

tasty times

important updates for success and more resources from the child care healthy food program



Dear Child Care Provider,

Data from 2015-2016 shows that approximately 1 in 5 school-age children (6-11 years old) and young people (12-19 years) in the United States are classified as obese. Obesity means having excess body fat. Hispanic and black (non-Hispanic) children have higher rates of obesity than their white (non-Hispanic) and Asian peers. Childhood obesity affects both current and long-term physical, emotional, and social health. Children with obesity have higher risks for developing chronic health conditions and diseases, including asthma, bone and joint problems, type 2 diabetes, heart disease, and cancer. Children who are obese also tend to be bullied and teased more than normal weight children. Therefore, they are more likely to suffer from social isolation, depression, and low self-esteem. Many think high-fat foods are the culprit for this epidemic, but in reality, sugar is equally to blame. This issue of *Tasty Times* provides information regarding fat and sugar and what you can do to prevent childhood obesity.

—Tran Huynh, UIC Dietetic Intern

Obesity Epidemic — The Culprits: High-Fat Foods and Sugar

Reduced- and Low-Fat Foods

Many products that are labeled “fat free” or “reduced fat” tend to have significantly more sugar, preservatives, and additives to make up for the texture and flavor that fat provides. So while a product may be lower in fat content, it doesn’t necessarily mean it is healthier.

At the same time, the body needs a certain amount of fat to function, but not all types of fat are the same.

- **Saturated fat** and trans fat are linked to chronic diseases, but unsaturated fats are not. Saturated fats can be found in foods like butter, cheese, red meats, and palm and coconut oils.
- **Trans fat** is an artificial fat which is added in processed food.
- **Unsaturated fats** can be found in fish and foods from plants, such as vegetable oils, nuts, and seeds.

Therefore, the majority of fat intake should come from foods that contain unsaturated fat.

Sugar

Most children exceed the daily recommended limits for added sugar. Toddlers between the ages of 19- and 23-months are consuming an average of 7 teaspoons of added sugar a day. That is equal to the amount of sugar in a Snickers bar.



Similar to fat, there are different types of sugar: added/refined sugar and natural sugar.

- **Added sugar** is found in baked goods, candies, soft drink and flavored milk, cereals, juices, yogurts, condiments (e.g. ranch dressing, fat-free salad dressing, barbecue sauce, ketchup), and more. Added sugar provides calories but no nutrients. Consuming high amounts leads to excess energy intake which can turn into fat if it is not burned off. Thus, added sugar can lead to obesity, heart disease, and type 2 diabetes.
- **Natural sugar** is found in fruits, vegetables, and milk. Juices that are 100% natural provide vitamins and minerals but contain no fiber and sometimes have added sugar. Fruit juice can contain as much sugar and calories as soda.

Sugar is highly addictive because it stimulates the brain to make us feel good. Cutting it all off right away can create sugar withdrawal symptoms such as weakness, extreme cravings, confusion, headache, and depression. Prevent or reduce sugar addiction by offering

Continued

Welcome New Providers

Mary Brewer	Lorena Ramirez
Denise Gordon	Norma Rollins
Marquita Harris	Keyonna Spivey
James Pryor	Maria Valdez
	Angela Watson

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Obesity Epidemic — The Culprits: High-Fat Foods and Sugar *Continued*

**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.

Remember, **August** claims are due in our office by **September 5th!**

Warning! Late claims WILL result in late payment!

Reminder

The Illinois State Board of Education will be conducting unannounced child care home reviews during meal times this summer and fall. If you receive a visit, always check for identification and feel free to call us if you are doubtful of the person at your door. You or your assistant cannot ask the ISBE monitor to come back later; you or your assistant must conduct the review. The purpose of the ISBE review is to monitor Illinois Action for Children’s Healthy Food Program. ISBE is required to do this for all food programs by the United States Department of Agriculture. Be sure to call us if you are going to be closed or away during a meal time and we will inform the ISBE monitor if he or she is at your door and you do not answer.

healthier alternatives. Eating foods with added sugar at an early age can cause children to form unhealthy eating habits and food preferences that follow them into adulthood.

Healthier foods and drinks can be offered to kids to reduce added sugar consumption.

Instead of These:	Offer These:
Sugar-sweetened beverages (e.g. soft drinks, flavored juice drinks, sport drinks, fruit punch)	Water (try adding lemon, lime, orange, cucumbers slices, mint, and/or fresh or frozen berries). Fresh fruits
Flavored milk and yogurt drinks	White milk or unsweetened soy, rice or almond beverages. Homemade smoothies made with milk, yogurt and fruit
Sugary cereals and flavored oatmeal	Plain cereals such as bran flakes, oat “o” cereal, shredded wheat and plain oatmeal with sliced banana or berries for sweetness
Flavored yogurt, pudding, and ice cream	Plain yogurt with whole or pureed fresh or frozen fruit for sweetness. Homemade pudding with less sugar added. Layered yogurt pops
Cookies, packaged desserts, muffins and cereal bars	Homemade baked goods made with less sugar. Adding dried fruits to further reduce the amount of sugar used
Fruit gummies, chews or roll ups	Fruit with yogurt dip. Almond, peanut, or sunflower seed butter with sliced apple. Dried fruit like apple, mango or pineapple slices with no added sugar
Canned fruit in syrup	Fresh fruits or drain out the syrup and rinse with cold water

Not all fats and sugars are bad, but it is important to be able to differentiate them. Limiting added sugar along with avoiding saturated fat and trans-fat intakes are keys to a healthy diet. You play a very important role in providing access to healthy foods and teaching the children in your care healthy eating habits that affect their immediate and long-term health.

Healthy Food Program Number

For the Out of Home voicemail, payment information or to speak to a customer service representative, call:

(773) 564-8861




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