

# TABLETALK



JANUARY, 2010 ❁ CHILD FOOD PROGRAM OF TEXAS ❁ P.O. BOX 5465 ❁ KATY, TX 77491 ❁ 281-395-7000, TOLL-FREE: 877-395-6560, Fax: 281-395-7002

## **Brenda To Be Away For A While**

We're sorry to let you know that Brenda was in a serious auto accident last week and will be laid up for a while. She got hit by a car flying a red light and is in the hospital suffering from a broken leg, 3 broken ribs and a compressed lung. If you would like to extend your well wishes, please send a card to the office. The rest of our staff will be filling in for her the best we can.

## **The Auditors Are Coming!! The Auditors Are Coming!!**

The state visited us at the end of last program year (in September) and conducted their day care center audit without any delinquencies. This year they will be coming back for the day care audit and will be visiting several day care home providers so be sure to have your paperwork up-to-date and on a daily basis!

## **What is Good Nutrition?**

### **Protein**

Protein is needed for building new tissue and forming new cells. The body can also use protein as a source of energy. What are sources of protein? Meat is a good source of protein along with milk, eggs, yogurt, and cheese. Other protein sources are grains and legumes, which are also rich in complex carbohydrates. Serving meat alternatives should be considered because of the amount of fat we find in meats and often because of how these foods are prepared for eating.

What does protein contribute to a child's health? Protein is needed to help children grow. When a child is sick, the body needs protein to get well. Protein will help the body fight off germs. If a child falls and breaks a bone or scrapes a knee, protein will be used to repair the body. Too little protein in the diet can stop a child from growing or learning. Excess protein may be used by the body for energy or stored as body fat.

### **Fat**

Fat is the most concentrated energy source in the diet. It provides more than twice as many calories per gram as either proteins or carbohydrates. Fats are made of fatty acids. Fatty acids are required for brain development, vision, and the formation of some hor-

mones. Fatty acids may be "saturated" or "unsaturated."

What are *saturated* fats? Fats that are made up mostly of saturated fatty acids are called saturated fats. Saturated fats cause our bodies to make cholesterol and can lead to heart disease. Saturated fats come mainly from animal foods, such as fatty meats, whole milk, and whole milk products. It is important to offer children lean meats and lowfat or reducedfat milk, cheese, and yogurt.

Why should a child's diet include some fat? Fats give children the extra energy they need to play hard by supplying muscles with special long-lasting fuel. Unlike adults, most children have very little fat stored in their bodies (this is because of their greater energy needs for growth and activity).

What are some tips about fat? Children need the constant supply of concentrated energy available in fat. This does not mean that children need high fat diets, but it does mean we need to:

- make whole milk available for toddlers (children under 2 years old).
- make reduced-fat or lowfat (not nonfat, skim, or fat-free) milk available for preschoolers.

While we want to limit fried foods and foods high in fat, especially saturated fat, we have to be careful not to restrict all fats from children's diets.

### **Vitamins**

Vitamins are organic substances needed by the body in very small amounts. Many chemical reactions in the body depend on vitamins. They help release energy from carbohydrates, fats, and proteins.

What foods contain vitamins A, D, E, and K? Vitamins A, D, E, and K are four important vitamins. They are fat-soluble. These vitamins are found in colorful fruits and vegetables and in foods containing fats and oils, such as dairy products. While meeting children's needs for all these vitamins is important, children's diets are most often low in vitamin A. What foods contain vitamin C and B complex vitamins? The remaining vitamins (vitamin C and B complex vitamins) are water-soluble. Vitamin C is found mostly in fruits and vegetables. Vitamin B is found in meats and milk as well as in fruits, vegetables, and grains.