

# NEWS YOU CAN USE

## HEALTH SAFETY AND NUTRITION

February/March

VOLUME 2 ISSUE 4

TREC BADLANDS  
HEADSTART  
PRENATAL TO FIVE

### Inside this issue:

Quote For Thought	1
ABC's of Vitamin D	2
Recipe of the Month	2
Hazards of the Sippy Cup	3
Fluid Recommendations for	3
Type I & Type II Diabetes	4

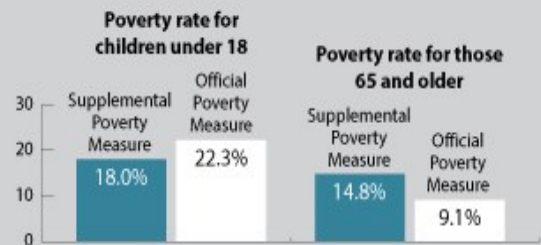
**Please remember this newsletter is not intended as a substitute for the expertise and judgment of qualified health-care professionals. You should consult with your health-care provider about all health-related care issues.**

## JANUARY IS POVERTY AWARENESS MONTH

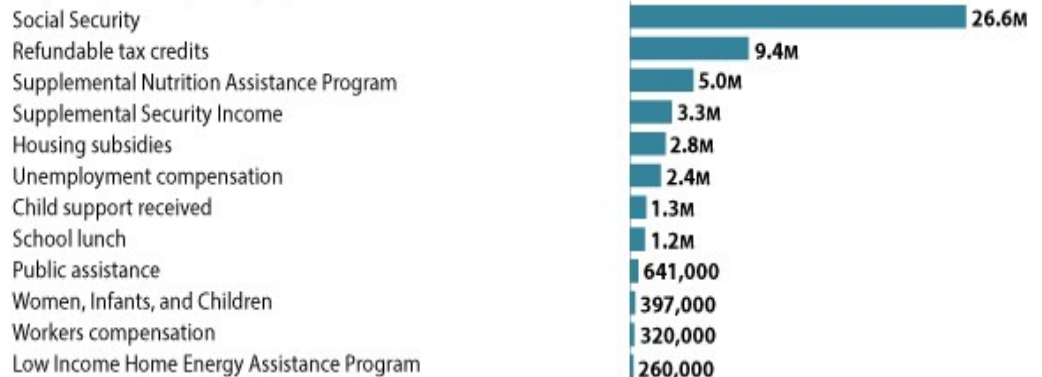
### A Different Way of Measuring Poverty

#### Supplemental Poverty Measure

The official poverty rate is based on pretax money income. The supplemental poverty measure also factors in costs for critical goods and services and government benefits to determine the number of people living in poverty.



#### People kept out of poverty by ...



#### People falling into poverty due to ...



A person may receive more than one of the above benefits and may have more than one of the above expenses.

## QUOTE FOR THOUGHT

**Racism is still with us. But it is up to us to prepare our children for what they have to meet, and hopefully, we shall overcome.**

**Rosa Parks**

United States  
**Census**  
Bureau

U.S. Department of Commerce  
Economics and Statistics Administration  
U.S. CENSUS BUREAU  
[census.gov](http://census.gov)

Source: 2013 Current Population Survey Annual Social and Economic Supplement

## THE ABC'S OF VITAMIN D

For many of us who live in the Northern plains it is hard to get enough vitamin D from sunshine. That's because for many months out of the year the angle of the sun is not strong enough to make vitamin D in our bodies. The other way we tend to get vitamin D is from foods fortified with vitamin D, like milk. However it would take drinking a quart of milk each day for them to get enough vitamin D in their diets. The problem with them drinking a quart of milk a day is that at this age (2-6 years) they are not growing very fast and if they drink this much they tend not to eat from other food groups very

well. Vitamin D is important in over 200 known tissues in the body. It also helps maintain a healthy immune system.

Not getting enough vitamin D is associated with an increased risk of diabetes, certain types of cancer like, breast, prostate, colon, heart disease, and obesity to name a few based on studies.

How to make sure your child gets enough vitamin D?

All breast fed or partially breast fed babies should be supplemented with 400 IU of vitamin D within a few days of life. For those ages 1 to 70, the recommended

dietary allowance (RDA) under the expert recommendations is 600 IU, with daily maximum safe upper levels ranging from 2,500 IU for children ages 1 to 3, 3,000 IU for children 4-8 and 4,000 IU for ages 9 to 70. Those 71 and older should get 800 IU daily, with a safe maximum of up to 4,000 IU per day.

If you have questions about your child's vitamin D needs, consult your child's doctor.

This article was submitted by our new registered dietitian,

Kathy Kovall

## RECIPE OF THE MONTH/HEALTHY SNACKS

### Instant Strawberry Cheesecake

Whisk together 2 Tbls. Softened light cream cheese or Neufchatel cheese and 1 Tsp. seedless strawberry or raspberry preserves. Spread the mixture on graham crackers and top with fresh strawberry slices or fresh raspberries.

### Whole-Grain Crackers With Melted Mozzarella and Grape Tomatoes:

Top whole-grain crackers with part-skim mozzarella cheese, place crackers under the broiler and broil until cheese melts. Top with thinly sliced grape or cherry tomatoes. (kids prefer grape or cherry tomatoes because they are sweeter)

### Rice Cake Cheddar Nachos:

Top white cheddar cheese rice cakes with mild salsa and shredded cheddar cheese, place rice cakes under the broiler and broil until cheese melts. Can also add black olives.

### Caramel Corn Rice Cake with Peanut Butter and Banana:

Top rice cakes with peanut butter and banana.

## HAZARDS OF THE SIPPY CUP

Many parents first offer a sipper cup to their child thinking this is a step between a bottle and an open cup. But did you know that sipper cups were first designed for children with cleft palates? A sipper cup is not a step between a bottle and an open cup.

Parents can offer open cups to a child starting at about 6 months of age but should be sure to hold on to it and only put small amounts of water or very diluted juice in it. As the child learns how to get

the liquid from the front to the back, they have to move their tongue back and forth. This is what helps with speech development.

Another good reason to limit or not use sipper cups is that as a child gets older if they carry a sipper cup with them throughout the day it can affect their appetite. This is because after age 2 a child's growth slows down and if they sip all day on a sipper cup filled with anything but water it can affect their appetite.

It can also affect the dental health of their teeth. Some children will replace a bottle with a sipper cup and take it to bed with them. In essence, the sipper cup will do the same damage a bottle can do to children's teeth.

If parents decide to use sippers cups they should only put water in them so they won't affect their appetite and dental health.

This article was submitted by our new registered dietitian,

Kathy Kovall

## FLUID RECOMMENDATIONS FOR CHILDREN

Many times I hear from parents, grandparents and caregivers that they worry their child will dehydrate. Or if they aren't eating that at least they're drinking their milk. Well, it's usually because they are drinking their milk that they are not eating. That is too much milk. A 1-2 year old only needs 16 ounces per day, and a 3-5 year old, 18 ounces per day of milk. Whole milk is recommended for children 13 months of age to 2 years of age. After they turn two they should be of-

fered a low fat milk like 1% or skim. The low fat milk actually has more calcium per serving than the higher fat milks.

If they are eating fruit well then they really don't need any juice and should be limited to no more than 6 ounces per day. Many parents stop diluting the juice once their child is older but you can continue to do this as this will increase their water intake and decrease the juice. The rest of the fluid should be water. Many children will drink water

better if it has ice cubes in it. So this may be something to try if you haven't.

Some parents also offer beverages like Gatorade and Powerade, thinking it is a better choice than pop. Sport beverages contain less sugar but contain the same acids that pop does and can do the same damage to teeth that pop does.

This article was submitted by our new registered dietitian,

Kathy Kovall

## TYPE 1 & TYPE 2 DIABETES

In general, people with diabetes either have a total lack of insulin (type 1 diabetes) or they have too little insulin or cannot use insulin effectively (type 2 diabetes).

Type 1 diabetes (formerly called juvenile-onset or insulin-dependent diabetes), accounts for 5 to 10 out of 100 people who have diabetes. In type 1 diabetes, the body's immune system destroys the cells that release insulin, eventually eliminating insulin production from the body. Without insulin, cells cannot absorb sugar (glucose), which they need to produce energy.

Type 2 diabetes (formerly called adult-onset or non-insulin-dependent diabetes) can develop at any age. It most commonly becomes apparent during adulthood. But type 2 diabetes in children is rising. Type 2 diabetes accounts for the vast majority of people who have diabetes—90 to 95 out of 100 people. In type 2 diabetes, the body isn't able to use insulin the right way. This is called insulin resistance. As type 2 diabetes gets worse, the pancreas may make less and less insulin. This is called insulin deficiency.

### Differences between type 1 and Type 2 Diabetes:

**Type 1:** Symptoms usually start in childhood or young adulthood. People often seek medical help, because they are seriously ill from sudden symptoms of high blood sugar. It cannot be prevented.

**Type 2:** The person may not have symptoms before diagnosis. Usually the disease is discovered in adulthood, but an increasing number of children are being diagnosed with the disease.

Episodes of low blood sugar level (hypoglycemia) are common. There are no episodes of low blood sugar level, unless the person is taking insulin or certain diabetes medicines. It can be prevented or delayed with a healthy lifestyle, including maintaining a healthy weight, eating sensibly, and exercising regularly.

WebMD

### TREC BADLANDS HEAD START PRENATAL TO FIVE

101 5th Ave

Belle Fourche, SD 57717

Phone: 605-723-8837

Fax: 605-723-8834

Website: <http://badlandshs.org/>

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