

Healthy Bites



Information to Improve the Selection and use of Foods In Your Home

Guidelines for Healthy Children

Summer 2008 ~ Volume 8

The health status of American children has generally improved in the last three decades however, there are new and continuing areas of concern. The American Dietetic Association in the June 2008 issue of the *Journal of the American Dietetic Association* published a position statement for nutrition guidance for healthy children. This statement, "Nutrition Guidance for Healthy Children Ages 2 to 11 Years," co-authored by Dr. Theresa Nicklas at the Children's Nutrition Research Center, provides guidelines for parents and caregivers as well as specific recommendations for food and nutrition professionals.



Eating patterns of children are changing with more food eaten outside the home; larger portion sizes; changes in beverage choice, meal patterns, meal frequency; and school meal participation. According to the ADA, United States' children are eating too much fat, and not eating enough foods rich in calcium, fiber, vitamin E, folate, iron, magnesium, and potassium.

Fortunately, parents and caregivers can play an important role in the development of healthy childhood eating patterns.

Not only do parents provide the genes that influence eating behavior, they also shape the environment that influences the expression of these genes. Parents can help children adopt healthy eating behaviors by modifying:

- ♥ **the availability and accessibility of different food**
- ♥ **portion sizes that are offered**
- ♥ **frequency of eating occasions**
- ♥ **social setting where eating occurs**



Dr. Nicklas adds, "Effective communication of nutrition guidelines to children, parents, and caregivers is both a science and an art. Nutrition messages must be based on sound science, be culturally and age appropriate, and must be fun for children.

Source: USDA/ARS Children's Nutrition Research Center

****CHECK YOUR LABEL****

The Nutrition Facts food label gives you information about which **nutrients** (say: **nu-tree-ents**) are in the food. Your body needs the right combination of nutrients, such as vitamins, to work properly and grow. The Nutrition Facts food label is printed on the outside of packaged food.

Most nutrients are measured in **grams**, also written as **g**. Some nutrients are measured in **milligrams**, or **mg**. These numbers are based on eating 2,000 calories in a day, the amount that many school-age kids eat. A calorie is a unit of energy—a way of counting how much energy you would get by eating a certain food.

Source: USDA

Amount Per Serving		% Daily Value*	
Calories 45	Calories from Fat 0		
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Cholesterol 0mg		0%	
Sodium 750mg		31%	
Total Carbohydrate 10g		3%	
Dietary Fiber 2g		8%	
Sugars 7g			
Protein 1g			
Vitamin A 20%	Vitamin C 120%		
Calcium 2%	Iron 10%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat		9	
Carbohydrate		4	
Protein		4	

Mount Clemens Farmers Market

Fresh, Locally Grown Products Since 1979

THE MARKET OPENS FOR THE SEASON SATURDAY, MAY 5TH



MARKET DAYS AND HOURS

Fridays and Saturdays - 7 a.m. to 1 p.m.
May thru November

MARKET LOCATION

Located at the City's Park & Ride Lot on North River Road between I-94 & North Bound Gratiot Avenue

Portion sizes have gotten bigger over the past 20 years and so are Americans! Larger portions add up. Just 100 extra calories per day can lead to a weight gain of 10 pounds per year.

Maintaining a healthy weight is a balancing act—try to balance calories in with calories out.

The new MyPyramid gives more specific guidelines about the types and AMOUNTS of foods to eat than the previous Food Guide Pyramid.

Source: Nebraska Extension



Colorful Quesadillas

Serving Size: 4 wedges or one quesadilla | **Makes:** 8 servings

Ingredients:

- 8 ounces fat-free cream cheese
- 1/4 teaspoon garlic powder
- 8 small flour tortillas
- 1 cup chopped sweet red or green bell pepper
- 1 cup shredded low-fat cheese
- 2 cups fresh spinach leaves or 9 oz. frozen, thawed, and squeezed dry

Instructions:

In a small bowl, mix the cream cheese and garlic powder. Spread about 2 tablespoons of the cheese mixture on each tortilla. Sprinkle about 2 tablespoons bell pepper and 2 tablespoons shredded cheese on one half of each tortilla. Add spinach: 1/4 cup if using fresh leaves or 2 tablespoons if using frozen. Fold tortillas in half. Heat a large skillet over medium heat until hot.

Put 2 folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown. Remove quesadillas from skillet, place on platter, and cover with foil to keep warm while cooking the remainder.

Cut each quesadilla into 4 wedges. Serve warm.

Source: USDA—The Healthy Family Guidebook

Quesadillas de colores

Tamaño de la porción: una quesadilla | **Hace:** 8 quesadillas

Ingredientes:

- 8 onzas de crema de queso sin grasa
- 1/4 de cucharadita de ajo en polvo
- 8 tortillas pequeñas de trigo
- 1 taza de pimienta verde o rojo a pedazos
- 1 taza de queso desmenuzado
- 2 tazas de hojas de espinacas frescas o 9 oz. de espinacas congeladas, descongeladas y escurridas

Instrucciones:

En un tazón pequeño, combine el queso de crema y el ajo en polvo. Reparta aproximadamente 2 cucharadas de esta mezcla de quesos en cada tortilla. Espolvoree aproximadamente 2 cucharadas de pimienta y 2 cucharadas de queso desmenuzado en la mitad de cada tortilla. Agregue las espinacas: 1/4 de taza si usa espinacas frescas o bien 2 cucharadas si usa espinacas congeladas. Doble las tortillas por la mitad. Caliente una sartén grande sobre fuego mediano hasta que esté bien caliente. Coloque 2 tortillas dobladas por la mitad en la sartén plana y calendar entre 1 y 2 minutos por cada lado hasta que se doren. Retire las quesadillas de la sartén, colóquelas en una bandeja y cúbralas con papel de aluminio mientras prepara el resto. Corte cada quesadilla en 4 partes. Sirva caliente.





Freezing is a popular method because it's quick and easy to do. High quality results from freezing depend on a few key steps: fresh high-quality produce, proper methods of preparation such as blanching, proper storage materials and correct freezer temperatures.

Freezing cannot improve the quality of any food, so it's important to start with the best quality fruits and vegetables at their peak of maturity. Fruit should be firm yet ripe. Vegetables should be young, tender, unwilted and garden-fresh.

Fruits and vegetables contain enzymes which are slowed down but not destroyed during freezing. If not inactivated, these enzymes can cause color and flavor changes as well as loss of nutrients. Blanching is used to inactivate enzymes in vegetables. In simple terms, during the blanching process the vegetables are exposed to boiling water or steam for a short period of time. Then the vegetables are cooled rapidly using ice water to stop the cooking process. Blanching times vary for each type of vegetable; it is important to follow recommended blanching time because over-blanching results in a cooked product and a loss of flavor, color and nutrients. Conversely, under-blanching stimulates enzyme activity and is worse than no blanching at all.



Keeping your produce at its optimum quality while frozen depends a great deal on using the proper storage materials. Storage materials should be moisture-vapor resistant; durable and leak-proof; not become brittle and crack at low temperatures; resistant to oil, grease or water; protect foods from absorption of food flavors or odors; easy to seal and easy to mark. When purchasing containers or flexible bags or wrappings, make sure it is labeled as suitable for freezing.

Check your freezer to make sure it is holding foods at 0 degrees Fahrenheit or below. Use a freezer thermometer to determine whether your freezer is working at the correct temperature. Storing frozen foods at higher temperatures than 0 degrees Fahrenheit shortens their life. Freeze foods as soon as they are packed, labeled and sealed. Make sure not to overload your freezer with unfrozen foods. Leaving a little space between packages ensures that air can circulate around the foods. Once the packages are frozen, they can then be stored closer together.

Adapted from article by Beth Waitrovich, county extension director, Michigan State University Extension Dickinson County.

MSU Extension Family and Consumer Science educators are located in all 83 counties to integrate university and community resources to help families succeed. For more information on this topic and other issues on food, nutrition, parenting and money management, contact the Macomb County Extension Office at 586-469-5180. To reach the Oakland County food and nutrition hotline call 1-888-350-0900 ext. 80904.

Check our Web site:

macombcountymi.gov/msuextension

- Calendar of upcoming programs
- Program descriptions
- Volunteer opportunities
- Past Healthy Bites issues



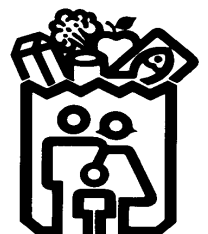
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Copy cats permitted!



Nutrition Classes: Learn how to stretch your food dollars, shopping basics, label reading and more. Qualified clients can sign up for nutrition education classes with the Expanded Food Nutrition Education program (EFNEP) offered through MSUE in Macomb County. For more information call 586-469-6432.



FAMILY (586) 469-5180

Alternatives to Anger

4 week program

***Tuesdays, September 9, 16, 23, 30, 2008
6:30 pm to 8:30 pm***

***MSU Extension
21885 Dunham Rd, Suite 12
Clinton Township, MI 48036
Call 586-469-5180 to register***

MI Better Kid Care

***Six-part program for starting an in-home child care
business, 36 hours of free training***

August 5, 8, 12, 15, 19, 22 & September 4

***9:00 am - 4:00 pm
MSU Extension
21885 Dunham, Suite 12
Clinton Twp., MI 48036***

Facing Foreclosure

Thursday, August 14th

6:30 - 9:00 p.m.

***Chesterfield Library
50560 Patricia Ave
Chesterfield, MI 48051***

Call 586-469-6430 to register

HOUSING (586) 469-6430

Macomb Homebuyers Affordable

Housing Seminar

- ◆ Renting vs. Buying
- ◆ Government & Bank Loan Programs
- ◆ Down Payment Assistance
- ◆ Saving Money & Cleaning Up Credit

Thursday August 21st, 2008

Money Management

8 Sessions, Wednesdays

**Sept. 10, 17, 24,
Oct. 1, 8, 15, 22 & 29**



Home Ownership Seminar

**FREE, three-part program provides
basic information needed
to effectively shop for
and finance a home.**

NUTRITION (586) 469-6432

Expanded Food & Nutrition Program
for low-income families with children - 6 sessions

- ◆ One-On-One Teaching
- ◆ Menu Planning
- ◆ Group Presentation
- ◆ Stretch Your Food Dollars
- ◆ Label Reading

Parenting Views/Healthy Bites

Free Newsletters

Check our website:

www.msue.msu.edu/macomb for:

Calendar of upcoming events
Program descriptions

Volunteer Opportunities

Youth Mentor Program



Positive role modeling to at
risk youth 11 - 15
4H

Activities for families
with children 5-19