



HeadStartNews

Fish

Fish is almost an ideal food. Most fish is low in calories, cholesterol, sodium, and saturated fat, but high in protein and heart-protecting omega-3 fatty acids.

Many children and adults only like fish when it's fried. Fried fish, especially when ordered in fast food places, isn't a healthful food. Some fried fish sandwiches are higher in fat than hamburgers.

Fish spoils faster than almost any other food. It must be handled, cooked, and stored with care. If fish smells "fishy" don't buy it. A fresh whole fish has clear, bright eyes and shiny pink or red gills. Cook fresh fish within 1 to 2 days. Thaw frozen fish in the refrigerator. If left at room temperature to defrost, harmful bacteria can grow. Do not refreeze thawed fish.

Cook fish for 10 minutes per inch, measured at the thickest part; 5 minutes on each side. If fish is cooked in foil, add 5 minutes. Fish is done when the flesh is clear and flakes easily with a fork, at the thickest part. Avoid contact of raw fish with other cooked or prepared foods. For example, don't

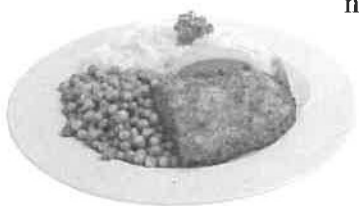
put cooked seafood on the same plate with raw seafood. People can become very ill from bacteria in raw fish. If a cutting board is used, rinse it in hot soapy water before any other food is cut on the board.

Most fish contains small amounts of mercury. Consuming small amounts is not a health concern for most people. But fish with high levels of mercury may harm an unborn baby or child's developing nervous system. The

Food and Drug Administration (FDA) advises pregnant women, nursing mothers, and young children to avoid some types of fish.

Recommendations include:

1. Do not eat large fish such as Shark, Swordfish, King Mackerel, or Tilefish. Large fish are older and have accumulated higher levels of mercury than smaller fish.
2. Eat up to 12 ounces (2 average meals) a week of fish low in mercury, such as shrimp, canned light tuna, tilapia, salmon, cod, and catfish. Albacore ("white") tuna has more mercury than canned light tuna, so limit amounts to 6 ounces a week. Fish sticks and "fast-food" sandwiches are usually made from fish low in mercury.



Tuna Patties



What You Need:

- 1 (6.5 ounce) can tuna in water
- 1 egg, beaten
- 1/2 cup crushed crackers or corn flakes
- 1 medium carrot, grated
- 1/4 cup low-fat cheese, grated
- 4 slices low-fat cheese

How To Fix:

1. Drain tuna. In small bowl, break tuna into small pieces.
2. Add beaten egg, crumbs, carrots, and grated cheese. Mix well. If mixture is too dry to form patties, add milk 1 teaspoon at a time.
3. Shape mixture into patties. Place on lightly greased baking sheet. Bake about 15 minutes at 350° F, until light brown.
4. Place one slice of cheese on each patty. Return to oven and bake, just until cheese melts. Serves 4. (151 calories and 3 fat grams per 1 cup serving)

Indoor Fun

When it's rainy or cold outside, it can be a challenge to find something for preschool children to do indoors.



To make a fish shadow: cut out a paper fish from construction paper. Tape a drinking straw to the fish to make a handle. Make the fish swim across the wall or sheet.

Indoor Fun Ideas:

1. Throw a sheet over a sturdy table, coffee table, or chair. (Remind children not to climb on top of the table.) Give children a flashlight and let them camp out. Darken the room and help children use the flashlight to make shadows.

Children also love sparkled paint. Mix 1 teaspoon liquid starch, 1 teaspoon water, and 1/2 teaspoon liquid tempera paint in a saucer. Stir in 2 teaspoons table salt. Use brushes to paint different designs on construction paper.

Herbs and Pregnancy

Some herbs can be harmful to a pregnant woman and her unborn child. Herbs are sold as supplements, not medications, and are thus not regulated. And most herbs have not been tested for safe use during pregnancy or breastfeeding.

A partial list of herbs never to use during pregnancy includes: dong

quai, lobelia, and motherwort. Motherwort can stimulate the uterus and might cause a miscarriage. Lobelia can cause serious vomiting. Dong quai seems to affect the muscles of the uterus.

Discuss with your health care provider the use of all herbs before pregnancy.

Fire and Matches

Many children die in fires they set themselves. Children most often use matches and lighters to start a fire. Teach children that fire tools are only for adults, and store them out of a child's sight and reach.



People feel safe from fire in their own homes, yet that is where the greatest risk for fire is. To help protect your home from fire, don't:

- Let newspapers pile up.
- Put electric cords under rugs or hook cords over nails.
- Leave matches or lighters where small children can see or reach them.
- Leave gas or oil cans open or stuff open cans with rags.
- Let curtains or clothing get close to a heater or stove.

Teach children how to report a fire. Practice an escape route to a safe meeting place outside, and show children how to crawl low, under smoke.

Infant Toys

When buying toys for babies in the first year, keep in mind their stage of growth. Infants use toys only for a few months, so there is no need to spend much.



At about 3 months of age, a mobile is a favorite toy. Place a mobile about 8 to 12 inches away for baby to watch. Or attach a music box to a crib. At 2 to 6 months of age, infants start to use their hands. Buy toys they can hold, such as rattles and teething rings. Be sure toys are too big to fit into a child's mouth. Between 6 and 14 months of age, infants like to stack and put items inside each other. Plastic kitchen bowls are great toys that cost very little. Books with stiff cardboard pages and bathtub toys are also good choices.

Why Milk Is Important for Your Child

Milk is an essential part of a healthy diet for growing children. It provides key nutrients that support your child's development, including:

- **Calcium** for strong bones and teeth
- **Protein** for growth and muscle development
- **Vitamin D** to help the body absorb calcium
- **B vitamins** for energy and brain health

CACFP Meal Pattern Requirement

As part of the **CACFP meal pattern**, milk is required to be served at meals and snacks for children ages 1 and older:

- **Children 1 year old** must be served **whole milk**
- **Children 2 years and older** must be served **low-fat (1%)**

This ensures that children receive the right amount of nutrients for their age and stage of development. Milk served must be **unflavored** to limit added sugars.

What About Milk Alternatives?

If your child has a medical need or dietary restriction, a **medical statement** from a doctor may be required to serve a milk substitute. Acceptable alternatives must meet the same nutrient levels as cow's milk. Contact the Health Office with any questions 812-948-6981 ext 1104.



BEETS

WITH AN EARTHY FLAVOR THAT GETS SWEET WHEN COOKED, BEETS ARE VERY NUTRITIOUS: ½ CUP OF COOKED BEETS HAS JUST 29 CALORIES BUT GIVES 2 GRAMS OF FIBER AND PROVIDES 19 PERCENT OF THE DAILY VALUE FOR FOLATE (A B VITAMIN NEEDED FOR THE GROWTH OF HEALTHY NEW CELLS). THEIR BEAUTIFUL COLOR COMES FROM BETANIN, A PHYTOCHEMICAL THAT'S THOUGHT TO INCREASE IMMUNITY. BEETS ARE VERY VERSATILE AND CAN BE ROASTED, PICKLED OR EATEN RAW.



OVEN-STEAMED BEETS

4 SERVINGS

4 POUNDS RED BEETS, SCRUBBED, HALVED IF LARGE

2 TABLESPOONS OLIVE OIL

KOSHER SALT AND FRESHLY GROUND BLACK PEPPER

HANDFUL OF THYME, 1 SPRIG ROSEMARY, AND/OR 2 BAY LEAVES

PREHEAT OVEN TO 425°. TOSS BEETS WITH OIL IN A BAKING DISH; SEASON WITH SALT AND PEPPER. ADD HERBS ¼ CUP WATER. COVER PAN TIGHTLY WITH FOIL (YOU WANT STEAM TO BUILD UP IN THERE) AND ROAST BEETS UNTIL A PARING KNIFE SLIPS EASILY THROUGH FLESH, 60-75 MINUTES. REMOVE FROM OVEN AND LET COOL IN COVERED PAN, WHICH WILL HELP LOOSEN THE SKINS. RUB OFF SKINS WITH PAPER TOWELS.



Your Daily Workout

EXERCISE "RE-MOTIVATION"

TO STAY FOCUSED ON YOUR PHYSICAL ACTIVITY ROUTINE, CONSIDER WRITING AND SIGNING A CONTRACT TO YOURSELF. THIS WILL PROVIDE A MORE FORMALIZED, VISUAL REMINDER OF YOUR FITNESS PLEDGE. YOU COULD INCLUDE THINGS LIKE THE AMOUNT OF PHYSICAL ACTIVITY YOU PLAN TO ACCOMPLISH EACH WEEK, DAYS/TIMES YOU PLAN TO EXERCISE OR PICKING A DATE TO RUN A 5K.

TIP: WRITE DOWN YOUR EXERCISE GOAL IN PLAIN SIGHT.