HeadStartNews

Nutrition Facts Labels

The Nutrition Facts label is required on most prepared foods, such as cereals, canned and frozen foods, breads, and snacks. The Food and Drug Administration (FDA) and the United States Department of Agriculture (USDA) decide what must be on a Nutrition Facts label. The Nutrition Facts Panel can be helpful when planning what to eat.

The first place to start when you look at the Nutrition Facts label is the serving size. Serving sizes are shown in common units, such as cups and ounces, to make it easier to compare similar foods. Serving size is important because nutrient information is based on the serving size. For example, if the serving size is 1/2 cup cereal, all information is based on this amount. If you eat 1 cup cereal, you need to double the information.

Nutrient information is separated into two sections. The top section shows nutrients most people have trouble controlling in their diet: Calories, Total Fat, Saturated Fat, Cholesterol, Sodium, and Total Carbohydrates. The bottom section shows other nutrients, Vitamin A and C, Calcium, and Iron. Most people consume these nutrients in adequate amounts; but this information can be helpful; for example, if iron needs to be increased in a diet.

Percentage (%) of Daily Values for each nutrient are suggested levels of intakes for a 2,000 calorie food plan. Even if you don't know your calorie needs, looking at the % Daily Value makes it easy to compare similar products, when serving sizes are the same. For example, compare the % Daily Value of calcium for two different yogurts. A 1/2 cup serving of plain yogurt may have 20% Daily Value of calcium, but 1/2 cup of flavored yogurt may have only 5% Daily Value of calcium. The amount of calcium (in the same serving) in different types of yogurt can vary from 5 to 45% Daily Value.

Apple Loaf

Serve this bread with a meal or just plain for snacks.

What You Need:
- 1 1/2 cups apples, peeled and shredded
- 1/2 cup carrots, peeled and shredded
- 2 large eggs
- 1/4 cup margarine
- 1 3/4 cups flour
- 2/3 cup sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda

How To Fix:
1. Mix apples, carrots, eggs, and margarine in large mixing bowl.
2. Add remaining ingredients. Beat 3 minutes at medium speed.
3. Pour batter into greased and floured 9- x 5- x 3-inch loaf pan. Bake 50 minutes at 350° F, until toothpick inserted into center of bread comes out clean.
4. Remove loaf from pan to cool. Makes 12 slices. (170 calories and 5 grams fat per slice)

Bedtime Routine for Infants

It's important to develop a bedtime routine for infants. A bedtime routine provides a sense of security that will help avoid bedtime problems when a child is older.

A nighttime routine may consist of putting pajamas on, brushing teeth, and reading a story, before turning out the light. Make the time before sleep quiet, not a rough and tumble playtime. Use a dim night-light in your infant's room and leave the door partly open for a feeding or diaper change during the night.

Put infants to bed when they are drowsy, but awake, so they will develop the ability to fall asleep on their own. Always place infants on their sides or backs. Provide a stuffed animal or a small blanket for comfort. Infants can smother in a large blanket.

Never put infants to bed with a bottle of milk, pop, juice, or any sweet liquid. Use only plain water. Decay can start even before teeth appear. Feed an infant before bed, then swab the gums with plain water and a clean wash cloth.

Stroller Safety

The Consumer Product Safety Commission (CPSC) warns that serious injury and death can occur to children not properly restrained in strollers.

CPSC advises caregivers to:
1. Always use the safety harness, even for short trips. A harness can save a baby's life. An infant can slip between the stroller tray and seat bottom, trap his head and neck, and suffocate. If the stroller seat is in the reclined position, be sure that the leg openings can be closed off to prevent slipping through.
2. Never leave a child unattended in a stroller even if he is asleep and strapped in. He may wake and try to climb out of the stroller, causing it to tip.
3. Don't hang heavy objects on stroller handles or place them on the tray. The stroller can tip.

MMR-MMRV Vaccine

Measles, mumps, rubella (German measles), and varicella (chickenpox) are serious diseases. Measles can lead to ear infections, pneumonia, brain damage, and death. Mumps can lead to deafness and swelling of the testicles or ovaries. If a pregnant woman gets rubella, a miscarriage or birth defects can occur. Chickenpox causes an itchy rash, blisters, and fever.

Most people who get the MMR or MMRV vaccine don't have any side effects. Some people get a mild fever, rash, and swelling of the neck glands. It is rare to have a serious reaction, but call a health care provider if a reaction occurs.

The first MMR or MMRV shot is given between 12 to 15 months of age; the second between 4 to 6 years of age. Adults born after 1956 who have not had the vaccine, or don't know if they have had any of the diseases, need to get at least one MMR shot. Pregnant women need to wait until after they have given birth.

Getting Infant or Toddlers To Take Medications

Getting children to take medicine can be a real battle. To make the task easier, here are a few tips:

- Use a dropper for infants. Squirt the liquid along the inside of the cheek, rather than on the tongue, so baby won't spit it up.
- Give vitamins during baths, so infants and toddlers won't dribble the liquid on their clothes.
- For toddlers, mix medicines with food such as mashed potatoes or applesauce.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (866) 632-9992 (voice). TDD users can contact USDA through local relay or the Federal relay at (800) 877-8339 (TDD) or (866) 377-8642 (relay voice users). USDA is an equal opportunity provider and employer. Copyright © 2011-2012 Lucy Williams. All rights reserved. The Nutrition and Health Newsletter is intended for individual subscribing site duplication and may not be resold or published elsewhere without written permission from the publisher.
Managing editor: Lucy M. Williams, M.S., M.Ed., R.D. To order, phone: 419.344.3665 or e-mail: lumwill@aol.com. Vol. 5, #7

give me 10
Your Daily Workout

EXERCISING FOR MENTAL HEALTH

PEOPLE THAT EXERCISE REGULARLY BENEFIT WITH A POSITIVE BOOST IN MOOD AND LOWER RATES OF DEPRESSION. EXERCISE CAUSES YOUR BODY TO CREATE MORE BRAIN CELLS AND CONNECTIONS. THIS MEANS YOUR BRAIN BECOMES MORE POWERFUL AND HAS A GREATER CAPACITY FOR LEARNING. EXERCISE CAN IMPROVE YOUR SELF-ESTEEM AND HELP MANAGE STRESS, BUT IT IS ALSO A GREAT WAY TO ENGAGE WITH THE WORLD AND OTHER PEOPLE.

TIP: EVERY TIME YOU FEEL STRESSED TAKE A SHORT WALK, OR DO SOME FORM OF EXERCISE.

Sp Adobe Spark

SPINACH

SPINACH IS AN EXCELLENT SOURCE OF VITAMIN C, BETA CAROTENE, FOLATE, VITAMIN B6, VITAMIN E, MAGNESIUM AND POTASSIUM. SPINACH ALSO CONTAINS A SUBSTANCE BELONGING TO THE CAROTENOID FAMILY, CALLED ZEAXANTHIN WHICH IS VALUABLE FOR KEEPING EYES HEALTHY.

Adobe Spark

TOBACCO QUICK FACT

FEBRUARY : BREAKING UP WITH CHEW

LOVE YOURSELF. BE EDUCATED. TOBACCO IS DANGEROUS!

Through with Chew Week is an annual effort to educate people about the harmful effects of smokeless tobacco (chew, dip, snus). Chew contains at least 28 chemicals that are found to cause cancer in the mouth, esophagus and pancreas. It can also cause heart disease, and precancerous mouth sores. Chew products on average deliver a higher dose of nicotine than cigarettes making it more habit forming. Kick off Valentine's Day by loving yourself and others and say goodbye to tobacco! For more information, visit

WWW.CADCA.ORG/RESOURCES/PARTICIPATE-THROUGH-CHEW-WEEK

or call

1-800-QUIT-NOW **to speak with a trained quit coach today.**