



# NEBRASKA TEAM NUTRITION QUARTERLY NEWSLETTER

## Facts about Fiber

By Clare Becker, UNMC Dietetic Intern

### What is Fiber?

Fiber is a part of plant-based foods that our bodies do not break down or absorb. Instead, fiber passes through the stomach, small intestine, and colon (large intestine), and exits our bodies without being used for energy. Fiber is found in whole grains and beans, and the skin of fresh fruits and vegetables.

### Why do we need fiber?

Fiber helps us feel full and is important for healthy digestion. Fiber found naturally in foods may help reduce the risk of heart disease, obesity, and type 2 diabetes. We should eat fiber daily and include it at every meal.

### How can we add fiber to our diet?

We can add fiber to our diet by eating more beans and peas, other vegetables, fruits, and whole grains. We should also try to eat these foods more often. The Nutrition Facts Label can be used to see how much fiber a food contains.

Some tips to get more fiber:

- Choose whole grains instead of refined grains
- Eat whole fruit instead of drinking fruit juice
- Include at least one high-fiber food at each meal

### How much fiber do we need?

The Dietary Guidelines for Americans recommends the following intake of fiber:

Toddlers age 1-3 years: 19 grams/day

Women: 25 grams/day

Children 4-8 years: 25 grams/day

Men: 38 grams/day

Males 9-13 years: 31 grams/day

Males 14-18 years: 38 grams/day

Females 9-13 years: 26 grams/day

Females 14-18 years: 26 grams/day

### What foods are good sources of fiber?

1/2 cup beans, cooked = 6.2 -9.6 grams

1/2 cup bran cereal = 9.1 grams

1/2 cup artichoke hearts, cooked = 7.2 grams

1 pear = 5.5 grams

1/2 cup green peas, cooked = 3.5-4.4 grams

1 whole-wheat English muffin = 4.4 grams

1/2 cup blackberries = 3.8 grams

1/2 cup whole-wheat spaghetti, cooked = 3.1 grams



#### INSIDE THIS ISSUE :

NAP SACC Awards Recognition 2

Positive Praise 2

Grow It, Try It, Like It! Preschool Curriculum 3

10 Tips Nutrition Education Series 3

Being a Healthy Role Model 3

NDE Nutrition Services Newest Addition 4

Upcoming NAP SACC Trainings 4





## THE NEBRASKA HEALTHY CHILDCARE RECOGNITION & AWARDS CEREMONY

On September 13, 2013, Nebraska Team Nutrition and Teach a Kid to Fish held “The Nebraska Healthy Child-care Recognition & Awards Ceremony” to honor 35 childcare facilities across the state of Nebraska that have successfully completed the Nutrition and Physical Activity Self-Assessment for Childcare (NAP SACC) program and have thus improved the nutrition and wellness policies at their childcare centers. The First Lady of Nebraska, Sally Ganem, was the Guest of Honor at this event and presented each facility with its own framed certificate of completion.

The following centers were awarded: Academic Advantage CCC (3 locations), Aspen CDC, Bryan Health, Cathedral Daycare (Grand Island), CDC ( 2 locations), CEDARS CDC (2 locations), Children’s Place, Christ Kids CCC, Dimensions Early Education Program, Educare of Lincoln, Kids First CCC, Grandma’s CCC (Crete), Jack & Jill Daycare Center (North Platte), Ladybug Crossing CCC (North Platte), Quality Kids CCC (Bellevue), Sugar & Spice CCC (Kearney), Kidtopia (Kearney), La Petite Academy Center (2 locations), Little Kingdom Children’s Center, Noah’s Ark Christian Daycare Center, Northeast Family Center, A Place to Grow Center, Rosemont Daycare Center, Southeast Community College CDC, St. Mark’s Preschool/KIDZONE, Trinity Infant & Childcare Center (2 locations), UNL Children’s Center, Westminster Preschool, Wesley Center (Norfolk), and Young Voices CCC.



### POSITIVE PRAISE

Which child care center tried their hand at gardening this summer? Cathedral Daycare in Grand Island, NE! They planted a garden at their center for the first time and both the children and child care staff reaped many benefits from it. **Way to go Cathedral Daycare!**

Did your center have a garden this summer? Do you have photos or success stories about it? If so, please e-mail them to Emily Hulse, NE NAP SACC Coordinator, at [emilyhulse1@gmail.com](mailto:emilyhulse1@gmail.com). We’d love to share your success story in the next newsletter.

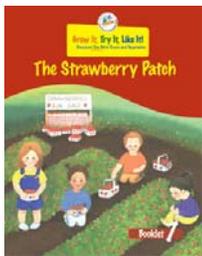


Calling all providers  
and parents!



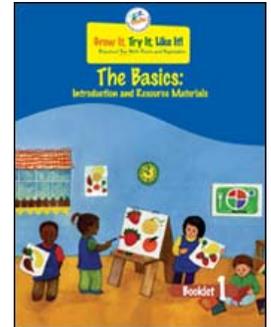
## GROW IT, TRY IT, LIKE IT! PRESCHOOL CURRICULUM

Make nutrition education an adventure with a trip through Tasty Acres Farm! This garden-themed nutrition education kit will help children learn more about several common, but possibly unfamiliar, fruits and vegetables. Trips through Crookneck Squash Row, Spinach Lane, Sweet Potato Hill, Cantaloupe Corner, Peachtree Orchard and Strawberry Patch include lesson-time hands-on **activities**, **songs** and **stories**, and **take-home activities**.



- Help children learn more about healthy foods
- Incorporate key messages and lessons from MyPlate
- Children take their knowledge home with family activities and recipes

Visit <http://teammnutrition.usda.gov/Resources/growit.html> to access the teaching guide with resources and activities, as well as each of the seven lesson booklets.



## 10 tips

## NUTRITION EDUCATION

Making smarter, healthier food choices has become a little easier. MyPlate's 10 Tips Nutrition Education Series features tips and helpful hints on a wide range of nutrition topics from helping kids find fun ways to eat more fruits and veggies to smart shopping tricks.

Visit <http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html> to find all of the topics that are included in the series and pick one to work on today! One of the topics included in this series is How to Be a Healthy Role Model for Children.

**Show by example** - Let your child see how much you enjoy fruits, veggies & whole grains with meals and as snacks.

### **Good food shopping together** -

Teach children about food and nutrition, including where fruits, veggies, dairy and grains come from. Encourage your children to make healthy choices for the grocery cart.



**Get creative in the kitchen** - Use cookie cutters to cut foods into fun shapes.

**Offer the same foods for everyone** - Parents don't need to be short-order cooks.

**Reward with attention, not food** - Show love and comfort with hugs, kisses and talks rather than offering sweets and dessert foods. It lets your child think that those foods are better than other foods.

**Focus on each other at the table** - Turn off the TV and mobile devices to make mealtime a stress-free one for talking about fun & happy things.

**Listen to your child** - Offer choices like, "Do you want broccoli or carrots for dinner?" instead of just "Do you want broccoli?"

**Limit screen time** - Allow no more than 2 hours of screen time (TV, computer, video games) daily; get up and get active during commercial breaks.

**Encourage physical activity** - Get the whole family involved in doing activities that each member enjoys.



### **Be a good food role model** -

Try new foods or ones you think you may not enjoy - you may surprise yourself and learn that you enjoy something you didn't before.



## NEW CACFP PROGRAM SPECIALIST KAYTE TRANEL, MS, RD



Kayte is the newest addition to the Nebraska Department of Education Nutrition Services Team. She will be working with the Child and Adult Care Food Program, as well as with the Nebraska Team Nutrition Coordinator.

Kayte began her professional career with the University of Nebraska-Lincoln as an Extension Educator after completing a dietetic internship and graduate program in Nutrition and Health Sciences. As a Registered Dietitian, Kayte has focused on child and adult nutrition, physical activity and food safety education in a variety of settings.

Outside of work, Kayte enjoys spending time outdoors with her daughter, Kendall, and pup, Ellsi. A former avid runner, she isn't training for marathons right now, but a quick jog with the family dog or pushing the jogging stroller is enough to work up an appetite for a homemade smoothie - one of Kayte's summertime favorites! In the kitchen, Kayte enjoys French press coffee, discovering new and different smoothie combinations and preparing variations of ordinary breakfast sandwiches.

Contact Kayte at:  
Kayte.tranel@nebraska.gov  
(402) 471-2945



## UPCOMING NAP SACC TRAININGS

NE Team Nutrition has established partnerships with various organizations throughout the state in an effort to increase the work done in the area of nutrition. Four of these particular organizations, Teach a Kid to Fish, Live Well Omaha Kids, East-Central District Health Department, and Four Corners Health Department, are offering upcoming NAP SACC Trainings. See below for more details.

If your child care facility is located in Platte, Colfax, Boone, or Nance counties contact Kaise Recek with East-Central District Health Department, to find out more about their upcoming NAP SACC trainings. Kaise can be reached at 402-563-9656 or [krecek@ecdhd.com](mailto:krecek@ecdhd.com).

For those child care centers located in the city of Lincoln, Teach a Kid to Fish will be holding NAP SACC trainings. If you are interested in participating, please contact Emily Hulse at [emilyhulse1@gmail.com](mailto:emilyhulse1@gmail.com)

If your child care center is located in Douglas, Cass, Sarpy, or Pottawattamie counties contact Arlie Boustead with Live Well Omaha Kids, to find out more about their upcoming NAP SACC workshops. Arli can be reached at 402-215-3721 or [arliboustead@gmail.com](mailto:arliboustead@gmail.com)

Four Corners Health Department serves child care centers in Butler, Polk, Seward, or York counties. To find out about NAP SACC workshops in these areas contact Chris Blanke at 402-362-2621 or [chrisb@fourcorners.ne.gov](mailto:chrisb@fourcorners.ne.gov).

