



NUTRITION NEWS!

MODULE 3

CHILE PROJECT GOALS

- ☒ Families will eat more fruit, vegetables, and foods made with whole grains
- ☒ Families will eat less sugar and high-fat foods
- ☒ Families will be more physically active
- ☒ Families will watch less TV

A CHILE newsletter will be brought home by your child enrolled in Head Start several times this school year. Each newsletter will include a CHILE update and tips on how to keep your children active and eating all the foods that are good for them!



Bring your child along with you to the grocery store and find tomatoes and pineapple in the produce section. Look for tomato in the canned food aisle and pineapple in the frozen and canned fruit aisles as well.

WHAT'S UP...

Over the past few weeks, your child has been tasting tomato and pineapple in classroom activities, meals, and snacks offered by the Head Start. CHILE take home activities include recipe ideas for tomato and pineapple. The more times you and your child try new foods like fruits and vegetables, the more you may enjoy them. Try adding tomato and pineapple into meals and snacks at home over the next few weeks. Remember to cut tomato and pineapple into small pieces no larger than ½ inch to prevent choking. Some ideas include:



- Add tomato pieces to a grilled cheese sandwich and dip the sandwich in tomato soup.
- Add **quartered** cherry tomatoes to any pasta or soup dish for added color and flavor.
- Include small pieces of tomato on any meat or cheese sandwich made with 100% whole wheat bread.
- Add tomato pieces to green salads.
- Gazpacho is a yummy cold tomato soup, and is very refreshing on a hot summer day! A recipe for gazpacho is included below.
- Serve canned pineapple pieces smaller than ½-inch as a side for lunch or dinner. Look for fruit canned in juice or water and drain the liquid from the fruit before serving.
- Make a smoothie out of 100% orange juice, small pineapple pieces, and pieces of banana. Blend well before serving.
- Flavor water with fruit. Add several small pieces of pineapple to a straw and drink a tall, cold glass of water from the fruit straw. Eat the pineapple afterwards.
- Grill fresh pineapple pieces for a tasty side dish.

Gazpacho (Cold Soup)

INGREDIENTS:

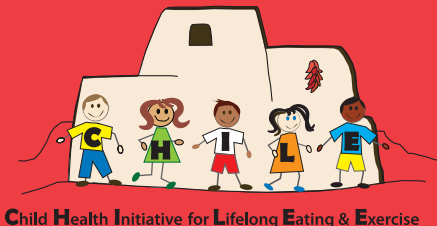
- 3 cups chopped tomatoes
- 1 cup seeded, peeled, and chopped cucumber
- 1 cup chopped green bell pepper
- 1 cup chopped sweet onion (optional)
- ½ cup chopped celery
- 1 teaspoon minced garlic (optional)
- 2 cups 100% vegetable juice
- 2 Tablespoons olive oil
- 2 Tablespoons lemon juice
- Salt and pepper

DIRECTIONS:

1. Combine all ingredients in a large bowl and mix well.
2. Cover and chill for at least two hours.
3. Serve cold.



CHILE
RECIPE



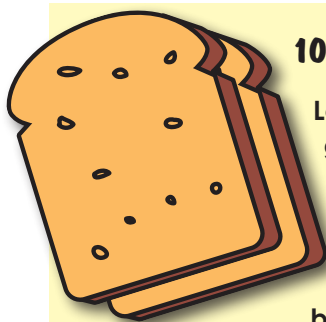
Rethink Their Drink!

Sodas, fruit drinks that are not 100% juice (like orangeade and fruit punch), and other drinks with added sugar are high in calories but low in vitamins and minerals. Drinking soda or even too much juice fills up young children's tummies and can keep them from eating foods that are better for them.

Drinking too much soda may lead to overweight, obesity and diabetes, as well as other chronic diseases. Drinking soda and sugar sweetened beverages often leads to painful and expensive cavities in young children's teeth.

Alternatives to sodas and fruit drinks include water, 1% or nonfat milk, and 100% fruit juice. Preschoolers over the age of two need 2 to 3 servings (cups) of lowfat (1%) or nonfat milk or dairy products per day. They should have no more than 4-6 ounces of 100% fruit juice per day, which is only $\frac{1}{2}$ to $\frac{3}{4}$ cup per day. Water should be offered to children throughout the day, and is the best drink when they are thirsty.

Remember that changes are easier to make when everyone in your family makes them. It will be easier to limit sodas and other sugar-sweetened drinks for children if everyone in your family does the same.



100% Whole Wheat Bread is 100% Better!

Look for 100% whole wheat bread at your local grocery store. 100% whole wheat breads are made from the whole wheat seed and include more of the good stuff (fiber and nutrients) than breads made from refined grains, such as white flour. Don't be fooled by "wheat" bread. Look at the list of ingredients and look for the word "whole" in front of every grain listed. Wheat bread may have some whole grain, but often is made with mostly white flour.

Making the switch from white or wheat bread to 100% whole wheat bread may take some time. 100% whole wheat bread sometimes costs more than white bread. Remember that with 100% whole wheat bread your family is getting more fiber and nutrients that your bodies need. 100% whole wheat bread may not be what you and your family are used to eating. The change will be much easier for your children if you make it together and eat 100% whole wheat bread at mealtimes.



The Child Health Initiative for Lifelong Eating and Exercise (CHILE) Plus Project is a partnership between the University of New Mexico Prevention Research Center, your Head Start, and the New Mexico Human Services Department to provide nutrition education to families. It is a program designed to reduce the risk of obesity and diabetes in New Mexico families.

This institution is an equal opportunity provider and employer. Printing of this material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact 1-800-432-6217.