

## Moovve Over Fatty Milk and Yogurt

Milk and dairy are important for young children because the nutrients and vitamins, such as calcium, protein, and fat found in dairy, are needed for bone and teeth strength, energy, and brain development. But dairy fat intake needs change over time.

**\*Are you giving your child the right amount of fat in milk and dairy products?** Recommendations state that under the age of two, whole and 2% milk is appropriate because fat is essential for rapid brain development during this time. At the age of two, brain development slows down, so kids need less fat intake and should switch to skim or 1% milk. This suggestion applies to all dairy products including: cottage cheese, yogurt, and string cheese.

**\*Does a small change make a big difference?** YES! Compared to 1% milk, there is 2 times more fat in 2% milk and 3.2 times more fat in whole milk. So say at two servings of milk per day that is 1,825- 4,015 extra grams of dairy fat a year weighing in at an extra 4-8.9 lbs.

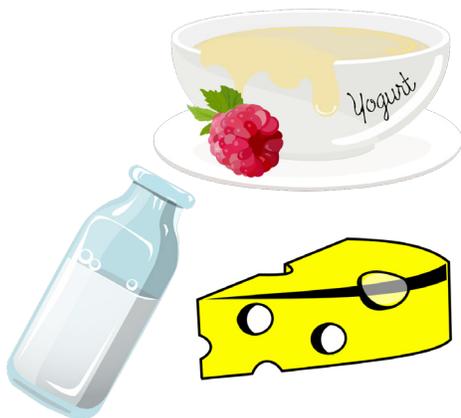
**\*Why does fat intake matter for kids?** If you've heard the phrase "too much of a good thing," fat, especially saturated fat, in dairy products is one of them. Dairy is a great source of nutrients; but, too much fat intake means increased risk of obesity, heart disease, and high cholesterol.

**\*What can you do?** Know your portion sizes. Next time you go to the store, stop and look at your dairy food labels and make sure your child is drinking and eating the healthy option.

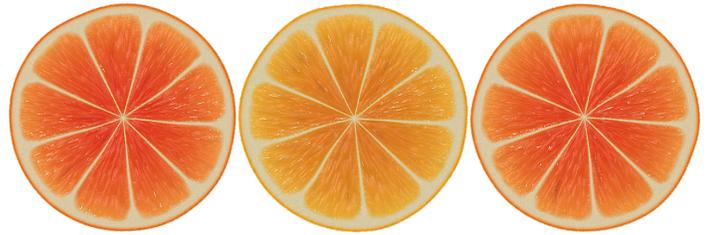
\*\*\*This article applies to most children; but, doctors may have your child follow a different diet based on identified health concerns (low weight, overweight, family history of heart disease, allergy or intolerance to dairy, etc.).

### How much is one serving?

- 1 cup or 8 ounces of milk/soy milk
- 1 cup or 8 ounces of yogurt
- 1.5 ounces of hard cheese (about the size of a 9 volt battery)
- 2 string cheese sticks
- 2 cups or 16 ounces of cottage cheese



## Breakfast - Start Your Day Off Right



We've all heard that breakfast is the most important meal of the day, but why? Obesity and illnesses linked with obesity have increased dramatically in children in recent years. Research, by the Dietary Guidelines Advisory Committee, found breakfast to play a role in a child's weight. The study found that children who do not eat breakfast were more likely to be overweight and obese. What about the kids eating breakfast daily? Evidence showed that eating a well-balanced breakfast decreased their risk of obesity.

How does breakfast do this? Breakfast is great chance for your kids to eat servings of fruits, veggies, milk, and yogurt that contain calcium, protein, and essential vitamins. Breakfast also helps balance your child's diet throughout the day, get the important nutrients needed to grow, act as a source of energy, and protect against infection and sickness.

Takeaway: help your kid put their best foot forward by serving breakfast regularly. (See our breakfast recipes on back!

### What's a balanced breakfast?

- Things to include: Whole grains, fruit and/or vegetable and low fat milk or yogurt, occassionally eggs
- Things to avoid: Refined grains, processed foods, sugary juices and sugar sweetened cereals

REDUCED FAT MILK: 2% Milkfat

Nutrition Facts	
Serving Size 1 cup (236ml) Servings Per Container 1	
Amount Per Serving	
Calories(120)	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 9g	17%
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 25%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

CHOCOLATE MILK: Non-fat

Nutrition Facts	
Serving Size 1 cup (236ml) Servings Per Container 1	
Amount Per Serving	
Calories(80)	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Less than 5mg	0%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 9g	17%
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 25%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

## What's in Season this Fall?

- Apples
- Beets
- Broccoli
- Brussel Sprouts
- Carrots
- Cauliflower
- Cranberries
- Grapes
- Kale
- Mushrooms
- Pear
- Pumpkin
- Radishes
- Spinach
- Sweet Potatoes
- Turnips
- Winter Squash



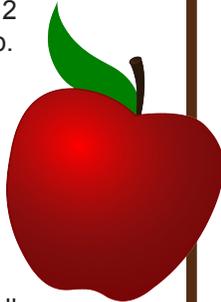
## Things to do this Fall!

- **Neighborhood Park Fun Days** | Wednesdays, September 14 & 28, October 12 & 26, 6-8p.m., All Ages, FREE. Calling all families! Set aside an evening for fun and get to know your neighbors. Variety of activities and games provided; bring a picnic, blanket, and lawn chairs! Located at various park locations. Contact [Mary.Dewey@como.gov](mailto:Mary.Dewey@como.gov) for more information.
- **Heritage Festival and Craft Show** | Saturday, and Sunday, September 17 & 18, 10 am. 5 p.m., Traditional arts and trade demonstrations, three stages of entertainment, fun for young 'uns, etc. Located at Nifong Park, 3700 Ponderosa FREE . For more info: [www.como.gov/ParksandRec/](http://www.como.gov/ParksandRec/)
- **Family Fun Fest** | Wednesday, September 21, 6-8 p.m. All ages, FREE. Creative Kids night at Cosmo Park. Let the kids show their creative and artistic side. Hands on kid friendly art activities, musical performances, theater, and dance are just some of the fun to be had at the final fest of the summer
- **Spooktacular Treats** | Saturday, October 8, 2-3pm, ages 3-6 with adult, FREE. Learn how to make witches' fingers, vampire trail mix, eerie eyeballs and rotten apple punch, just in time for Halloween. Allergy note: these healthy snack recipes contain tree nuts, dairy, peanuts and wheat. Presented by registered dietitian Megan Kemp and the Central Missouri Academy of Nutrition and Dietetics. Located at Columbia Public Library. Registration begins Sept. 20.
- **Hartsburg Pumpkin Festival** | Saturday and Sunday October 8 & 9, 9 a.m.- 5 p.m, All ages, Free. Located in Hartsburg, MO. The Hartsburg Pumpkin Festival has been providing festival-goers with



## Breakfast recipes:

- **Antioxidant-Packed Oatmeal:** Prepare a serving of oatmeal per package instructions. During the last minute or so of cooking, stir in a handful each of cranberries, chopped apple, and sweet berries (such as raspberries, blueberries, or chopped strawberries). Cover and let stand for several minutes to soften fruit. Sprinkle with chopped toasted walnuts and sweeten to taste with brown sugar or maple syrup.
- **Healthy Pumpkin Banana Pancakes:** Mix ½ mashed banana, ¼ c pumpkin puree, 3 tbsp. whole wheat flour, 2 eggs, 2 tsp. honey, ½ tsp. vanilla extract, ¼ tsp. ground cinnamon, and 1/8 tsp. ground nutmeg until smooth. Cook on stovetop until golden brown. Serves 2.
- **Apple Cinnamon Breakfast Bars:** In a bowl, combine ¾ c skim milk, ½ c peanut butter, 1 tsp vanilla, ¼ c applesauce, ¼ c honey, 1 c grated apple (squeezed prior to remove moisture), 1 egg, and 1 ½ c rolled oats. Mix well. Add ¼ c white whole wheat flour, 1 tsp baking soda, and 1 tsp cinnamon to mixed ingredients. Stir until just combined. Spoon into a greased 9x9 pan and bake at 350 degrees for 25-35 minutes (dark pan will need less time). Serves 6-8.



*\*\*white and regular whole wheat have the same nutritional value and price. White whole wheat flour will simply give you the same appearance as white flour*

food, fun and many pumpkin related activities for over 23 years. For more information: <http://www.visitcolumbiamo.com/events/hartsburg-pumpkin-festival-3/>

- **BYOBW "Track or Treat"** | Saturday, Oct 22, 9-10:30 am, Ages 2-6, \$5. Bring your own bike or trike and cruise around the ARC track! Prizes and awards will be given to all riders, don't forget to wear your costume! For more info: [www.como.gov/ParksandRec/](http://www.como.gov/ParksandRec/)
- **Celia's Sing-Along Dance Party** | Wednesday, Thurs. and Fri., Nov 2, 3, & 4, various times, all ages, FREE. Celia's world-famous, one-woman show is a rockin', stompin', hollerin' good time. Wear your dancing shoes to this party because Celia will rock your socks off! Located at Columbia Public Library.
- **Kids in the Kitchen** | Saturday, November 5, 2-3pm, ages 3-9 with adult, FREE. Learn to prepare warm healthy snacks for wintry days and take home some toasty recipes. Presented by dietitian Kristin Eiffert and the Central Missouri Academy of Nutrition and Dietetics. Located at Columbia Public Library. Registration begins October 18.

*As it cools off outside, be mindful of your kids screen time use. Get creative with indoor and outdoor activities to keep screen time to ≤ two hours/day."*