



August 2019

# Healthy Living With Head Start

## Making Sense of Nutrition

### Getting to Know Nutrition Labels:

#### Calories

This is the amount of energy a food contains. Calorie needs are based on age, height, weight, and activity level. Avoid foods high in calories but low in many other nutrients.

Find out more about your individual calorie needs at [Choosemyplate.gov](http://Choosemyplate.gov).

#### Nutrients

Choose foods high in fiber, protein, and vitamins and minerals, while aiming to reduce foods high in saturated fat, sodium, and sugars. Eating a wide variety of foods will help meet all of your nutritional needs.

### Nutrition Facts

4 servings per container  
Serving size 1 1/2 cup (208g)

Amount per serving  
**Calories 240**

	% Daily Value*
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 46g	<b>17%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 4g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

#### Serving Size

This is the amount of food that the nutrition information is based on. Always compare your portion with the listed serving size to make sure you have an accurate reflection of the nutrients you are consuming.

#### % Daily Value

Based on a standard 2,000 calorie diet (for an average adult), this value lets you know how much a food contributes to your overall required intake for certain nutrients.

Example: This food will provide you with 25% of your daily fiber needs and 17% of your overall carbohydrate needs.

# More Nutrition for Your Money



## Nutrition Facts

Serving Size 7g (about 1/2 cup)  
Servings Per Container about 6

### Amount Per Serving

<b>Calories</b>	25
<b>Total Fat</b>	0g
Trans Fat	0g
<b>Sodium</b>	0mg
<b>Total Carbohydrate</b>	6g
Dietary Fiber	0g
Sugars	1g
<b>Protein</b>	0g

### % Daily Value

Protein 0%	• Vitamin A 0%
Vitamin C 0%	• Calcium 15%
Iron 10%	• Vitamin E 10%
Thiamin 6%	• Riboflavin 15%
Niacin 8%	• Vitamin B6 8%
Folate 10%	• Vitamin B12 4%
Phosphorus 10%	• Zinc 15%

**INGREDIENTS:** ORGANIC RICE FLOUR, ORGANIC WHOLE GRAIN OAT FLOUR, ORGANIC DRIED CANE SYRUP, ORGANIC BROWN RICE FLOUR, ORGANIC APPLE POWDER, NATURAL APPLE FLAVOR, ORGANIC SPINACH POWDER, TRI- AND DICALCIUM PHOSPHATE, MIXED TOCOPHEROLS (FOR FRESHNESS).

Infant Puffs

Costs about \$2.00 per oz.

Choose oat cereals over puffs for more fiber and protein, a variety of vitamins and minerals, and less sugars - all at a much lower cost.

Oat Cereal

## Nutrition Facts

Serving Size 1 cup (28g)  
Children Under 4 - 1/4 cup (21g)  
Servings Per Container about 14  
Children Under 4 - about 19

Amount Per Serving	Cheerios	with 1/4 cup skim milk	Cereal for Children Under 4
<b>Calories</b>	100	140	80
Calories from Fat	15	20	10

	% Daily Value**		
<b>Total Fat</b> 2g*	3%	3%	1.5g
Saturated Fat 0g	0%	3%	0g
Trans Fat 0g			0g
Polyunsaturated Fat 0.5g			0g
Monounsaturated Fat 0.5g			0g
<b>Cholesterol</b> 0mg	0%	1%	0mg
<b>Sodium</b> 190mg	8%	10%	140mg
<b>Potassium</b> 170mg	5%	11%	130mg
<b>Total Carbohydrate</b> 20g	7%	9%	15g
Dietary Fiber 3g	11%	11%	2g
Soluble Fiber 1g			0g
Sugars 1g			1g
Other Carbohydrate 16g			12g
<b>Protein</b> 3g			2g

	% Daily Value		
Protein	-	-	9%
Vitamin A	10%	15%	10%
Vitamin C	10%	10%	10%
Calcium	10%	25%	8%
Iron	15%	15%	50%
Vitamin D	10%	25%	8%
Thiamin	25%	30%	35%
Riboflavin	25%	35%	35%
Niacin	25%	25%	35%
Vitamin B6	25%	25%	45%
Folic Acid	50%	50%	60%
Vitamin B12	25%	35%	30%
Phosphorus	10%	25%	8%
Magnesium	10%	10%	10%
Zinc	25%	30%	30%
Copper	2%	2%	2%

**Ingredients:** Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate, Vitamin E (mixed tocopherols) Added to Preserve Freshness.

**Vitamins and Minerals:** Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B1 (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.



Costs about \$0.25 per oz.

# Nutrition Q&A

## **Q: Are fruit and vegetable pouches a good choice?**

**A:** Pureed fruit/vegetable pouches can be a quick and easy solution (especially when traveling), but may not be the best way to support a child's growth and development. Many fruit pouches contain more sugars than unprocessed fruit and have much less fiber. Pouches also bypass chewing, utensils, and the development of motor skills. This takes away from children's ability to experience new foods in a developmentally appropriate way. Stick with less processed fruits and vegetables to support healthy growth and nutrition.

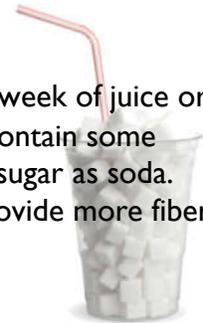


## **Q: At what age should I introduce solid foods?**

**A:** The World Health Organization recommends waiting until six months to start solid foods. This recommendation is based on developmental stages that signify a child is ready and able to safely eat and digest solid foods. Before trying solid foods: make sure your child can sit up on his/her own, can easily swallow foods when taken from a spoon, and has an interest in solid foods. One or two spoons of a single food a day is a good start. Always talk to your child's pediatrician before making changes in your child's diet.

## **Q: How much juice should I give my child?**

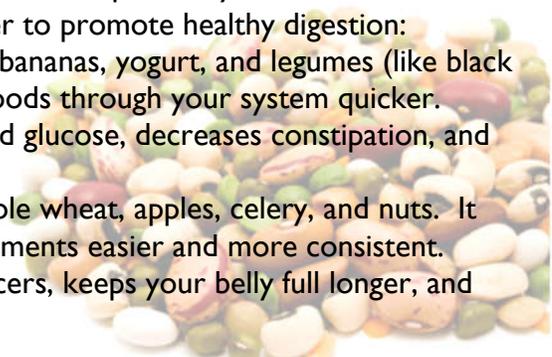
**A:** The American Heart Association recommends no more than 8 ounces per week of juice or sugar sweetened beverages (less than 2 ounces per day). Though many juices contain some vitamins and minerals, they are filled with sugars, some containing just as much sugar as soda. Eating whole fruits will give your child all the same nutrition as juice, but will provide more fiber and less added sugars. Choose water to stay hydrated and healthy.



## **Q: What is fiber and why is it so important?**

**A:** Fiber is a carbohydrate that is not broken down like other parts of your food. There are 2 types of fiber, soluble and insoluble, that work together to promote healthy digestion:

- \* **Soluble fiber** can be found in foods such as oats, bananas, yogurt, and legumes (like black beans). It promotes healthy digestion by moving foods through your system quicker. Soluble fiber also helps lower cholesterol and blood glucose, decreases constipation, and helps maintain a healthy digestive tract.
- \* **Insoluble fiber** can be found in foods such as whole wheat, apples, celery, and nuts. It promotes healthy digestion by making bowel movements easier and more consistent. Insoluble fiber also decreases the risk of some cancers, keeps your belly full longer, and helps keep your digestive track strong.



# Making Mealtime Memories

## Homemade Baby Food

Making your own baby food can be a great way to control what is in your infant's diet and save money at the same time. It is important to remember a few things when making food for your infant:

- \* Your infant can eat many of the same foods as you - puree foods you would normally eat with no added seasoning or sugars. Stay away from cow's milk and honey before age one.
- \* Keep it simple - only use one ingredient for each baby food flavor. If you find your infant likes mixed foods, you can always mix two kinds at meal time.
- \* Always store foods properly - freeze or can extra foods for long term storage and refrigerate any open foods. Use or dispose of any open jars of food within 48 hours (24 hours for meats).
- \* Make sure the texture is appropriate - a younger infant with fewer teeth will need a smooth puree while a toddler may be able to chew some soft textures.
- \* Always monitor your infant during meals - whether you make the food or buy it, always spoon feed your infant and watch for signs of choking.

### Foods to Try:

- \* Squash
- \* Peas
- \* Green beans
- \* Carrots
- \* Black, kidney, or garbanzo beans
- \* Bananas
- \* Chicken
- \* Oatmeal
- \* Avocado
- \* Turkey



### Directions:

- \* Wash your hands before starting any food preparation.
- \* Clean foods and remove all skins and bones.
- \* Cut food into small pieces and boil in just enough water to cover food (soft foods like banana and avocado can be pureed without cooking).
- \* Cook foods until soft.
- \* Puree food in a blender or food processor.
- \* Freeze or can food for long-term storage making sure to properly seal, date, and label each food.

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