

## Solving the Milk Mystery

**THERE ARE A STAGGERING NUMBER** of choices to make when it comes to buying milk. For each type there are many variations and many health benefit claims. Most people choose plain cow's milk but for those who don't drink milk for either medical or personal reasons, many substitutes are available. In making this choice, it is important to understand the nutritional differences so that the healthiest item can be selected.

**Cow's milk** comes from an animal while milk substitutes, not technically milk at all, are derived from

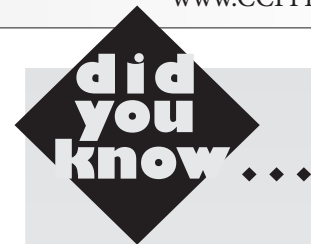
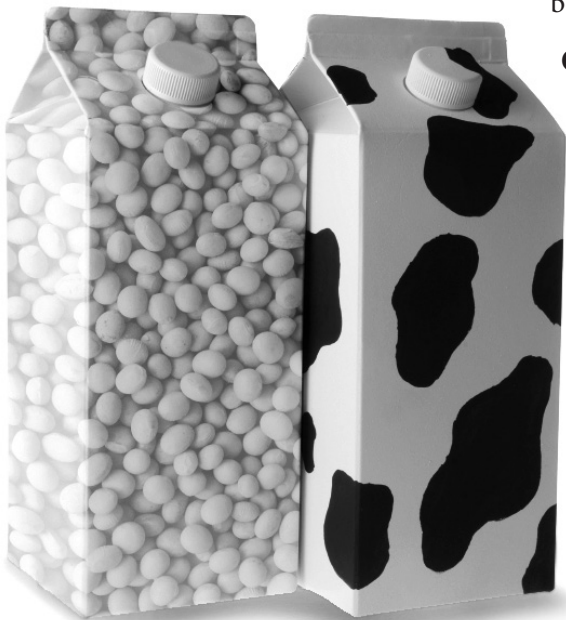
plant sources. Cow's milk is available in whole (4%), reduced fat (2%), low-fat (1%), and skim or non-fat milk, as well as organic varieties and many flavors, including buttermilk. Cow's milk, as with all animal based foods, is a complete protein, meaning all amino acids, building blocks, are present for the human body to form proteins. Milk is a rich source of nutrients with 1 cup supplying 30% of an adult's daily need for calcium and about 50% of their need for vitamin B12 and riboflavin. In addition, it is fortified with vitamin A and vitamin D. Cow's milk is known to contribute to optimum bone health.

**Goat's milk** is a nutritious alternative to cow's milk. Although more costly, goat's milk has a nutritional profile similar to cow's milk. To ensure safety always look for pasteurized goat's milk.

On the CCFP cow's milk and goat's milk must be low-fat (1%), or non-fat, (skim) when served to children 2 years and older.

**Soy milk**, a beverage made from ground, strained soy beans is a popular milk

*(article continued on page 2)*



- ▶ Food Day is October 24th, 2012. This grassroots campaign for better food policies is a national celebration of healthy, affordable and sustainably produced food.
- ▶ Rice milk is low in fat, as is low-fat milk and soymilk; all have inadequate amounts of fat for children less than 2 years of age.
- ▶ 10 to 15% of infants with a cow's milk allergy also have a soy protein allergy.
- ▶ In a study at the Mayo Clinic, people who had an hour and twenty minutes less sleep than usual ate 550 extra calories a day. That could add up to more than a pound a week!

Sources: [www.FoodDay.org](http://www.FoodDay.org),  
American Academy of Pediatrics,  
Mayo Clinic

### Quotable Quotes

“Never work before breakfast; if you have to work before breakfast, eat your breakfast first.”

— Josh Billings

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- ◆ Food Funny

## Solving the Milk Mystery

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substitute for vegans and people allergic to milk protein. There are many soy milk options including low fat, fortified, organic and again a variety of flavors. Soy milk has about the same amount of protein as cow's milk and is the only plant food that is a complete protein. Unfortified soy milk contains some B vitamins, but is not a good source of vitamin B12, which is a nutrient of concern in the diet of vegetarians. In response to an increased demand for soy milk as a substitute for cow's milk, manufacturers have developed fortified soy milk products, which more closely resemble nutrients found in milk. The fortified version has added calcium, vitamin E, B12 and D along with other nutrients and is a better choice than unfortified. However, calcium from most plant sources is not absorbed as well as the calcium naturally occurring in cow's milk. Additionally, soy beans are rich in both oxalates and phytates, compounds that inhibit the absorption of calcium.

### Child Care Food Program Milk Policy

For children participating on the CCFP parents may request soy milk. The request must be in writing and does not need a physician's recommendation as long as the beverage is nutritionally equivalent to milk and meets the nutritional standards for fortification of calcium, protein, vitamin A, vitamin D, and other nutrients to the levels found in cow's milk. The request must identify the medical or other special dietary need that restricts the diet of the child. Keep a copy of this signed and dated request on file for your records and send the original to the sponsor. Any other substitution for milk requires a doctor's authorization.

**Rice milk**, made from ground, strained rice is not a nutritionally comparable substitute for cow's milk. It is high in carbohydrates with only 1 gram of low quality protein in a one-cup serving. As with soy milk, rice milk now comes in fortified, organic and flavored versions. The fortified version has added calcium, vitamin A, B12, D and other nutrients. This fortified choice is better than the unfortified, but still lacks many readily absorbable nutrients found in cow's milk.

**Almond milk** is made from ground strained almonds. Although fortified with calcium, vitamin D, A and E it is not a comparable replacement for cow's milk due to its low protein and carbohydrate content.



**Coconut milk** is made from coconut meat and water. Coconut milk is very high in fat and calories, very low in protein and calcium and is most often used in cooking. Some drinkable coconut milks have much fewer calories and fat and are fortified with calcium, vitamin D, vitamin A and vitamin B12 but remain very low in protein.

**Other milks** have come on to the market in recent years including hemp and flax milk; however, these "milks" are extremely low in protein and are not fortified with all nutrients to the levels found in cow's milk.

Finding alternative milks that compare nutritionally to cow's milk is difficult. Before you give up the idea of drinking cow's milk due to lactose intolerance, try a lactose free milk product or Lactaid tablets. Many people can build up their tolerance to lactose by consuming small servings of milk with other foods. However, for individuals who are allergic to cow's milk protein or follow other dietary restrictions, it is even more critical to be an avid label reader to ensure healthy choices. For all "milk" products look for the plain versions as the flavored ones are higher in added sugar. Keep in mind all "milk" can be part of a healthy diet when complimented with other foods to meet daily nutrient requirements. By making good food choices every day we help keep our bodies strong and healthy.

— Catherine Stafford  
Child Health and Nutrition Specialist

## KIDS' HEALTH & SAFETY

# Do You Know a Picky Eater?

**PICKY EATING** is when children refuse foods often or only want the same food over and over. Many parents worry that their picky eaters are not getting enough nutrition to grow. But in most cases, they are. In fact, 50% of parents think their children are picky eaters. But 95% of healthy babies and toddlers meet all their nutritional needs.



Some causes of picky eating	What you can try
Some children are sensitive to the taste or smell of food and the way it feels in their mouth—its texture.	<ul style="list-style-type: none"> <li>• Offer a number of healthy food choices, among foods your child likes at each meal.</li> <li>• Frequently offer new kinds of foods. <i>Children need to be offered a new food as many as 10–15 times before they will eat it.</i></li> <li>• Talk to your child’s health care provider about any nutritional concerns you may have.</li> </ul>
Some children are simply less likely to try new things based on their temperament—their individual way of approaching the world.	<ul style="list-style-type: none"> <li>• Put new foods next to foods your child likes. Encourage him to touch, smell, lick or taste the new food.</li> <li>• Try offering healthy dips such as yogurt, hummus or low-fat salad dressing to encourage children to eat vegetables.</li> </ul>
Some children can seem “picky” because they only want to eat food they can feed themselves.	<ul style="list-style-type: none"> <li>• Offer safe “finger foods” that your child can feed herself.</li> <li>• Offer your child a spoon to hold while you’re feeding her. This lets her feel in control.</li> </ul>
Some children are very active. They may seem picky because they don’t like sitting for long.	<ul style="list-style-type: none"> <li>• Have your child’s meal all ready before he sits down.</li> <li>• Keep mealtimes short, 10 minutes or so. Let your child get up when he indicates he is finished eating.</li> <li>• Serve healthy foods family style, like a bowl of strawberries or grapes, so that he can serve himself at meals and snacks.</li> </ul>
Some children have medical issues that make it difficult to swallow certain foods.	Seek an evaluation by a health care provider. Sometimes children need special help with feeding.

— *Healthy from the Start, Zero to Three, National Center for Infants, Toddlers and Families*

## Calabecitas

- Zucchini, diced ..... 2 medium
- Poblano chile, roasted, diced ..... 1
- Onion, diced ..... ½ large
- Corn ..... 2 ears
- Black beans ..... 1 can (15 oz)
- Olive oil ..... 2 Tbsp
- Salt and pepper ..... to taste

1. Rinse black beans in cold water. Cut corn kernels off the cob or substitute 1½ cups canned or frozen corn.
2. In a large sauté pan heat olive oil over medium heat. Add onions, corn, chile and zucchini until soft, about 10 minutes.
3. Reduce heat to low, gently stir in black beans and continue cooking to heat the black beans about 1–2 minutes.
4. Add salt and pepper to taste.

Yield: 12 servings

Meets requirement for fruit/vegetable

## Baked Stuffed Pumpkin

- |                                   |                               |
|-----------------------------------|-------------------------------|
| Sugar pumpkin ..... 2 medium      | Raisins or                    |
| Granny Smith apples ..... 6       | dried cranberries ..... ½ cup |
| Walnuts, chopped ..... 1 cup      | Crystallized ginger           |
| Cranberry sauce,                  | (optional) ..... 1 Tbsp       |
| whole berry ..... 16 oz can       | Nutmeg ..... 2 tsp            |
| Crushed pineapple ..... 20 oz can | Cinnamon ..... 1 Tbsp         |
| Brown sugar ..... ¼ cup           | Cornstarch ..... 2 Tbsp       |

1. Preheat oven to 350°F. Position rack in the center of oven. Cut out the top of pumpkins and scoop out seeds with metal spoon. Peel, core and chop the apples.
2. In a large bowl combine all ingredients and mix well. Spoon mixture into cleaned pumpkin and replace top.
3. Set pumpkins on baking sheets and bake 1–2 hours until pumpkin begins to soften. Remove from oven and stir, scraping the sides gently, so some pieces of the pumpkin fall into the apple mixture.

Yield: 20 servings

Meets requirement for fruit/vegetable

— Adapted from *allrecipes.com*

## Activity Corner

### FOOD GAMES

**NUTRITION EDUCATION GAMES** can reinforce healthy eating concepts in an entertaining way.

#### Alphabet of Healthy Food

This game uses the alphabet as the basis for identifying nutritious foods. Write down, draw or find a picture of a healthy food for each letter of the alphabet, such as apples for “A”, beans for “B” or carrots for “C”, etc.

#### Healthy Food Creations

This game helps kids think beyond the usual healthy meals and snacks. From a variety of food pictures let kids create a healthy meal by placing the pictures on a paper plate.

#### Chef Relay

Divide the kids into two teams. Each team needs an apron, chef’s hat and a pair of tongs. The first child from each team puts on the apron and hat, runs to the other end of the room, picks up a healthy food picture or plastic play food item with the tongs and brings it back and drops it in a bowl. The remaining players take turns until the food is gone.

— *www.livestrong.com*

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**Food Q: What tops off a ghost’s sundae?**  
**Funny A: Whipped Scream!**