



Sugar Shakedown

EXCESS SUGAR INTAKE is associated with childhood obesity. Currently, nearly one in three children meet criteria for overweight or obese, so reducing excess sugar is an important tactic to reduce a child's risk for this health issue. Eating and drinking too much added sugar also places kids at greater risk for tooth decay, heart disease, high cholesterol, high blood pressure, type 2 diabetes and fatty liver disease according to the American Academy of Pediatrics (AAP). Studies show excess sugar negatively impacts academic performance, learning and memory as well. Families should focus on foods and drinks that do not have added sugar; advises the AAP.



HIDDEN SUGARS

Many foods that are marketed as “healthy” for kids and families are unfortunately, full of added sugars, which negatively affect maintenance of a healthy weight for overall health. Sugar is added to 75% of processed, packaged foods, and that includes savory foods like spaghetti sauce, ketchup and salad dressings. So, it is important to limit these foods and drinks and always check the Nutrition Facts label for added sugars.

Food manufacturers have been required to list the number of grams of added sugars in their product, on the Nutrition Facts label, since at least 2021. You can also find added sugar by reading the ingredient list, but with over 61 different names for sugar, including brown sugar, corn sweetener, corn syrup, high-fructose corn syrup, honey, fruit juice concentrates, invert sugar, malt sugar, molasses, raw sugar, turbinado, dextrose, glucose and sucrose; added sugar in grams on the label is very helpful!

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Cultural Cuisines

> Argentina <



Origins & Roles of Food

The cuisine of Argentina is a blending of cultures, from indigenous people of the region to Mediterranean influences brought by the Spanish and Italians.

Food Customs

Breakfast is short and sweet; pastries, biscuits or toast eaten with soft cheese, butter and dulce de leche, plus coffee. Lunch is usually the largest meal of the day, because dinner is served late in the evening. Tea time is at 4 to 5 pm and is similar to breakfast. Argentina's national dish, Asado, is a popular way of cooking meats on a parrilla, an iron grill for BBQ. Asado refers to both meats and the social events centered around them.

Staple Foods

Beef, chicken, lamb and pork are staples of the Argentine diet due to vast animal grazing in the country's plains. Abundant shellfish, mussels, calamari, octopus, shrimp, scallops and salmon are from its Atlantic coast. Potatoes, sweet potatoes, corn, pumpkin, cassava, squashes, peppers, eggplants, beans, peas, tomatoes and olives are staple foods as are empanadas, pasta, gnocchi, raviolis, pizza, polenta, cereals and seeds.

Dining Etiquette

Food is a way of showing affection in Argentina. To make an Argentine feel proud, compliment them on their cooking. Begin eating after your host begins. Keep your hands visible when eating, but do not rest your elbows on the table.

Sugar Shakedown

— Continued from front page

The average child eats and drinks much more added sugar than ideal. On average, sugar makes up 17% of what children consume each day and half of that is from sugar sweetened beverages. Obviously, sweet treats such as cookies, candy, cake and ice cream serve up a big load of sugar but sometimes we don't realize the other less obvious sources of sugar in our diets.

TOP FOODS WITH HIDDEN SUGARS

- 1 Sports drinks and energy drinks
- 2 Breads and cereals
- 3 Yogurts and flavored milks
- 4 Many breakfast foods (cereals, pancakes, waffles, doughnuts, pastries, croissants)

How can you reduce the amount of added sugar in your child's diet? The AAP offers the following suggestions:

- Avoid serving food and drinks with added sugar to children under 2 years of age.
- Aim for less than 25 grams (about 6 teaspoons) of added sugar per day for children 2 years of age and older.
- Serve water and milk instead of soda, sports drinks, sweet tea, flavored milk and fruit drinks. While milk contains natural sugar (lactose), it also provides calcium, protein, vitamin D and other nutrients that children need.
- Watch out for sources of added sugar in unlikely places like, ketchup, dried cranberries, BBQ sauce and baked beans.
- Keep sweet treats for special occasions and satisfy your child's sweet tooth with whole fruit.
- Limit even 100% fruit juice. It has more sugar per serving than whole fruit. The AAP recommends *no more than* 4 ounces of 100% fruit juice a day for children ages 1 through 3 years; 6 ounces for children ages 4 through 6; and 8 ounces for children ages 7 through 14. Do not give fruit juice to infants under 1 year old.

POOR NUTRITION AND TOOTH DECAY

- All forms of sugar contribute to tooth decay by promoting the growth of bacteria on the teeth.
- The more frequently sugary foods are eaten, the more likely cavities will develop.
- Sugary foods low in nutrients can replace more nutritious foods in the diet which can lead to a decreased intake of important nutrients, vitamins, minerals and fiber. Research shows children with the highest amounts of added sugar in their diet had the lowest consumption of most nutrients and servings of grains, vegetables, fruits and dairy, according to an article in the Journal of Pediatrics.



NATURALLY OCCURRING SUGAR

The goal is to reduce added sugar in our diets for good health. Some sugars are naturally occurring carbohydrates found in the nutritious foods we eat every day, such as fruits, vegetables, milk and grains. These carbohydrates are an important part of a healthy diet and also contribute many nutrients and fiber. The sugar they contain is not added sugar.

— Catherine Stafford
Director of Child Health & Nutrition
CocoKids

KIDS' HEALTH & SAFETY

Halloween Tips and Tricks

CHILDREN GET SO EXCITED FOR HALLOWEEN! What could be more fun than dressing up and getting treats? It doesn't have to be a day when healthy habits are completely abandoned though. Select a "Harvest" theme for your festivities, focusing more on autumn fun and less on sweet treats. Get the children up and moving. Party activities can include constructing a walk-through haunted house or maze, decorating pumpkins, pinning a hat on a scarecrow, a costume contest, face painting, temporary tattoos or a relay race.

- Offer autumn snacks with fruits and vegetables of the season, such as pumpkin muffins, hot apple cider, popcorn, baked apples or apple crisp.
- Give goodie bags which promote fun, outdoor physical activity: a bouncy ball, jump rope, sidewalk chalk, small bean bags, hacky sack or a Frisbee.
- Host a Halloween dinner to insure children have a healthy meal before trick-or-treating. Turn on some spooky music and put a special Halloween name on familiar food:

Jack-O-Lantern Pizzas – mini pizzas with shredded cheese hair and faces with red peppers, mushrooms and olives

Ghosts and Fat Worms – mashed potatoes and sausages

Bloody Brains – spaghetti with red meat sauce

THE MAIN EVENT

When trick-or-treaters ring your bell what will you give them? You can decide on healthier versions of treats such as mini boxes of raisins or other packaged dried fruits, nuts, trail mix, animal crackers, snack size pretzels, popcorn or 100% juice boxes. Knowing they are going to receive plenty of candy, you may choose to hand out a nonfood treat such as glow sticks, bubbles, pencils, coloring books, stickers, false teeth, silly glasses, or even a toothbrush!

- Enjoy the holiday trick-or-treating with your children by making it a fun physical activity. Stay in groups,



use sidewalks and crosswalks and keep a watchful eye, only visiting houses with porch lights on.

- Safety first! Have a flashlight, make sure costumes allow children to see and be seen and wear safe shoes for walking. Make sure the collection bag is appropriate to the child's size.
- Instruct children to wait until they get home to eat any of their goodies so you can inspect them first. Toss any commercially wrapped treats with signs of tampering, tears in wrappers or unusual appearance. When in doubt, throw it out!
- Let kids choose a few pieces of candy to eat on Halloween night and then a few pieces each day after that. Forbidding or over restricting candy may cause them to develop patterns of hoarding or an obsession with candy.
- If your child comes home with too much candy, consider arranging a "buyout" with them. Pay a nickel or dime for each treat they "sell" you and let them use the money for a special toy or game instead.

Halloween is the perfect time to teach children that occasional treats can be part of a healthy diet. Help them learn lifelong habits by serving a variety of foods from each food group on a daily basis and giving them plenty of opportunities for physical activity while enjoying the occasional treat!

— Adapted from: American Heart Association,
Cooperative Extension

Banana Split Breakfast Bar

Bananas, cut in half lengthwise.....	8	Granola	1/2 cup
Greek yogurt	4 cups	Dried coconut.....	1/2 cup
Almonds or other nuts, chopped	1/2 cup	Berries	1/2 cup

Split bananas in half carefully with a knife, top each with 1/2 cup Greek yogurt. Sprinkle on toppings of choice. Make them your own!

Yield: 8 servings

Meets requirement for fruit and meat/meat alternate

— *Cleanfoodcrush.com*



Chimichurri Ground Beef and Rice

CHIMICHURRI SAUCE

Olive oil	1/4 cup
Red wine vinegar	2 Tbsp
Oregano	1/2 tsp
Cumin	1/4 tsp
Salt	1/4 tsp
Garlic, minced	1 clove
Parsley, fresh, chopped	1/2 cup
Cilantro, fresh, chopped	1/2 cup
Red pepper flakes (optional) ...	1 tsp

BEEF AND RICE

Olive oil	1 Tbsp
Ground beef	1 pound
Onion, chopped	1
Bell pepper, orange or red, chopped	1
Rice, enriched	1 1/2 cups
Water	2 1/2 cups
Corn	1 cup
Cherry tomatoes, halved	2 cups

1. In a food processor, blend together the chimichurri ingredients until well chopped and nearly smooth. Set aside.
2. In a large saucepan, heat oil and sauté ground beef over medium-high heat for 5-8 minutes, until meat is no longer pink. Add onion, bell pepper and continue cooking until softened another 5 minutes.
3. Add rice and water, stir and bring to a boil. Then cover and simmer for another 15 minutes. Remove the lid, stir in corn and cherry tomatoes and replace the lid. Turn off the heat and allow to stand an additional 10 minutes.
4. Fluff mixture with a fork and serve with chimichurri sauce.

Yield: 6 servings

Meets requirement for breads/grains, vegetable and meat/meat alternate

— *thegingeredwhisk.com*

Food Q. If you throw a pumpkin into the air, what comes down?
Funny A. Squash!



Fuel & Fitness

HALLOWEEN GAMES

Mummy Race

Don't just "Walk like an Egyptian"—Run like a mummy! To hold a mummy race, wrap kid's legs in white tissue or toilet paper. Then, have them race toward a finish line without ripping their tissue paper. Whether or not your little mummies make it to the end intact, they're bound to have an unforgettable experience with this Halloween party game.



Zombie Musical Chairs

For this twist on a classic, ask your mini monsters to show you their best Zombie impressions as they walk around the chairs to a soundtrack of groovy Halloween songs, including Monster Mash, Ghostbusters and The Addams Family theme song. Last one without a seat is officially Undead and out of the game!



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