

July 2009

Nutrition Edition

From CCR's CACFP



Nutrition Notes

The Worst Packaged Food Lies

The Organic Junk Food: Kraft Original Macaroni & Cheese-the claim, "USDA organic." The truth is, junk food is junk food. In this case you save 20 calories and one gram of fat but gain two grams of sugar, one gram of fiber and 50 milligrams of sodium. You also lose 6% daily iron.

The Fat Fake Out: Smucker's Reduced Fat Creamy Peanut Butter-the claim, "25% less fat than regular natural peanut butter." The truth is Smucker's has reduced the fat, but they've replaced it with maltodextrin, a carbohydrate used as a cheap filler in many processed foods. This means you're trading healthy fat for empty carbs, doubling the sugar for a meager 10 calorie savings.

Excerpts taken from The Worst Packaged Food Lies by Dave Zinczenko and Matt Goulding, Men's Health

406.728.6446 * Judy ext. 244 * Jennifer ext. 240



Reading time at The Good Shepherd in Missoula.

Photo Courtesy of Mike Williams Photography.

Important Reminders

- We will pick up from the Ravalli drop boxes on **August 2, 2009.**
- All reimbursement claims must be received by **August 2, 2009.**
- Checks will be mailed on **August 13th** and direct deposit will be available on **August 14, 2009.**
- Look for your final tiering letter for 2009-2010 in the mail at the end of the month.



127 E. Main, Suite 314 * Missoula, MT 59802 * www.childcareresources.org

120 copies published electronically, 20 copies of this public document were published at an estimated cost of \$0.49 per copy, which includes \$0.08 for printing and \$0.44 for distribution, using 100% federal funds.

**Child Care
Resources**



From the CACFP's Kitchen to Yours

The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease.

—Thomas Edison

As Americans, we are acutely aware of our health and physical appearance, therefore we are constantly on the lookout for the “magic pill” or current diet that will help us prevent chronic diseases and promote weight loss. Unfortunately, this trend has now extended to our children. What we eat and what we feed our children, determines (to a large extent) how we feel and how well we fight physical decline and illness. It is more beneficial to attain nutrients from food from vitamins. Below is a list of foods that when included in a child’s diet contribute to overall good health.

Red, orange and yellow fruits and vegetables: apricots, kumquats, papaya, oranges, cantaloupe, mango, pineapple, watermelon, nectarines, raspberries, strawberries, beets, carrots, squash, sweet potato, tomatoes, and pumpkin.

Cruciferous and leafy green vegetables: collards, kale, broccoli, turnips, rutabagas, spinach, Swiss chard, cabbage, cauliflower, bok choy, and brussel sprouts.

Whole Grains: brown rice, oats, barley, bulgur, millet, Quinoa, corn, rye and buckwheat.

Excerpts taken from *The Power Foods Book*

