



## Sugar Shock!

It's truly shocking! People are eating more added sugar than ever before. Experts recommend **not eating more than 6 to 9 teaspoons a day for adults and even less for children**. According to the American Dietetic Association and a recent study by Sibylle Kranz PhD, RD, in America:

- Adults are consuming 22 teaspoons of added sugar a day
- Teens are averaging 34 teaspoons a day
- 4–5 year olds eat about 17 teaspoons a day
- 2–3 year olds eat 14 teaspoons a day

Excessive sugar intake, according to Dr. Robert Lustig, from UCSF, may be a main contributor to the obesity epidemic which in turn, contributes to other health issues including: weight gain, tooth decay, heart disease, diabetes and some forms of cancer.

You don't need to worry about naturally occurring sugars found in many nutritious foods we eat everyday such as fruits, vegetables, milk and grains. These sugars are an important part of a healthy diet, and the sugar they contain is naturally occurring, not added sugar. These foods also contribute many nutrients and fiber to the diet.

You do need to worry about added sugar. Read the Label To find which products have added sugar.

- Most added sugars in the diet come from sodas, sports drinks, fruit drinks, cakes, cookies, ice cream, candy and other desserts.
- Watch out for added sugars in seemingly healthy products, such as flavored yogurt, breakfast cereals and snack bars.
- Added sugars are even found in such unlikely places as ketchup, tomato soup, canned pasta, pasta sauce and applesauce.

When it comes to added sugar, less is better, so when shopping, look for added sugar in processed food items by reading the ingredient list on the label. Also remember that sugar has many names: Honey, brown sugar, cane juice, sucrose, fructose, glucose, maltose, corn syrup and high fructose corn syrup are a few commonly used names for sugar. Be especially mindful as you serve the children in your care. "Children with the highest level of added sugar intake had the lowest consumption of most nutrients and servings of grains, vegetables, fruits and dairy," say researchers published in the Journal of Pediatrics.

Source: Nutrition Edition #7.

### Program Reminders/ Updates

#### **NEW** CACFP Meal Pattern

- Did you know there is a new meal pattern? The USDA approved it this past April 2016. The regulations will be required as of October 2017. We are waiting on the state for their rules for implementation. As soon as we are able we will be providing you with training and support to help you with this new transition.

#### Web Claiming Software Change

- Minute Menu has updated their software. If you have been using Minute Menu Webkids, you will be switched over to the new software KidKare in **March**. We will be conducting special training sessions to help you navigate the new software. You can also find helpful videos by typing in your search engine: kidkare training.

## Menu Ideas – Meatless Mondays

### Breakfast

Multigrain Cheerios	Protein waffle	Overnight Oats	Egg Croissant	Berry Acai Bowl & granola
Peaches	Cinnamon bananas	Sliced Pear	Mushrooms/green bell pepper	Mixed berries
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

### Lunch or Dinner

** Lentils with leeks**	Shrimp Fajitas	Fava bean soup	Ham Wrap & cheddar slice	Vegetarian 5 bean chili
** Bulgur Pilaf **	Wild rice	Corn tortilla	Whole gran tortilla	WW roll
** Spinach/chard**	Green/yellow bell pepper	Cooked carrots/potato	Cucumber	Mixed tomatoes with corn
Cauliflower	Orange slices	Melon	Spinach Mixed Greens	Grilled zucchini
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

### Snack Am or Pm

Steamed Edamame	Cherry Tomatoes	Baked apple chips	Hm pizza crust	Celery sticks & raisins
WW Pretzels	Multigrain crackers	Milk 1%	Spinach & mozzarella	Almond butter

### \*\* Bulgur Lentil Pilaf with Leeks \*\*



#### Ingredients:

- 4 ½ Cups water            1 ½ cup lentils, brown or green
- 4 cups green leafy vegetables (e.g chard, spinach, kale)
- ¾ cup bulgur                1 pinch cayenne pepper
- 2-3 leek stalk              2-3 cloves garlic, chopped
- 1 bay leaf                    1 ½ tsp. cumin

#### Instructions:

- 1.) Place lentils in a bowl and add warm water to cover by one inch.
- 2.) As lentils are soaking, clean and halve leeks then cut them into thin crosswise slices.
- 3.) Heat a large pot over medium-high heat. Add leeks and cook 5 to 10 minutes until tender. Set half of them aside for garnishing.
- 4.) Keep half of the leeks in the pot. Add garlic and cook for 15 seconds.
- 5.) Add bulgur and cook for 2 minutes. Then add cumin and cayenne and cook for 30 seconds.
- 6.) Drain lentils and add them to the pot. Add 1 1/2 cups water and the bay leaf. Bring to a simmer, cover and cook for 15 minutes.
- 7.) If using leafy green vegetables, rinse and add them to the pot, cooking 5 more minutes before serving. Transfer lentils and bulgur to serving dish and top with reserved leeks

Yield: 8 servings for 3-5 year olds

1 serving provides: ¼ cup grain/grain alternate, ¼ cup vegetables, 3/8 cup meat/meat alternate

Source: UC Davis Integrative Medicine

### Activity Corner - I Made it Myself

#### Edible Fruit Rainbows

Set up colorful bowls of fruit in the center of the table and give the children individual paper plates.

The children can arrange fruits in a rainbow design that includes all the colors of the spectrum: red strawberries, orange sections, yellow banana slices, green kiwi slices, blueberries, violet grapes.

#### Vegetable Shake Salad

Set out fixings for a vegetable salad such as lettuce, spinach, halved cherry tomatoes, shredded carrots, sliced mushrooms, bell pepper strips and sliced radishes. Let the children choose the ingredients they would like, toss them in a plastic baggie, pour in a little dressing, seal and shake it up! Pour contents onto a plate or eat right out of the bag.



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