



Mediterranean Eating Style is for All Ages!

THE MEDITERRANEAN EATING STYLE or “diet” is from countries surrounding the Mediterranean Sea, parts of Italy, Greece, France, Spain, Portugal and North Africa. It focuses on enjoying the very best, freshest, healthiest food available.

This way of eating has long been advocated as a healthy lifestyle, in fact in 2018 U.S. News and World Report named the Mediterranean diet as the best eating plan overall. Solid science points to its health benefits of reducing the risk of heart disease and emerging evidence shows it may prevent cancer and protect brain function as we age.

Since our dietary preferences are formed in childhood, what better time to introduce this lifestyle to the children we love.

- Enjoy hearty helpings of healthy fruits and vegetables at every meal and snack.
- Embrace whole foods, eat less processed foods and added sugar.
- Include whole grains and bread and pasta made with whole-grain ingredients such as, whole wheat, oats, barley, rye, quinoa, brown rice, farro, bulgur, sorghum and teff.



- Eat more plant based protein from legumes, such as black, kidney and pinto beans, peas, lentils, chickpeas and fava beans. Also enjoy nuts, and seeds like almonds, walnuts, hazelnuts, cashews, pistachios, sunflower seeds, pumpkin seeds, sesame seeds and flaxseeds.
- Have more fish and seafood such as wild-caught salmon, sardines, mackerel, shrimp, tuna and trout.
- Consume moderate intakes of poultry and eggs.
- Eat red meats only occasionally.
- Enjoy healthy fats such as olives,

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Farmer Fran's Fun Facts



Grapefruit

- Originating in Barbados, it is an accidental cross between a sweet orange and pomelo.
- There are three main types of grapefruit: white/yellow, pink and red.
- Grapefruit is named for the way it grows—it bunches like grapes. The average lifespan of a grapefruit tree is 50 years.
- Look for grapefruit that have smooth, glossy skin and feel heavy for their size. Avoid grapefruit with brown or soft spots.
- For the best flavor, enjoy grapefruit at room temperature.
- Layer grapefruit sections, sliced banana and raisins with lowfat yogurt. Blend grapefruit chunks with seasoning and equal parts oil and vinegar to make a zesty salad dressing.
- Half of a medium grapefruit is about ½ cup of fruit and is an excellent source of vitamin C.

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avocados, nuts and oils such as olive, avocado and walnut.

- Consume moderate amounts of low-fat dairy, plain yogurt and cheese.
- Spice it up with fresh herbs to boost flavor and lessen the need for salt.
- Savor food by slowing down and eating mindfully.

BREAKFAST IDEAS

- Whole wheat toast or flatbread spread with avocado.
- Oatmeal and other porridges made with millet or teff.
- Overnight raw oats with milk, yogurt, fruits and a sprinkle of flax or chia seeds.
- Smoothies made with low-fat milk, yogurt and fruits.
- Whole grain breakfast wrap with smoked salmon.
- Vegetable frittata.
- Spanish style eggs with corn tortilla, black beans and avocado.
- Nut butter spread on fresh fruit.

SNACKS IDEAS

- Whole grain crackers with nut spreads or legume based dips such as hummus.
- Fresh fruits and vegetables dipped in lowfat yogurt, cucumber or avocado dip.
- Trail mix with whole grain cereal, mixed nuts and dried fruits.
- Mashed white beans, with olive oil, lemon and capers on whole wheat pita.
- Yogurt and fruit parfaits with granola.
- Kale chips.
- Roasted, seasoned edamame.
- Whole wheat lavash with feta, artichoke hearts, cucumber, tomato, roasted red pepper and olives.
- Cup of gazpacho or minestrone.

LUNCH/DINNER IDEAS

- Tuna salad with chopped veggies on whole grain bread.
- Salmon or tuna croquettes made with veggies and whole grain bread crumbs.
- Egg and avocado salad sandwich on whole wheat toast
- Bountiful salad bowls with greens, avocado, grilled chicken, fish, beans or feta.
- Sweet potatoes with tahini or almond butter.
- Shrimp and veggie kebobs.
- Rich delicious soups in the slow cooker with barley, farro or legumes such as split peas, black beans or lentils.
- Tabbouleh type salad with quinoa, tomatoes, cucumber, chick peas, olives and lemon.
- Salmon or chicken Mediterranean style with olive, tomato and feta tapenade.
- Whole grain pasta with pureed chick peas, sautéed onion, carrot and garlic.
- Fresh fish baked in foil with fresh and sundried tomatoes, olive oil and lemon.
- Grain bowls with quinoa, millet or bulgur wheat, legumes and fresh veggies.
- Whole wheat couscous with roasted, naturally sweet veggies such as squash, sweet potatoes, parsnips and carrots.
- Eggplant parmesan or veggie lasagna with whole grain noodles.
- Paella with seafood using brown rice.

The lifestyle around eating in the Mediterranean is as valuable as the food itself. There is great respect for food as well as those who grow and cook it. It is a culture that includes making good food a priority, eating seasonally and savoring mealtime as pleasurable, communal times for fostering stronger relationships. At every meal and snack there are choices you can make to improve your child's health. So go forth and make the Mediterranean lifestyle the lifestyle for you and the children in your life.

— Donna Green

KIDS' HEALTH & SAFETY

Fever Facts for Child Care

WHAT IS A FEVER?

A fever is the body's natural response to an infection caused by a virus or bacteria. Fevers commonly occur with mild, viral illnesses and may come and go for a few days. A temperature higher than 100.4° F taken under the arm, is usually considered a fever.

Children with a fever may not have much of an appetite, but when they want to eat, offer a generally healthy, well-balanced diet. Fluid intake is important as small children with a fever can become dehydrated quickly.

OTHER SYMPTOMS OF A FEVER

A child may experience flushing, fatigue, irritability and a decreased appetite with a fever. A child may feel warm but taking their temperature is the only way to know for sure.

TAKING TEMPERATURES

Digital thermometers are accurate, low-cost and easy to use.

Temperatures can be taken:

- By mouth (oral method) is recommended for children older than 4 years
- In the armpit (axillary method) is recommended for infants and toddlers
- Rectally is not recommended for safety reasons

HOW TO MANAGE A FEVER

A child with a fever, who is active and playful, usually does not require medication. Instead, focus on keeping a child comfortable by not overdressing, keeping the room temperature comfortable and giving extra fluids to prevent dehydration.

WHAT ABOUT FEBRILE SEIZURES?

About 4 percent of all children with fevers will have associated seizures. These are most common in children under age 5. A febrile seizure may happen suddenly and is quite frightening. The seizure generally lasts a few



seconds to a few minutes and resolves without treatment. Notify parent/health care provider.

SHOULD MEDICATION BE GIVEN?

Have a clear medication administration policy in place. The administration of prescription and non-prescription medication in the

child care setting is limited to those recommended by a health care provider for a specific child or for a specific circumstance for any child in the facility and with written permission of a parent or legal guardian.

- Notify parents whenever medication is used.
- Always give medication according to instructions and using a measuring device.
- Do not give aspirin to a child under 12 years of age unless prescribed by a health care provider. Aspirin is associated with a rare but serious illness called Reye's syndrome.

WHEN TO CALL A HEALTH CARE PROVIDER

High or rapidly rising fevers can be a sign of a serious infection. The age and appearance of the child are the two most important factors in determining whether the fever may indicate a more serious health threat.

Medical help is needed if:

- The infant is 4 months of age or less and has a fever.
- An infant age 4 to 12 months has a fever lasting more than 24 hours.
- The fever is 104°F or above.
- The child looks sick, has a stiff neck and/or rash.
- The child is unable to participate, is having difficulty breathing or is unresponsive.
- The fever remains above 103°F after an hour or two of treatment (Tylenol, lukewarm sponge bath).

— Adapted from: *California Childcare Health Program*

Wild Salmon Bites

Salmon, canned or fresh, cooked (preferably wild caught)	6 ounces
Egg	1
Lemon juice, fresh	½ lemon
Capers	1 Tbsp
Chives or green onions	1 Tbsp
Mustard	1 tsp
Panko crumbs	½ cup
Whole wheat bread crumbs	½ cup
Olive oil	2 Tbsp
Guacamole, plain yogurt with lemon and cucumbers (optional)	

- Mix all ingredients except the oil together. Form into about 12 bite size patties.
- Heat the oil over medium heat. Sauté patties 2-3 minutes on one side, flip and sauté until lightly browned.
- Serve with guacamole or yogurt, if desired.

Yield: 4 servings

Meets requirement for meat/meat alternate

— *Heathysliceoflife.com*

Spinach Salad with Grapefruit, Avocado & Quinoa

Spinach, baby	2 cups	CITRUS VINAIGRETTE	
Ruby red grapefruit	2	Champagne vinegar	2 Tbsp
Avocados, diced	2	Olive oil	2 Tbsp
Quinoa, cooked	1 cup	Grapefruit juice	2 Tbsp
		Shallots, chopped	2 Tbsp
		Salt & pepper	to taste

- Peel the skin and membrane off of grapefruit sections and slice into small pieces, reserve juice.
- Add the spinach, grapefruit, avocados and quinoa to a large bowl.
- In a medium bowl, whisk together the olive oil, vinegar, grapefruit juice, chopped shallots, salt and pepper.
- Toss salad and vinaigrette.

Yield: 4 servings

Meets requirement for vegetable and fruit

— *Adapted from skinnytaste.com*

ACTIVITY CORNER

Yoga Pose of the Month



EXTENDED PUPPY POSE

Celebrate Valentine's Day this month with this great heart opening pose.

- Start on your hands and knees.
- Walk your hands forward in front of you, keeping them shoulder width apart.
- Lower your chest toward the floor, allowing your forehead to rest on the floor if it reaches. Keep your hips over your knees.
- Take a few deep breaths and relax into the pose for 30 seconds to a minute.

This Nutrition Edition is brought to you by:



Child Health & Nutrition Program

www.CoCoKids.org

nutrition@cocokids.org

(925) 676-6117 • (Fax) 676-5829

Program Director Paula James

Graphic Designer Abe Cruz

Co-Editor Donna Green

Manager, Co-Editor Catherine Stafford

Food Funny Q. What do you get when you cross a cat & a grapefruit?
A. A sour puss.