use their fingers to eat. Generally, the left hand is not used, only the right hand is used for picking up and eating food. Remember to not take the last piece of a dish for yourself and when using a toothpick hold the toothpick with one hand and use the other hand to cover your mouth.

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Think Outside the Bread Box

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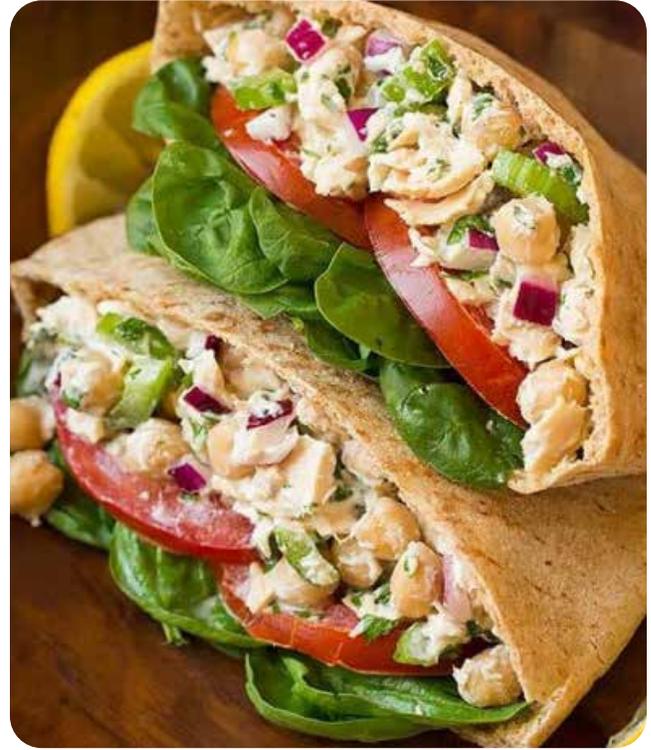
shredded carrot can top many fillings or be stirred into egg, tuna or chicken salad. For extra flavor try pineapple, pickled vegetables or chopped olives. Fresh herbs make another delicious addition; try fresh basil, dill, cilantro or sage.

Spreads and spices can help an otherwise dull sandwich go from ordinary to extraordinary! Traditional butter and mayonnaise are good but a bit bland; add zing with a swipe of salsa, pesto, chutney, relish, BBQ sauce, steak sauce, baba ghanoush, tapenade, brown mustard, honey mustard, Dijon mustard or salad dressing such as blue cheese, thousand island or ranch. Sprinkle a sandwich with basil, oregano, pepper, onion powder, garlic powder, chili powder, cumin, cinnamon or curry.

* When building a better sandwich, choose deli-style sliced meats without any added binders, extenders, fillers or by-products. In addition, all processed meat and fish products such as frozen meat balls and breaded fish or chicken must have a CN label for credit on the CACFP.

A dozen ideas outside the bread box:

- 1 Tuna salad with chopped apple and curry or Greek salad with spinach, tomatoes, onions and feta cheese with a light vinaigrette or plain yogurt sauce in a pita bread pocket.
- 2 Open face fried egg sandwich on an English muffin topped with shredded cheese and lightly broiled.
- 3 French toast spread with peanut butter and jelly, or a peanut butter and jelly sandwich grilled.
- 4 Half a bagel topped with a slice of cheddar cheese and chopped apple sprinkled with cinnamon. Bake 5–10 minutes.
- 5 Cornbread slices topped with warm chili and cheese. Serve with a fork!
- 6 Whole wheat tortilla topped with turkey slices, spinach leaves, chopped tomato and purple onion and a drizzle of a favorite dressing. Roll up tightly and slice.
- 7 Pita bread stuffed with peanut butter, sliced bananas, chopped dates and a drizzle of honey.
- 8 Lavash spread with goat cheese and topped with grilled vegetables or spread with curry flavored mayonnaise and topped with smoked turkey breast and mangoes.
- 9 A toasted whole grain waffle spread with ricotta cheese and topped with strawberry slices.
- 10 Corn tortillas warmed up and spread with refried beans or hummus and topped with avocado slices.
- 11 Slices of banana bread, zucchini bread or raisin toast served open face with chunky chicken salad with pineapple and pecans.
- 12 Sprouted whole grain or rye bread spread with mashed avocado and topped with thin sliced corned beef or pastrami.



— Catherine Stafford
Child Health & Nutrition Manager

KIDS' HEALTH & SAFETY

What Is Amblyopia?

YOU MAY KNOW THIS CHILDHOOD EYE CONDITION by its more common name, “Lazy Eye.” It happens when the vision of one of a child’s eyes doesn’t develop as it should.

If left untreated, the brain will learn to ignore the image that comes from that eye, possibly harming the vision permanently.



WHAT CAUSES LAZY EYE?

Amblyopia commonly starts when one eye has much better focus than the other. Sometimes, one eye is more farsighted or has lots of astigmatism, but the other doesn't.

When the brain gets both a blurry image and a clear one, it starts to ignore the blurry one. If this goes on unchecked, vision in the blurry eye will get worse.

Sometimes a child’s eyes don’t line up like they should, one turning in or out. This is called strabismus and it can also lead to amblyopia. Children with this can’t focus their eyes together on an image, so they often see double.

If a child has amblyopia, her brain will ignore the image from the eye that isn’t aligned. It’s this misalignment that led to the term “lazy eye.”

Some children can’t see well out of one eye due to a cataract or a small amount of blood blocking light from getting through.

HOW IS AMBLYOPIA DIAGNOSED?

All children should be tested before they are school age. The doctor will check to make sure that:

- Nothing blocks the light coming into the eyes and both eyes see equally well.
- Each eye moves like it should.
- If there’s any problem, the child may need to see an eye specialist. If you feel something’s wrong with a child’s vision, even if nothing shows up at the vision check, make an appointment with a pediatric eye doctor.
- Some eye care experts say children should get an eye exam at 6 months, 3 years and then every year while they’re in school.

- If amblyopia runs in the family, children are more likely to develop it. Remember, it is not always obvious. Early diagnosis and treatment are the keys to good results.

HOW IS IT TREATED?

The most common method is to force the child’s brain to use the weak eye.

First, any underlying problems, like nearsightedness, farsightedness or astigmatism will be corrected. Most children with amblyopia also need glasses to help their eyes focus. If a cataract is blocking light from her eye, surgery may be recommended.

Then the child will wear a patch over the strong eye. At first, using the weak eye will make seeing difficult. However, it’s important that the patch be worn. Vision will get better, though it might take weeks or months. Follow the doctor’s instructions carefully and attend follow-up visits to see how the treatment is working.

After the vision is back to normal, the patch will no longer be needed. Sometimes when children go back to using both eyes, they lose some vision in the weak eye. If that happens the patch may be needed again.

In mild cases of amblyopia, eye drops called atropine may be suggested. It blurs the strong eye, so a patch isn’t needed.

If strabismus prevents a child’s eyes from moving together like they should, surgery might be recommended on the eye muscles. Talk about what treatment is best.

WHAT’S THE LONG-TERM OUTLOOK?

With early diagnosis and treatment, most children will have improved vision. Amblyopia becomes much harder to treat after 7–9 years of age, so make sure children get eye exams early and follow the doctor’s advice about treatment, even when it’s hard.

— *WebMD.com*

Father's Day Scrambled Egg Tacos

Olive oil (divided).....	2 Tbsp	Lemon juice	1 tsp
Black beans, drained.....	1 (15 ounce) can	Eggs, large.....	8
Cumin seeds.....	½ tsp	Corn tortillas, made with whole corn.....	8
Garlic, minced.....	1 clove	Serve with sour cream, queso fresco and cilantro	
Salt & pepper.....	to taste		
Baby spinach.....	4 cups		

1. Heat 1 tablespoon oil in a large skillet over medium heat. Add beans, cumin and garlic. Season with salt and pepper, cook until garlic starts to turn golden brown, about 2 minutes. Add spinach, remove from heat and toss together until leaves just barely wilt. Stir in lemon juice.
2. In a large bowl, whisk together eggs, salt and pepper. Heat remaining tablespoon oil in a 10-inch nonstick skillet on medium heat. Add eggs and cook, stirring with a rubber spatula every few seconds to desired doneness, 2 to 3 minutes for medium-soft eggs.
3. Lightly char tortillas under broiler or over a gas flame. Fill tortillas with beans, eggs, sour cream, queso fresco and cilantro, if desired.

Yield: 8 servings

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

— womansday.com

Filipino Chicken Adobo

Chicken thighs, bone in, skin on.....	4 pounds	Garlic, chopped.....	½ cup
Vegetable oil.....	2 Tbsp	Zest of a lemon, grated.....	1
Soy sauce.....	¾ cup	Bay leaves.....	4
White vinegar.....	½ cup	Pepper.....	½ tsp
Water.....	½ cup	Brown rice, cooked.....	5 cups
Nam Pla (Fish Sauce).....	2 Tbsp	Green onion, chopped (optional)	
Sugar.....	3 Tbsp	Cilantro, chopped (optional)	

1. Heat a large Dutch oven over medium high heat. Add the cooking oil and chicken thighs, skin side down. Sauté for 6-7 minutes until skin is browned and crispy. Pour off most of the grease. Flip chicken over.
2. In a mixing bowl, combine soy sauce, vinegar, water, fish sauce, sugar, garlic, bay leaves and pepper.
3. Pour the sauce mixture over the chicken thighs. Cover, reduce heat to medium low and simmer for 20-25 minutes.
4. Spoon sauce over chicken and continue cooking 5 minutes more. Serve chicken with sauce over rice, garnished with green onion and cilantro, if desired.

Yield: 10 servings

Meets requirement for whole grain rich and meat/meat alternate

— Seonkyoung Longest



Fuel & Fitness

BOOK-WORM WORKOUT

Story time does not need to be reserved for bedtime, nap time and rest times. Books can be incorporated into most activities for children. Include books during physical activity time by trying this creative and energetic activity:

Choose a book that has a word that is repeated often such as, “cat” in *The Cat in the Hat*. Then each time the word is read in the story have the children jump up and do a movement, such as a jumping jack.

There are limitless variations to try, depending on the book and the age of the children. For example, a movement can be performed at the end of each paragraph or page, or perhaps when the name of the main character is read. For a book with animals, try having children move like the animal each time one is mentioned.

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Food Q. What kind of fruit can you never cheer up?
Funny A. A Blueberry