been linked to heart disease and high cholesterol. Most foods contain a mixture of both saturated and unsaturated fats, but it is best to eat foods that have more unsaturated fats. As a general rule, animal fats are mostly saturated, and plant fats are mostly unsaturated. There are, of course, some exceptions to this. Coconut and palm kernel oils are plant fats that have more saturated than unsaturated fat. Fatty fish, such as salmon, herring, and tuna, contain omega-3 fatty acids which are a type of unsaturated fat that are important for preventing heart disease. Other sources of omega-3s are walnuts and seeds.

Sources of Saturated Fats
• Animal meat including beef, pork, and the skin of poultry
• Dairy products including cheese, milk, and butter
Why Are Fats Important?  
Continued

- Processed meats like bologna, bacon, hot dogs, and sausage
- Prepackaged snacks
- Coconut and palm kernel oil

**Sources of Trans Fats**

- Trans fats are the worst for our health, with clear links to heart disease. Some foods naturally have small amounts of trans fats, but the majority of trans fats come from an artificial process. Most of the time trans fats are added to processed foods through partially hydrogenated oils, which are vegetable oils that were altered to be solid at room temperature instead of liquid. Essentially, the process takes unsaturated fats and turns them into something even unhealthier than saturated fats. Luckily, the federal Food and Drug Administration has banned most food manufacturers from using partially hydrogenated oils in food. This rule took effect in June, with many companies required to eliminate all partially hydrogenated oils by 2020. Check foods for trans fats by looking at the nutrition facts label, which will tell you how many grams of trans fat are in a product, or at the ingredients list—if it includes partially hydrogenated oils, leave it on the shelf!

**Sources of Trans Fats:**

- Fast food
- Some margarines and peanut butter
- Pre-prepared cake frosting
- Commercially baked goods and snack foods

**‘Fat-Free’ Foods**

Typically speaking, processed foods that are “fat-free” are higher in sugar. This means that they are not automatically a healthier choice. It is important to consider how the foods you serve children balance together. Check nutrition labels to see if a fat-free food contains a large amount of sugar. Selecting minimally processed foods, as well as opting for homemade baked goods, can help limit unhealthy fats without increasing the amount sugar that your kids are eating. As always, moderation is key!

**Attention Providers! New Change—Reduced Number of Infant Groups**

Effective October 1st, 2017, the new CACFP meal pattern went into effect for the Healthy Food Program. As part of these changes, the USDA has reduced the number of infant groups from 3 (0-3 months, 4-7 months, and 8-11 months) to 2 (0-5 months and 6-11 months). Infants 6-11 months are expected to receive foods from all food groups at meals and snacks once the child is developmentally ready to receive them.

It is the expectation that children 8 months and older are developmentally ready to receive all foods. If you have a child that is not developmentally ready or a child whose parents do not believe is developmentally ready at 8 months of age, please notify the Healthy Food Program.

**Call Us, Please!**

We know your day is busy and thanks for all you are doing for our children in Cook County, but....

Remember that you must notify the Healthy Food Program in advance if you are closed, away from your child care home during meal times or if your children are not present for a meal. If you are not at home when we come to your door, the meal will be deducted.

Remember if a Nutrition Advocate or an ISBE monitor comes to your door during a meal time and you are too busy to allow us to complete a review, the USDA requires the Healthy Food Program to deduct all the meals served during the month from the beginning of the month through the day we are present. Always allow Nutrition Advocates or ISBE monitors to complete a review.

Save yourself any unnecessary headaches and call our Out of Home Voicemail at (773) 564-8861.

**Tips on Submitting Your Menus**

DO NOT bend, fold or staple your menus. Stained menus cannot be processed.

It is important to send in your menus flat so that they can be read properly and ensure you do not lose money!

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**Sources of Unsaturated Fats**

- Avocados
- Olives
- Tuna, salmon, lake trout, and herring
- Nuts
- Olive oil, canola oil, peanut oil

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