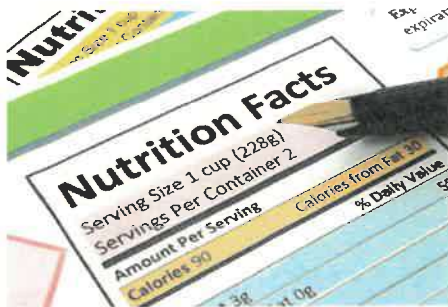




Nutrition Facts Labels



The Nutrition Facts label is required on most prepared foods, such as cereals, canned and frozen foods, breads, and snacks. The Food and Drug Administration (FDA) and the United States Department of Agriculture (USDA) decide what must be on a Nutrition Facts label. The Nutrition Facts Panel can be helpful when planning what to eat.

The first place to start when you look at the Nutrition Facts label is the serving size. Serving sizes are shown in common units, such as cups and ounces, to make it easier to compare similar foods. Serving size is important because nutrient information is based on the serving size. For example, if the serving size is 1/2 cup cereal, all information is based on this amount. If you eat 1 cup cereal, you need to double the information.

Nutrient information is separated into two sections. The top section shows nutrients most people have trouble controlling in their diet: Calories, Total Fat, Saturated Fat, Cholesterol, Sodium, and Total Carbohydrates. The bottom section shows other nutrients, Vitamin A and C, Calcium, and Iron. Most people consume these nutrients in adequate amounts; but this information can be helpful; for example, if iron needs to be increased in a diet.

Percentage (%) of Daily Values for each nutrient are suggested levels of intakes for a 2,000 calorie food plan. Even if you don't know your calorie needs, looking at the % Daily Value makes it easy to compare similar products, when serving sizes are the same. For example, compare the % Daily Value of calcium for two different yogurts. A 1/2 cup serving of plain yogurt may have 20% Daily Value of calcium, but 1/2 cup of flavored yogurt may have only 5% Daily Value of calcium. The amount of calcium (in the same serving) in different types of yogurt can vary from 5 to 45% Daily Value.

Apple Loaf



Serve this bread with a meal or just plain for snacks.

What You Need:

- 1 1/2 cups apples, peeled and shredded
- 1/2 cup carrots, peeled and shredded
- 2 large eggs
- 1/4 cup margarine
- 1 3/4 cups flour
- 2/3 cup sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda

How To Fix:

1. Mix apples, carrots, eggs, and margarine in large mixing bowl.
2. Add remaining ingredients. Beat 3 minutes at medium speed.
3. Pour batter into greased and floured 9- x 5- x 3-inch loaf pan. Bake 50 minutes at 350° F, until toothpick inserted into center of bread comes out clean.
4. Remove loaf from pan to cool. Makes 12 slices. (170 calories and 5 grams fat per slice)

Bedtime Routine for Infants

It's important to develop a bedtime routine for infants. A bedtime routine provides a sense of security that will help avoid bedtime problems when a child is older.



Put infants to bed when they are drowsy, but awake, so they will develop the ability to fall asleep on their own. Always place infants on their sides or backs. Provide a stuffed animal or a small blanket for comfort. Infants can smother in a large blanket.

A nighttime routine may consist of putting pajamas on, brushing teeth, and reading a story, before turning out the light. Make the time before sleep quiet, not a rough and tumble playtime. Use a dim night-light in your infant's room and leave the door partly open for a feeding or diaper change during the night.

Never put infants to bed with a bottle of milk, pop, juice, or any sweet liquid. Use only plain water. Decay can start even before teeth appear. Feed an infant before bed, then swab the gums with plain water and a clean wash cloth.

Stroller Safety

The Consumer Product Safety Commission (CPSC) warns that serious injury and death can occur to children not properly restrained in strollers.

CPSC advises caregivers to:

1. Always use the safety harness, even for short trips. A harness can save a baby's life. An infant can slip between the stroller tray and seat bottom, trap his head and neck,

and suffocate. If the stroller seat is in the reclined position, be sure that the leg openings can be closed off to prevent slipping through.

2. Never leave a child unattended in a stroller even if he is asleep and strapped in. He may wake and try to climb out of the stroller, causing it to tip.

3. Don't hang heavy objects on stroller handles or place them on the tray. The stroller can tip.

MMR-MMRV Vaccine

Measles, mumps, rubella (German measles), and varicella (chickenpox) are serious diseases. Measles can lead to ear infections, pneumonia, brain damage, and death. Mumps can lead to deafness and swelling of the testicles or ovaries. If a pregnant woman gets rubella, a miscarriage or birth defects can occur. Chickenpox causes an itchy rash, blisters, and fever.

Most people who get the MMR or MMRV vaccine don't have any side effects. Some people get a mild fever, rash, and swelling of the neck glands. It is rare to have a serious reaction, but call a health care provider if a reaction occurs.

The first MMR or MMRV shot is given between 12 to 15 months of age; the second between 4 to 6 years of age. Adults born after 1956 who have not had the vaccine, or don't know if they have had any of the diseases, need to get at least one MMR shot. Pregnant women need to wait until after they have given birth.

Getting Infant or Toddlers To Take Medications

Getting children to take medicine can be a real battle. To make the task easier, here are a few tips:

- Use a dropper for infants. Squirt the liquid along the inside of the cheek, rather than on the tongue, so baby won't spit it up.
- Give vitamins during baths, so infants and toddlers won't dribble the liquid on their clothes.
- For toddlers, mix medicines with food such as mashed potatoes or applesauce.





TOBACCO QUICK FACT



FEBRUARY : BREAKING UP WITH CHEW



**LOVE YOURSELF. BE EDUCATED.
TOBACCO IS DANGEROUS!**

Through with Chew Week is an annual effort to educate people about the harmful effects of smokeless tobacco (chew, dip, snus). Chew contains at least 28 chemicals that are found to cause cancer in the mouth, esophagus and pancreas. It can also cause heart disease, and precancerous mouth sores. Chew products on average deliver a higher dose of nicotine than cigarettes making it more habit forming. Kick off Valentine's Day by loving yourself and others and say goodbye to tobacco! For more information, visit

WWW.CADCA.ORG/RESOURCES/PARTICIPATE-THROUGH-CHEW-WEEK

or call

1-800-QUIT-NOW to speak with a trained quit coach today.





Visiting the Dentist by Age 1

Tooth decay can be prevented or managed if children have dental visits early—ideally by their first birthday—and if parents take good care of their child's teeth between dental visits. The age 1 dental visit is key for building a lifetime of good oral health. Dental visits for children can be simple, and staff can tailor them to be “kid-friendly.”



- The goal of the first dental visit is to make the experience welcoming and pleasant. The dental clinic staff may ask you to sit in the dental chair and hold your child in your lap. Or staff may use the knee-to-knee position to look into your child's mouth.
- During the visit, dental clinic staff may:
 - Describe what they'll do and ask you if you have any questions
 - Use a small mirror to look in your child's mouth for any problems, such as tooth decay
 - Check your child's bite and jaw growth to make sure they're developing correctly
 - Clean your child's teeth and apply fluoride varnish to prevent tooth decay
 - Give tips on brushing your child's teeth and how much fluoride toothpaste to use
 - Discuss ways to feed your child to prevent tooth decay
 - Offer tips for preventing injuries to your child's head, face, and mouth, and what to do if an injury occurs



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National Center on Health, Behavioral Health, and Safety, 2022. *Healthy Habits for Happy Smiles: Visiting the Dentist by Age 1*. Washington, DC: National Center on Health, Behavioral Health, and Safety.



ADMINISTRATION FOR
CHILDREN & FAMILIES

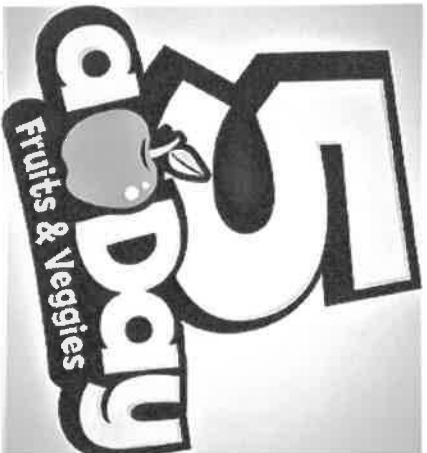


National Center on
Health, Behavioral Health, and Safety



SPINACH

SPINACH IS AN EXCELLENT SOURCE OF VITAMIN C, BETA CAROTENE, FOLATE, VITAMIN B6, VITAMIN E, MAGNESIUM AND POTASSIUM. SPINACH ALSO CONTAINS A SUBSTANCE BELONGING TO THE CAROTENOID FAMILY, CALLED ZEAXANTHIN WHICH IS VALUABLE FOR KEEPING EYES HEALTHY.



WILTED SPINACH SALAD

1 1/2 TABLESPOONS EXTRA-VIRGIN OLIVE OIL

1 TABLESPOON WHITE WINE VINEGAR

1/2 TEASPOON DIJON MUSTARD

1/4 TEASPOON FRESHLY GROUND BLACK PEPPER

1/8 TEASPOON SALT

1/4 CUP SLICED RED ONION

3 GARLIC CLOVES, THINLY SLICED

1 (9-OUNCE) PACKAGE FRESH SPINACH

PREPARATION

1. COMBINE THE FIRST 5 INGREDIENTS IN A LARGE BOWL, STIRRING WELL WITH A WHISK. HEAT VINAIGRETTE IN A LARGE SKILLET OVER MEDIUM-HIGH HEAT. ADD ONION AND GARLIC; SAUTÉ 2 MINUTES. GRADUALLY ADD SPINACH; TOSS UNTIL WILTED.



February Exercise Partner

Exercise partners help with accountability and goal-setting. A partner helps to reduce stress levels and keep exercise interesting. Research has shown that partners help increase your weight loss efforts and even help you live longer!