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Nutrition Newsletter English - Module 6

UNM Prevention Research Center

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NUTRITION NEWS!

MODULE 6

CHILE PROJECT GOALS

- ✓ Families will eat more fruit, vegetables, and foods made with whole grains
- ✓ Families will eat less sugar and high-fat foods
- ✓ Families will be more physically active
- ✓ Families will watch less TV

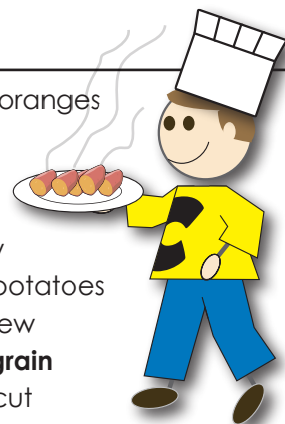
This institution is an equal opportunity provider and employer. Printing of this material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact 1-800-432-6217.



Bring your child along with you to the store to find **oranges** and **sweet potatoes** in the produce section. In the canned section, look for **oranges** in water or in their own juice (not syrup) and **sweet potatoes** without added sugar.

WHAT'S UP...

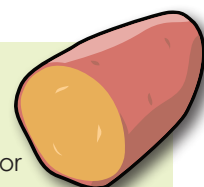
Lately, your child has been tasting sweet potatoes and oranges in classroom activities, meals, and snacks at Head Start. Keep an eye out for the **CHILE take-home kit** which has recipes for sweet potatoes, oranges and whole grain pastas. The more times you and your child try these new foods together, the more your child might enjoy sweet potatoes and oranges for the rest of his or her life. Over the next few weeks, try adding **sweet potatoes, oranges** and **whole grain pastas** into meals and snacks at home. Don't forget to cut sweet potatoes and oranges into small pieces **no larger than 1/2 inch to prevent choking**.



Some ideas include:

For sweet potatoes:

- Add cooked pieces to any meal as a colorful side dish
- Add to your favorite soups or stews for added color and flavor
- Cook and mash them just like regular mashed potatoes



For oranges:

- Oranges are great added to fruit salads or green salads
- Orange pieces are yummy on their own as a snack
- Add to cottage cheese or low-fat yogurt for a cool snack

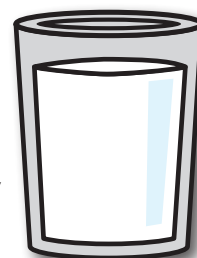


Half of the grains you and your family eat should be whole grains. This includes foods such as bread, rice, cereals and pastas.



Eating whole wheat pasta is a great way to get more whole grains into your family's diet. Switching from regular white pasta to whole wheat pasta may take some time, but with whole wheat pasta, your family is getting more of the good stuff (fiber and nutrients) that your bodies need. Try blending whole wheat and regular types together until you get used to the change in texture and flavor. The change will be much easier for your children if you make the change yourself during mealtimes.

Make the switch to low-fat milk and cheese! Most children over the age of two no longer need the extra fat found in whole milk, so after this age they should be drinking lowfat (1%) or skim milk. Reduced fat cheese, such as 2% cheddar and low-fat, part-skim mozzarella cheese (the kind used for string cheese) are wonderful snacks for kids and adults. When shopping for low-fat cheese, look on the "Nutrition Facts" label for 6 grams of fat or less per serving. Low-fat dairy foods have the same amount of protein, calcium and vitamin D as higher-fat dairy foods.





Child Health Initiative for Lifelong Eating & Exercise

Sweet Potatoes are Super-Duper Tubers! Sweet potatoes are part of the tuber family and are packed with things that are good for you and your family. Sweet potatoes have a lot of vitamin A and C plus other vitamins and minerals important for health. Vitamin A helps keep eyes strong! When cooking with sweet potatoes, leave the skin on when you can since many vitamins and minerals are located closest to the skin!

Oranges have a lot of cousins! Tangerines, clementines and tangelos are all types of citrus fruits that are great to eat just like oranges.

RECIPE #1: Sweet Potato Wedges



Ingredients:

- 2 large sweet potatoes
- 1 teaspoon olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground cumin (optional)
- pepper to taste

Directions:

1. Preheat oven to 425 degrees.
2. Rinse and scrub sweet potatoes under water.
3. Cut sweet potatoes in half lengthwise, then cut each half lengthwise into six wedges.
4. In a bowl, mix the rest of the ingredients together.
5. Add potato wedges to the bowl and toss gently so that the potatoes are well-coated.
6. Place wedges on a baking sheet without letting them touch and bake for 25 minutes or until very tender.
7. Allow to cool for about 10 minutes before serving and **remember to cut into pieces no larger than ½ an inch** for young children.



RECIPE #2: Mandarin Orange and Spinach Salad

Ingredients:

- 1 bunch fresh spinach (or one bag of fresh spinach)
- 1 can Mandarin oranges (in water or juice, not syrup)
- 1 bell pepper
- 1 small cucumber
- 1 Tablespoon low-fat Italian dressing or vinaigrette

Directions:

1. Wash spinach leaves under cold water in a salad spinner or colander and put them into a bowl. Blot leaves dry with a paper towel and pull off the stems.
2. Drain orange segments in a colander and chop them into pieces no larger than ½ an inch.
3. Wash bell pepper, remove the seeds and chop into pieces no larger than ½ an inch.
4. Wash and peel cucumber. Slice thinly and into pieces no larger than ½ an inch.
5. Add salad dressing and toss together.
6. Serve right away and refrigerate any leftovers.

Tip 1: Add whatever vegetables you like, just remember to chop them into pieces no larger than ½ an inch.

Tip 2: Feel free to use fresh orange pieces instead of canned Mandarin oranges.

The Child Health Initiative for Lifelong Eating and Exercise (CHILE) Plus Project is a partnership between the University of New Mexico Prevention Research Center, your Head Start, and the New Mexico Human Services Department to provide nutrition education to families. It is a program designed to reduce the risk of obesity and diabetes in New Mexico families.

A CHILE newsletter will be brought home by your child enrolled in Head Start several times this school year. The newsletters will be filled with tips about keeping your child and the rest of your family healthy. Each newsletter will include a CHILE update and tips on how to keep your children active and eating all the foods that are really healthy for them!

Whole fruit vs. juice

100% orange juice is good as a snack, but does not have the fiber and some nutrients that the whole orange fruit has. Children should only have 4-6 ounces of 100% juice **per day**, which is only ½ to ¾ of a cup. Pieces of the whole orange fruit will give your child more "good stuff" to keep him or her healthy. Remember to cut oranges into pieces no larger than ½ an inch.

