



## Changes are Coming - *Limited Use of Saturated Fats and Trans Fats*

Saturated Fats are found in animal products such as beef, beef fat, veal, lamb, pork, lard, poultry fat, whole milk; whole milk products, eggs, ice cream, cream, and butter

Trans Fats, also called *trans fatty acids* or *partially hydrogenated vegetable oils*, are present in commercially prepared fried foods, French fries, fried chicken, doughnuts, *ready made*: crackers, cookies, sweet rolls, pastries, chips, snack foods, microwave popcorn, stick margarine.

In comparing these two fats, trans fat is considered by most to be the worst because of its double-barreled impact on cholesterol levels. Unlike saturated fats which tend to raise "bad" LDL cholesterol, trans fat — both raises "bad" (LDL) cholesterol and lowers "good" (HDL) cholesterol.

LDL or "bad," cholesterol transports cholesterol throughout your body. When elevated, it builds up in the walls of your arteries, making them hard and narrow. HDL or "good," cholesterol picks up excess

cholesterol and takes it back to your liver. A high LDL cholesterol level alone is a major risk factor for heart disease. If your LDL is too high, over time, it may cause atherosclerosis (hardening of the arteries) and or coronary artery disease.

A high LDL cholesterol level in combination with a low HDL cholesterol level increases the risk of heart disease, the leading killer of both men and women in the U.S. Trans fat has also been shown to have some other harmful effects:

**Increases triglycerides.** Triglycerides are a type of fat found in your blood. A high triglyceride level may contribute to hardening of the arteries or thickening of the artery walls — which increases the risk of stroke, diabetes, heart attack and heart disease.

**Causes more inflammation.** Trans fat may increase inflammation. Current research supports the thought that inflammation plays a key role in the formation of fatty blockages in heart blood vessels. Trans fat appears to damage the cells lining blood vessels, leading to inflammation.

The good news is that trans fat is

showing up less in food, especially food on grocery store shelves. This may be partly due to the fact that food processors now must list the amount of trans fat in their products. You should be aware however that if a product contains less than .5 mg of trans fat, the manufacturer does not need to list it. So next to Trans Fat on the label will be a "0". It is advised that you check the ingredient list below the label for the words, *partially hydrogenated vegetable oil*. Also, be aware that many restaurants continue to use trans fat. A large serving of french fries at some restaurants can contain 5 grams or more of trans fat.

So How much trans fat can safely be consumed? This answer is unknown. However, the Food and Drug Administration, the American Heart Association (AHA) along with the Institute of Medicine all agree that it should be limited. The AHA recommends that no more than 1 percent of your total daily calories be trans fat. If you consume 2,000 calories a day, that works out to 2 grams of trans fat or less.

Start reading those Nutrition Facts Labels and look for trans fats in the foods you serve to the children and your family. It will be eye opening!!

## FOOD PROGRAM TRAINING

Two hours of training, **provided by ICCB**, must be completed each year. Most of you have completed the first hour - **CIVIL RIGHTS AND CACFP GUIDELINES - STEPS TO SUCCESS IN THE CACFP**.

The second hour is your choice. You may attend an ICCB workshop, complete a newsletter quiz (*such as the one enclosed with this newsletter*), access an ICCB training packet online or by calling the office, or complete a training provided at a home visit such as **CHOOSE WHOLE GRAINS EVERYDAY**.

Once again, it is your choice!

Many of you have already submitted this quiz and have met the requirement for the year. Congratulations!

If you have not yet done so, consider this an important reminder and make it your goal to complete and submit the training this week.



## ICCB Office Closed



The ICCB office will be closed on Monday, May 30, 2011 in observance of the Memorial Day Holiday.

Visit our website

[www.illinoischildren.com](http://www.illinoischildren.com) for:

the latest CACFP updates, past newsletters, training packets, recipes, downloadable forms, reimbursement dates.

Contact us at: [ICCB@illinoischildren.com](mailto:ICCB@illinoischildren.com)

# May 8 - 14 is Food Allergy Awareness Week

## Food Allergies

If you have not had experience with food allergies, take some time during Food Allergy Awareness Week to become educated.

The incidence of food allergy is highest in young children with one in 17 under age 3 being affected. They are on the rise as well. For example, peanut allergy doubled in children within a five year period of 1997 - 2002.

Visit the FAAN (Food Allergy and Anaphylaxis) website [www.foodallergy.org](http://www.foodallergy.org) for more information or review the ICCB training packet, Food Allergies - What You Should Know. It is available on our website or request it from the office.

## Provider Tip of the Month!

*Do You Check Your Messages?*



You have new messages!  
Click here to view them now  
or  
[Click here to read your messages.](#)

Have you noticed these words after logging on to your Minute Menu account?

These messages contain important information and reminders that may affect your reimbursement. Be sure to read them and call the ICCB office if you have any questions.

## WELCOME New Providers!

ICCB welcomes providers who began participating in the program in March 2011:

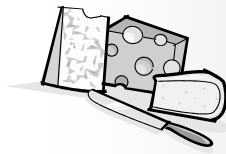
Sylvia Blackshear	Waukegan
Antonette Edwards	Evanston
Vivian Freeman	Chicago
Doris Herrera	Waukegan
Juanita Johnson	Chicago
Edna Moore-Washington	Loves Park
Nycole Mulder	German Valley
Lisa Phillips-Davis	Chicago
JanTaylor	Kankakee

## Say Cheese . . . . .

Most children love cheese alone or on their veggies! However, not all items labeled as cheese are credible on the food program.

### CREDIBLE:

Natural or processed cheeses such as American, Cheddar, Colby, Monterey Jack, Mozzarella, or Muenster



Process cheese food and cottage and ricotta cheese but twice as much is required to meet the component. One ounce of cheese food is equal to 1/2 ounce meat alternate.

**NOT CREDIBLE:** Cheese Product, Canned Cheese Sauces, Imitation Cheese and Powdered Cheese

## Extremely Important

Most of the individually wrapped cheese slices are categorized as **PASTEURIZED PROCESSED CHEESE PRODUCT** and are not credible on the food program. This includes **Kraft Singles** and **Velveeta**.

These products used to be fit the formulation that identified them as Cheese Food, *which is credible*.

**READ THE PACKAGING ON ALL CHEESES! ANY CHEESE LABELED AS A CHEESE PRODUCT DOES NOT MEET REQUIREMENTS!**

## THE KID'S FAVORITE RECIPE CORNER

### Creamy Cheese Sauce

*Great to serve over pasta or vegetables!*



2 TBSP butter  
4 TBSP flour  
2 cups milk

1 cup grated sharp Cheddar cheese  
1/8 tsp ground pepper  
1/4 teaspoon nutmeg (optional)

Melt butter over medium heat and stir in flour. Cook for two minutes, stirring to prevent burning. Remove from heat and gradually whisk in milk until well blended. Cook over low heat, whisking constantly, until thickened and smooth. Cook for 5 more minutes, stirring constantly to prevent burning. Add cheese and spices. Stir until smooth and well blended. Serve over vegetables and/or pasta. For pasta recipes, reserve a cup of hot pasta water to stretch the cheese sauce, if necessary.

Yield: 3 cups      3/4 c = 1 meat/meat alternate for 3 - 5 yr olds

*A large serving is required to be credible and this may not be practical. An additional meat/meat alternate must be served along with this item.*

Source: <http://www.acdkids.org>

Each month, a provider's site number is hidden in this newsletter. If it happens to be your number, contact our office to claim your fabulous prize!  
Not sure what your site number is? It's located on the top, left corner of your site sheet and on the bottom of reimbursement check stubs.

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