Let's Move! Child Care

National Initiatives to Promote Wellness Among Children and Adults

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Obesity Among Preschool Children

1 in 3 low-income children are obese or overweight before their 5th birthday

Why is This Important?

- Heart disease
- High blood pressure
- Cancer
- Diabetes
- Asthma
- Low self-esteem
- Depression

Nutrition Updates in 2010/2011

- Launch of *Let's Move! Child Care*
- Publication of *Healthy Hunger-Free Kids Act*
- Release of *CACFP Aligning Dietary Guidance for All*
- Release of *2010 Dietary Guidelines for Americans*
- Publication of water and milk policies
- Release of new *MyPlate* food icon

Let's Move! Child Care

Wellness Checklist:

- Physical Activity
- Screen Time
- Food
- Beverages
- Infant Feeding

Use as a model wellness policy!

Sign up!

Let's Move! Child Care Tools and Resources

http://www.healthykidshealthyfuture.org/startearly/signup.html

Healthy Hunger-Free Kids Act

- Published Dec 2010
- Reforms USDA Child Nutrition Programs
- Advances goal of improving nutrition and solving childhood obesity

New Meal Pattern Recommendations

Report, "Aligning Dietary Guidance for All", can be found at:

http://www.iom.edu/Reports/2010/Child-and-Adult-Care-Food-Program-Aligning-Dietary-Guidance-for-All.aspx

Meal Component	Current	Recommended change
Fruit	Fruit and vegetables combined category	Fruits are separate Servings increased Juice is limited for children, none for infants
Vegetable		Servings increased Serve variety of: • Dark green leafy • Deep orange • Dry beans and peas • Limited starchy • Limited sodium
Grain	Enriched or whole	At least half should be whole-grain rich. Limit high in sodium, sugar or fats
Meat/Meat Alternate	None at breakfast No restrictions on high-fat, processed meat	Included at breakfast Some types are limited
Milk	Any type	Low fat or skim for children 2 years and older

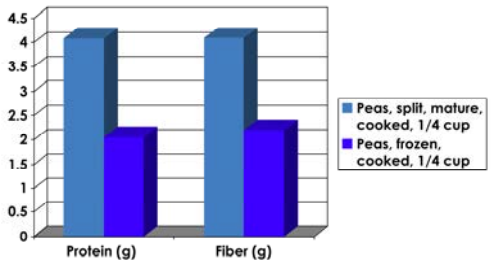
Red/orange and dark green vegetables

- Red/Orange
  - acorn squash
  - butternut squash
  - carrots
  - hubbard squash
  - pumpkin
  - sweet potatoes
  - tomatoes
  - tomato juice
  - red peppers
- Dark Green
  - bok choy
  - broccoli
  - collard greens
  - dark green leafy lettuce
  - kale
  - mustard greens
  - romaine lettuce
  - spinach
  - turnip greens
  - watercress

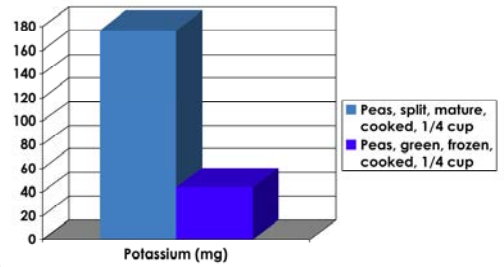
Dry Beans and Peas

- black beans
- black-eyed peas
- garbanzo beans (chickpeas)
- kidney beans
- lentils
- lima beans (mature)
- navy beans
- pinto beans
- soy beans
- split peas
- white beans

Nutritional Profile of Peas



Nutritional Profile of Peas



Meal Pattern Recommendations

- Children and Adults
  - Limit amount of solid fats, added sugars, *trans* fat, and sodium served in meals/snacks
  - Use products with zero *trans* fat
  - No salt at table
  - Use foods low in sodium, prepare with less salt

Milk and Water Provisions

- Low-fat and skim milk options must be made available
- Drinkable water should be made available

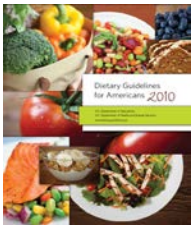
USDA Wellness and Nutrition Handbook for CACFP

- Publish by Jan 2012
- Collaborate with HHS
- Colorful fact sheets

2010 Dietary Guidelines for Americans

Two Main Concepts

- *Maintain calorie balance over time to achieve and sustain a healthy weight*
- *Focus on consuming nutrient-dense foods and beverages*



Nutrient Shortfalls for Children

2010 Dietary Guidelines

- Vitamin A
- Vitamin C – fruits and vegetables
- Vitamin D
- Vitamin E – nuts and oils
- Calcium
- Phosphorous – milk and dairy products
- Magnesium – spinach, dry beans, peanut butter, whole grains, almonds
- Potassium
- Dietary Fiber – whole grains , fruits, vegetables

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Foods to Promote

- Vegetables
- Fruits
- Whole grains
- Milk
- Seafood, in place of some meat/poultry
- Oils

New Food Group Name: Protein

"Meat and Beans" → "Protein"

Emphasis on *variety*:

- Meat, poultry and eggs
- Nuts and seeds
- Seafood
- Dry beans and peas
- Soy products

Nutrients to Limit

- Sodium
- Saturated fatty acids
- *Trans* fatty acids
- Cholesterol
- Calories from solid fats and added sugars
- Refined grains
- Alcohol

Food Safety

- Clean
  - Wash hands with soap and water
- Separate
  - Separate foods when shopping and preparing
- Cook and Chill
  - Stay out of the danger zone! 40 – 140 degrees F

Visit: www.foodsafety.gov for resources

Building a Healthy Eating Pattern

Principles

- Focus on nutrient-dense foods
- Remember that beverages count
- Follow food safety principles
- Consider the role of supplements and fortified foods

MyPlate www.choosemyplate.gov

MyPlate and Dietary Guidelines Consumer Messages

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals — and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

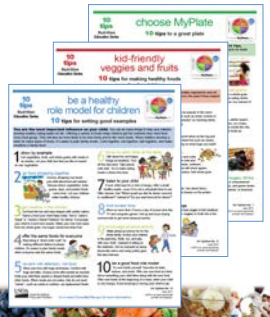
MyPlate and *MyPyramid* Can they be used together?

YES!

10 Tips Nutrition Education Series

www.choosemyplate.gov

- Choose MyPlate
- Add More Vegetables to Your Day
- Focus on Fruits
- Make Half Your Grains Whole
- Got Your Dairy Today?
- With Protein Foods, Variety Is Key
- Build a Healthy Meal
- Healthy Eating for Vegetarians
- Smart Shopping for Veggies and Fruits
- Liven up Your Meals With Vegetables and Fruits
- Kid-Friendly Veggies and Fruits
- Be a Healthy Role Model for Children
- Cut Back on Your Kid's Sweet Treats
- Salt and Sodium



Let's Eat to the Health of It Brochure

Let's Eat to the Health of It

Brochure Messages

- Build a healthy plate
- Cut back on foods high in solid fats, added sugars, and salt
- Eat the right amount of calories for you
- Be physically active your way
- Use food labels to help you make better choices

Ways to Take Action Now

- Try a new whole grain item once a week
- Increase fiber in meals and snacks
- Serve fat-free & low-fat milk (for children > 2 y.o.)
- Learn about healthier ways to prepare food (less salt, less fat)
- Use food labels to make healthier choices
- Sign up for Let's Move! Child Care
- Establish a wellness policy

Encourage Fruit

- Offer a variety of fruit
- Select fruit canned in 100% juice or water instead of light or heavy syrup
- Choose 100% juice
- Limit juice; provide no more than 4 oz. per day

Encourage Vegetables

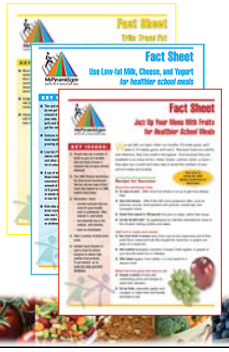
- Offer a variety of vegetables, especially **dark green** and **orange** vegetables
- Buy canned vegetables with no added salt
- Avoid frying vegetables and find new ways to prepare them
- Use herbs and spices instead of butter, margarine, and/or salt to add flavor

Team Nutrition Resources

www.teamnutrition.usda.gov

Available Resources

USDA Fact Sheets



- Low-fat and fat-free milk, cheese, and yogurt
- Fruits and Vegetables
- *Trans* Fat, Cholesterol, Saturated Fats
- Whole Grains
- Sodium
- Dry Beans and Peas
- Fiber-Rich Foods
- Meeting Challenge of Rising Food Costs

Coming Soon for CACFP!

Grow It, Try It, Like It!

Preschool Fun with Fruits and Vegetables

- **A garden-themed education kit**
- **Introduces young children to fruits and vegetables**

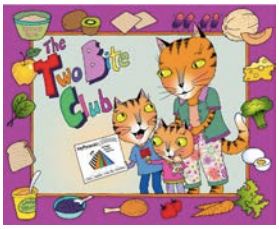
USDA Recipes for Childcare

- Recipes
- Food Safety
- Cooking tips
- Storage info
- More…

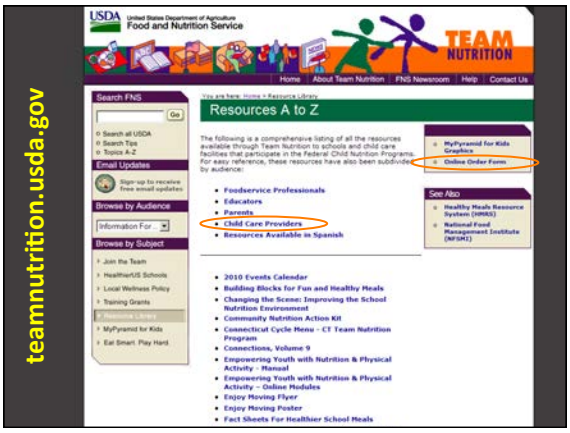
MyPyramid for Preschoolers

- Full size poster
- Two-sided handout
- English and Spanish
- Order online or download

The Two Bite Club



- Introduce *MyPyramid* concepts to young ages
- Fun activity pages
- Download or order



Try new recipes!
USDA Recipe Finder

http://healthymeals.nal.usda.gov/schoolmeals/Recipes/recipefinder.php

- Online recipes
- Menu planning
- Discover new ways to use foods

NFSMI Resources

National Food Service Management Institute provides the *Care Connection Curricula* for Child Care Providers which includes handouts and videos on:

- CACFP Meal Patterns
- Menu Planning
- Family Style Meal Service
- Nutrition Needs of Young Children

www.nfsmi.org

"Everyone is going to see that these small changes can make a big difference. If our kids get into the habit of getting up and playing, if their palates warm up to veggies at an early age, and if they're not glued to a TV screen all day, they're on their way to healthy habits for life."

-First Lady Michelle Obama

Questions?