



HeadStartNews

Meatless Meals

Even though meat is a good source of protein, iron and B vitamins, it doesn't have to be part of every meal. Young children and adults only need three to four ounces of meat a day. Pregnant women need about six ounces a day.

There are many good sources of protein besides meat. And because meat is expensive, meatless meals are good for the budget. A completely meat-free diet requires a dietitian's advice, but adding several meatless meals to the weekly menu is easy. Eggs, cheese, peanut butter and legumes (dried beans, peas and lentils) provide protein. Just make sure you combine grains (crackers, bread, cereals and pasta) with legumes or dairy foods to get enough protein.



Meatless lunch ideas:

- Peanut butter, grilled cheese and egg salad sandwiches.
- Meatless soups. Vegetable, potato, bean or lentil soups are good at any time of the year.
- Vegetable or fruit salads make good lunches. Serve with crackers, bread or muffins.

Meatless dinner ideas:

- Pasta with a vegetable sauce and

grated cheese. Serve with a whole-grain bread.

- Rice mixed with pinto beans or peas, corn, diced peppers and tomatoes.
 - Pizza and tacos without meat. Try a cheese pizza piled high with mushrooms, onions, green pepper or other vegetables your family likes. Or serve meatless tacos with refried beans, cheese, lettuce, tomatoes and olives.
 - Waffles or pancakes with fruit.
- Some of the best meatless dinners consist of breakfast items.

Tips for planning meatless meals:

- Serve a wide variety of foods. If you don't eat meat, protein, iron and vitamin B12 may be lacking in your diet. Protein is available in nuts, beans, potatoes and corn. Dried fruit, cereal and spinach contain iron. Dairy products, eggs and some cereals contain vitamin B12.
- Mix grain products, such as rice, pasta, cereals and bread, with dairy products, such as milk, yogurt and cheese. Macaroni and cheese is a dish that combines a grain with a dairy product.
- Include legumes (beans, lentils and chick-peas) or tofu with grain products. Bean-filled enchiladas and burritos combine legumes with grain products.

Potato-Toad-in-a-Hole



If your children have made Toad-in-a-Hole with toast and an egg, a potato Toad-in-a-Hole will be a surprise.

What You Need:

- 4 hot **baked** potatoes
- 1/2 cup shredded cheese (cheddar or Swiss)
- 4 eggs
- 1/4 cup 1 percent milk
- Parmesan cheese

How To Fix:

1. With a sharp knife, cut a thin slice across the top of each baked potato.
2. Scoop out about half of the pulp from each potato. Save pulp for another use.
3. Set potato in shallow baking pan. Sprinkle inside each potato with shredded cheese. Crack an egg into each potato.
4. Top each potato with 1 tablespoon milk. Bake about 20 minutes at 325° F, or until eggs are done. Sprinkle with Parmesan cheese. Serve hot. Makes 4 servings. (75 calories and 3 grams fat in 1 potato)

"In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer." Copyright ©2016 Lucy Williams. All rights reserved. The Nutrition and Health Newsletter is intended for individual subscribing site duplication and may not be resold or published elsewhere without written permission from the publisher. Managing editor: Lucy M. Williams, M.S., M.Ed., R.D. To order, phone: 419-344-3665 or e-mail: lumwill@aol.com.

Naps

The number of hours a child needs to sleep varies by age and health. Most newborns sleep at least 16 hours throughout a day, waking mostly when hungry. By about six months, infants begin to stay awake longer during the day and take several naps. Infants nine to 12 months usually need two naps a day, but the length of naps will vary more. Around 15 to 18 months, one nap is often not enough but two is too much. This is a stressful period for parents.



Around 18 to 24 months, children begin to resist naps as they try to become more independent. Even if a

child isn't sleepy, resting and playing quietly is a good idea. A set daily routine will help. For instance, after lunch your child may want to do a puzzle, read a few books, then lie down for a nap. Slow-down time is vital for children before they are able to sleep. Don't assume that a tired child will go to sleep. An overtired child often has trouble relaxing enough to fall asleep.

A preschooler's need for a nap may depend on his health or the day's activities. Drop naps completely when your child is wide awake at bedtime. This happens most often around age four or five.

Recliner Chair Safety

Recliner chairs have caused serious brain injuries and death to children between the ages of 12 months and five years. Children climb or play on the leg rest of a chair in a reclined position. A child's weight can force the leg rest down, trapping the head between the chair seat and leg rest.

Companies have installed a device to reduce the opening between the leg rest and seat cushion when the chair is in the reclined position. A warning

must be attached to all recliner chairs. When buying a new recliner, make sure chairs meet the voluntary guidelines.



If you have an older recliner, always leave the chair in the upright and closed position when children are present. Never let a child climb on the leg rest when your chair is in the reclined position.

Nutrition Fun For Children

There are many books about foods for children in your library. Ask a librarian to help locate these and more:

- *My Apple* by K. Davies & W. Oldfield
- *Messy Bessey's Garden* by Patricia & Fredrick McKissack
- *A Book of Fruit* by Barbara Lember
- *Blue Potatoes & Orange Tomatoes* by Rosalind Creasy
- *Linnea's Windowsill Garden* by Christina Bjork & Lena Anderson
- *The Pumpkin Patch* by Elizabeth King
- *I Know Where My Food Goes* by Jacqui Maynard
- *The Berenstain Bears Forget Their Manners* by Stan Berenstain

Food card games help children improve memory and matching skills while they learn about foods. To make food cards: Cut out pictures, from garden catalogs and magazines, of fruits and vegetables and the tree, vine or plant they grow from. For example, an apple and an apple tree. Glue pictures on cardboard squares. Place cards face down. Turn over cards until a match is found.

Counting Kicks

You can usually feel an unborn baby move by the 20th week of pregnancy. It's good to count the number of times your baby kicks or turns. This is called a kick count. Babies should move 10 times in four hours. If you count fewer kicks, call your health care provider right away.



It's best to take a count during the baby's most active period—after you have eaten, had something to drink or walked for a least five minutes. Write down the time you start to count kicks. Record a check each time baby kicks or turns. Count 10 and write down the time again. Do the kick count every day, the same time each day.



ACTIVE KIDS, HEALTHY TEETH

The American Academy of Pediatric Dentistry has developed this brief guide to help parents and caregivers be prepared for the most common types of childhood tooth injuries.

WHAT TO DO IF...

A BABY TOOTH IS KNOCKED OUT



Contact your pediatric dentist as soon as possible. **QUICK ACTION** can lessen a child's discomfort and **PREVENT INFECTION**.



Rinse the mouth with water and apply **COLD COMPRESSES** to reduce swelling.



Spend time **COMFORTING THE CHILD** rather than looking for the tooth. Remember, baby teeth should not be replanted because of potential damage to developing permanent teeth.

A PERMANENT TOOTH IS KNOCKED OUT



Find the tooth. Rinse it gently in cool water. **DO NOT** scrub it or use soap.



REPLACE THE TOOTH in the socket and hold it there with clean gauze or a wash cloth. If you cannot put the tooth back in the socket, place the tooth in a clean container, preferably with cold milk. If milk is not available, put it in a container with the child's saliva, but **NOT IN WATER**.



Take the child and the tooth to your pediatric dental office **IMMEDIATELY** or call the emergency number if it is after hours.

A TOOTH IS CHIPPED OR BROKEN



Contact your pediatric dentist **IMMEDIATELY**. Fast action can save the tooth, prevent infection and reduce the need for extensive dental treatment.



Rinse the mouth with **WATER AND APPLY COLD COMPRESSES** to reduce swelling.



If a parent can find the broken tooth fragment, it is important to **TAKE IT TO THE DENTIST**.

AN ACTIVITY INVOLVES RISK OF FALLS OR COLLISIONS



Wear a **MOUTH GUARD** when activity involves a risk of falls, collisions or contact with hard surfaces or equipment.



Pre-formed mouth guards can be purchased in sporting goods stores, or **CUSTOMIZED MOUTH GUARDS** can be made by a pediatric dentist.

OUR PEDIATRIC DENTIST

Name _____

Phone Number _____

Visit MYCHILDRENSTEETH.ORG to locate a pediatric dentist near your home and to join AAPD's Monster-Free Mouths Movement.



TOOTH
D.K.



GINGER
BITE-US



TARTAR THE
TERRIBLE



AMERICA'S PEDIATRIC DENTISTS
THE BIG AUTHORITY on little teeth



TOBACCO QUICK FACT

OCTOBER : LUNG CANCER

Take the True or False Lung Cancer Quiz:

- ✓ If you've never smoked, you don't need to worry about lung cancer.
False: 20% of people diagnosed have never smoked.
- ✓ There's nothing people can do to lower their risk of lung cancer.
False: Quitting smoking is the single most important thing people can do to decrease their lung cancer risk.
- ✓ For people who smoke, much of the lung damage that can lead to cancer can be repaired, if they quit smoking.
True: 2 weeks to 3 months after quitting your circulation improves and your lung function increases.

Did you know that when detected early, lung cancer patients have a greater chance of survival? Early detection is key to a high 5-year survival rate (Lung Cancer Foundation of America). Call Baptist Health Floyd at 812-981-6208 to speak with our Lung navigator today. For more information visit

WWW.BAPTISTHEALTH.COM/FLOYD/SERVICE/CANCER-CARE/SCREENINGS/LUNG-CANCER-SCREENINGS

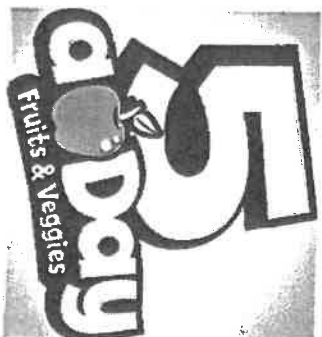


OCTOBER-FITNESS AND INJURY PREVENTION

THE MOST COMMON EXERCISE-RELATED INJURIES ARE SPRAINS, MUSCLE STRAINS, AND TEARS OF THE KNEE AND SHOULDER. TO AVOID AN INJURY, FOLLOW THESE IMPORTANT PRECAUTIONS WHEN YOU WORK OUT.

FIRST, TALK TO YOUR DOCTOR, THEN CHOOSE YOUR WORKOUT CAREFULLY. LEARN THE PROPER TECHNIQUE, AND GET THE RIGHT GEAR AND START GRADUALLY. REMEMBER TO WARM UP, STAY HYDRATED, COOL DOWN, AND VARY YOUR WORKOUTS. IF AN ACTIVITY HURTS, STOP DOING IT RIGHT AWAY. GET HELP IMMEDIATELY IF YOU SUDDENLY FEEL DIZZINESS, SHORTNESS OF BREATH, OR CHEST PAIN.

HOW TO TREAT EXERCISE INJURIES? APPLY AN ICE PACK FOR 15 TO 20 MINUTES, ABOUT ONCE AN HOUR, FOUR TIMES A DAY. BE SURE TO COVER THE ICE WITH A TOWEL TO PROTECT YOUR SKIN. AFTER 48 HOURS, YOU CAN PUT HEAT ON THE INJURY, REMEMBERING TO PROTECT YOUR SKIN. WRAP THE INJURED AREA IN AN ELASTIC BANDAGE. THE BANDAGE SHOULD BE SNUG, BUT NOT TOO TIGHT. AVOID USING THE INJURED AREA UNTIL IT HEALS. TALK WITH YOUR DOCTOR ABOUT TAKING OVER-THE-COUNTER MEDICATION TO HELP BRING DOWN SWELLING AND RELIEVE ACHES AND PAINS.



SPICED PEAR BAKED OATMEAL

6-8 SERVINGS

- 2 1/4 CUPS OLD-FASHIONED ROLLED OATS
- 1 1/2 TEASPOON GROUND CINNAMON
- 1/4 TEASPOON GROUND GINGER
- 1/8 TEASPOON GROUND CLOVES
- DASH OF NUTMEG
- 1/2 TEASPOON BAKING POWDER
- 1 EGG
- 1 3/4 CUP MILK (ANY KIND)
- 1 TEASPOON VANILLA EXTRACT
- 1/3 CUP MAPLE SYRUP
- 1 CUP DICED PEARS (ABOUT 1 PEAR)

INSTRUCTIONS

1. PREHEAT OVEN TO 375°F.

2. COMBINE THE OATS, SPICES, AND BAKING POWDER IN A MEDIUM BOWL.

3. BEAT THE EGG IN A SECOND BOWL. STIR IN THE MILK, VANILLA, AND SYRUP, POUR THE WET MIXTURE INTO THE OAT MIXTURE. FOLD IN THE PEARS.

4. SPRAY A SQUARE BAKING DISH WITH OIL OR COOKING SPRAY. POUR OATMEAL INTO THE BAKING DISH AND BAKE FOR 25-35 MINUTES, OR UNTIL SET AND BEGINNING TO BROWN. CUT INTO 6 TO 8 PIECES.



PEARS

**PEARS ARE ONE OF THE FEW FRUITS
THAT DON'T BENEFIT FROM RIPENING
ON THE TREE. IN FACT, PEARS LEFT
UNPICKED TEND TO ROT FROM
THE INSIDE OUT. PEARS CAN BE
USED IN SWEET AND SAVORY
DISHERS. AN AVERAGE MEDIUM
PEAR HAS ABOUT 100 CALORIES
AND 6 GRAMS OF FIBER.**