# The WIC Wire

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## Healthy Snacks for Kids

By Stephanie Ensign, Dietetic Intern

It is important that children are eating the right amount of food every day to fuel their brains, give them energy, and to receive all of the necessary recommended nutrients. However, sometimes 3 meals a day just isn't enough for a growing kid. If children go from lunch to dinner without eating a healthy snack, they may feel tired, their attention spans shorten and their ability to learn diminishes. They may also have difficulty fully participating in physical activity. Healthy snacks are important for children to keep their busy bodies and minds going, and to also keep them from overeating at meals.

Kids should be eating 1-2 snacks per day, and 3 meals a day. The amount of snacks depends on how old the child is and if they're physically active or going through a growth spurt. In general, younger kids (less than 5 years old) and older kids (5 to 13 years old) who are physically active or growing should be getting two snacks a day. Older children who are less physically active and not growing should be getting one snack a day. According to ChooseMyPlate, children need to eat every 3 to 4 hours. Snacks should be given a few hours after one meal ends and about 1-2 hours before the next meal begins. This will prevent kids from losing their appetite for dinner, but will still give them the energy they need to make it to the next meal.

Snacks should be eaten in designated "eating-only zones" so that children can associate that area with eating. Especially avoid snacking in front of the television because it is a distraction, doesn't allow the child to fully concentrate on eating, and often leads to overeating. The kitchen table and counters are usually the best environment for snacking and teach children to only eat in the kitchen.

What kinds of snacks should be offered to kids? It is recommended that snacks be nutritious and low in sugar, fat, and salt. Recommended snacks include fresh fruits and vegetables, and foods that contain whole grains, dairy, or protein. Snacks high in fiber or protein, such as fruits and vegetables and low-fat cheese, tend to keep kids fuller longer and give them more energy to learn or play. Parents shouldn't be discouraged if their child won't eat the healthy snack options at first. Just keep on offering the meals and snacks at the same time each day and the kids can decide what they want to eat and how much.

Ideas for healthy snacks:

- Peanut butter and apple slices
- Snack kabobs: cubes of low-fat cheese, grapes, and pretzel sticks
- Low-fat vanilla yogurt with crunchy low-fat granola and blueberries
- Parmesan cheese on hot popcorn
- Mini pizza: toast an English muffin, drizzle with pizza sauce, and sprinkle with low-fat mozzarella cheese
- Spread mustard on a flour tortilla, top with turkey, low-fat cheese, and lettuce, and roll it up.
- Sprinkle grated Monterey Jack cheese over a corn tortilla; fold in half and microwave for twenty seconds. Top with salsa.
- Small baked potato with salsa and low-fat cheese
- Celery with peanut butter and raisins
- Baby carrots and cherry tomatoes with low-fat ranch dressing

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# Proposed Changes to the Nutrition Facts Label

**www.fda.gov/Food/GuidanceRegulation**

**Proposed Nutrition Facts Label At-A-Glance**

The FDA is proposing to update the Nutrition Facts label found on most food packages in the United States. The Nutrition Facts label, introduced 20 years ago, helps consumers make informed food choices and maintain healthy dietary practices. If adopted, the proposed changes would include the following.

**1. Greater Understanding of Nutrition Science**

- Require information about "added sugars." Many experts recommend consuming fewer calories from added sugar because they can decrease the intake of nutrient-rich foods while increasing calorie intake.
- Update daily values for nutrients like sodium, dietary fiber and Vitamin D. Daily values are used to calculate the Percent Daily Value listed on the label, which help consumers understand the nutrition information in the context of a total daily diet.
- Require manufacturers to declare the amount of potassium and Vitamin D on the label, because they are new "nutrients of public health significance." Calcium and iron would continue to be required, and Vitamins A and C could be included on a voluntary basis.
- While continuing to require "Total Fat," "Saturated Fat," and "Trans Fat" on the label, "Calories from Fat" would be removed because research shows the type of fat is more important than the amount.

**2. Updated Serving Size Requirements and New Labeling Requirements for Certain Package Sizes**

- Change the serving size requirements to reflect how people eat and drink today, which has changed since serving sizes were first established 20 years ago. By law, the label information on serving sizes must be based on what people actually eat, not on what they "should" be eating.
- Require that packaged foods, including drinks, that are typically eaten in one sitting be labeled as a single serving and that calorie and nutrient information be declared for the entire package. For example, a 20-ounce bottle of soda, typically consumed in a single sitting, would be labeled as one serving rather than as more than one serving.
- For certain packages that are larger and could be consumed in one sitting or multiple sittings, manufacturers would have to provide "dual column" labels to indicate both "per serving" and "per package" calories and nutrient information. Examples would be a 24-ounce bottle of soda or a pint of ice cream. This way, people would be able to easily understand how many calories and nutrients they are getting if they eat or drink the entire package at one time.

**3. Refreshed Design**

- Make calories and serving sizes more prominent to emphasize parts of the label that are important in addressing current public health concerns such as obesity, diabetes, and cardiovascular disease.
- Shift the Percent Daily Value to the left of the label, so it would come first. This is important because the Percent Daily Value tells you how much of certain nutrients you are getting from a particular food in the context of a total daily diet.
- Change the footnote to more clearly explain the meaning of the Percent Daily Value.

## Label Format: Original vs. Proposed

**Nutrition Facts**
Serving Size 2/3 cup (55g)
Servings Per Container About 8

| Amount Per Serving | |
|---|---|
| **Calories** 230 | Calories from Fat 40 |
| | **% Daily Value*** |
| **Total Fat** 8g | **12%** |
| Saturated Fat 1g | **5%** |
| *Trans* Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 160mg | **7%** |
| **Total Carbohydrate** 37g | **12%** |
| Dietary Fiber 4g | **16%** |
| Sugars 1g | |
| **Protein** 3g | |
| Vitamin A | 10% |
| Vitamin C | 8% |
| Calcium | 20% |
| Iron | 45% |

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

| | Calories: | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

**Nutrition Facts**
**8 servings per container**
Serving size 2/3 cup (55g)

Amount per 2/3 cup
**Calories 230**

| % DV* | |
|---|---|
| **12%** | **Total Fat** 8g |
| **5%** | **Saturated Fat** 1g |
| | ***Trans* Fat** 0g |
| **0%** | **Cholesterol** 0mg |
| **7%** | **Sodium** 160mg |
| **12%** | **Total Carbs** 37g |
| **14%** | **Dietary Fiber** 4g |
| | **Sugars** 1g |
| | **Added Sugars** 0g |
| | **Protein** 3g |
| 10% | **Vitamin D** 2mcg |
| 20% | **Calcium** 260mg |
| 45% | **Iron** 8mg |
| 5% | **Potassium** 235mg |

* Footnote on Daily Values (DV) and calories reference to be inserted here.

## Proposed Serving Size Changes

What is considered a single serving has changed in the decades since the original nutrition label was created. So now serving sizes will be more realistic to reflect how much people typically eat at one time.

# Announcements

**Salt Lake BirthNetwork Presents a Special Benefit Screening of:**

Explore Your Options: Doulas, Birth Centers & C-Sections- Friday, April 18th

The VBAC Dilemma: What Your Options Really Are- Friday, May 16th

7-9 pm Red Rock Room at the University of Utah Hospital-Free admission, donation's appreciated.

Come join us for a fun night, a good movie, and great company! Concessions will be available to help fund raise for the Utah Breastfeeding Coalition (UBC) and the Salt Lake BirthNetwork. Memberships are also available so of you want to renew for 2014 UBC Membership now is the perfect time! Share this event and invite all your friends. The more the merrier!

**Perinatal Professionals Annual Conference September 25th-26th, 2014**
**http://perinatalprofessionals.org/**

The following speakers have confirmed for the conference:

Bonita Katz-Family Centered Maternity Care
Shannon Tilly and Hafsa Abdikadir- Female Circumcision
Jan Baker- MBSR for reduced incontinence
Karen Hardman- Tongue Tie
Vicki Kennedy Overfelt- MBSR
Amy Peterson and Mindy Harmon- Lactation
Lois Bloebaum- Utah 10 steps

**National Public Health Week is April 7 - 13**

**April 10th is Public Health Nutrition Day**



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