

Family Living

Kids Nutrition

My 13-year-old daughter hates milk. Is it all right for her to drink calcium-fortified orange juice instead?

Vitamin C- and folate-rich calcium-fortified orange juices can help milk-adverse adolescents get the calcium they need to build strong bones, says Dr. Steven Abrams of the USDA's Children's Nutrition Research Center at Baylor College of Medicine. Adolescence is a peak period for bone development, but the average teenager only consumes about half of the recommended 1300 milligrams of calcium per day, which is equivalent to just over four glasses of milk.

Ounce for ounce, calcium-fortified orange juices provide about the same amount of calcium as milk, and in a form that's well absorbed by the body.

Although your daughter doesn't like milk, it's still a good idea for her to include some dairy products in her diet, such as low-fat yogurts and cheeses. Dairy products contain riboflavin, vitamins A and D, phosphorus, and other important nutrients, in addition to calcium.

Q: What's the best way to store breastmilk?

According to Dr. Judy Hopkinson, a lactation physiologist at the USDA's Children's Nutrition Research Center at Baylor College of Medicine, breastfeeding moms need to follow a few basic guidelines for successful milk storage:

• Use very clean containers. Glass is best, but plastic and baggie-type bottles can be used.

• Chill milk as soon as possible, definitely within four hours. Although breastmilk has factors that help protect it from spoilage, exposure to heat reduces nature's safeguard. If temperatures soar above 100 degrees, be sure to chill your milk immediately.

• Stored milk will keep up to 24 hours in a cooler with frozen blue-ice packs and up to five days when refrigerated.

• Freezing is also an option. At zero degrees, milk can be safely stored for

six months in a self-defrosting freezer, or up to 12 months in a standard freezer. Defrost by shaking gently under warm, running water. Freezing can cause milk fat to separate from the liquid, giving the milk a lumpy appearance when thawed. However, it is perfectly safe to use. Thawed milk is not as resistant to bacterial growth as fresh. So, freeze milk in three- to four-ounce "single-serve" portions, making a few extra one-ounce portions for those times your baby wants a bit more. Use thawed milk as soon as possible. Avoid storing thawed milk more than 24 hours in the refrigerator.

Q: How can I get my family to eat more vegetables?

Instead of slipping into a stand-off with children over the greens and beans left on plates, you might want to consider a little vegetable wizardry:

• Hide 'em. Finely chop carrots, celery, broccoli, onion, and/or zucchini in the food processor. Saute to soften, then add to pizza and spaghetti sauces, meatloaf and burgers, refried beans, soups and favorite casseroles.

• Bake 'em. Pack an extra ounce or two of veggies into sweet treats such as carrot cake, zucchini muffins, sweet potato pie, or pumpkin cheesecake.

• Change 'em. Cooked carrots a turn-off? Keep raw, clean carrot sticks and other ready-to-eat veggies and dip on a child-accessible shelf in the refrigerator to offer as snacks or treats before mealtime. Occasionally offer baked or whipped sweet potatoes instead of white potatoes at dinner, or try new recipes for vegetable-rich casseroles that include rice and cheese or other ingredients your family enjoys.

• Juice 'em. Use vegetable juice instead of water when preparing soups, casseroles and stews, or simply tuck a can of vegetable juice into a lunch or snack bag.

Q: I am confused over the labeling terms fat-free, reduced-fat, low-fat, and lite. Do these foods have fewer calories?

Not necessarily, says nutritionist Dr. Debby Demory-Luce at the USDA's Children's Nutrition Research Center. While fat calories may be reduced, additional carbohydrate-based substances are often added to these foods for flavor and texture. If your goal is

weight loss, experts agree that it's total calories eaten that count, not just fat grams.

This doesn't mean that controlling fat intake isn't important. Reducing fat to no more than 30 percent of total calories is an important step in preventing some serious diseases, including stroke and heart disease.

The FDA has standardizing fat content-related terms used on food labels to help consumers make informed choices.

Here's the skinny on fat terms:
Label Term **Means**

fat-free-Less than one-half gram of fat per serving

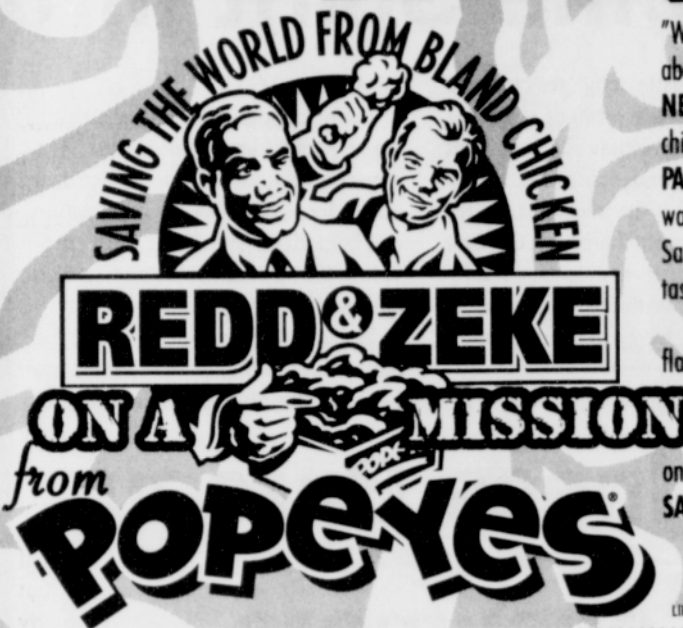
Low-fat-Three grams of fat or less per serving

Reduced-fat-At least 25 percent less fat per serving than the original food

Lite-At least 50 percent less fat per serving than the original food

It's important to remember that while low-fat and fat-free foods contain very small amounts of fat, they might still contain a significant number of calories. Reduced-fat and lite foods, while containing less fat than the original food, are still likely to pack significant amounts of fat and calories. So, it's a good idea to also check the label for total fat grams and calories per serving.

Fed Up With BLAND CHICKEN?



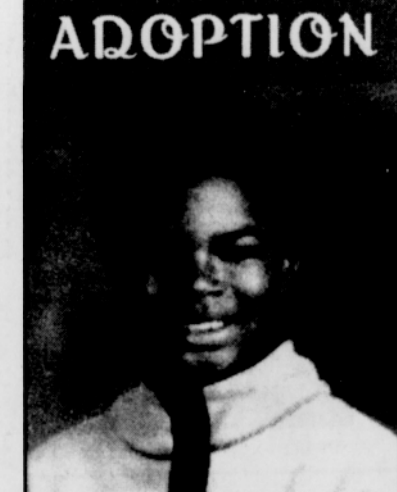
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-Redd & Zeke

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ADOPTION
TOMMY, AGE 11

Tommy is of African-American/Caucasian heritage; he is a handsome likeable and well-rounded child! He appreciates playing soccer, riding go-carts, going fishing and camping trips with friends. Musically inclined, Tommy enjoys playing the keyboard and sings quite well in the church choir. He is an accomplished and avid photographer. His picture albums are testament to the many photographs he has taken preserved. Tommy is insightful, good humored and he enjoys making new friends. He is caring and helpful with the infants in his foster home. Counseling is assisting him as he sorts through the meaning of past disappointments. He is a bright child with normal intelligence. He has short thrive in a family that empowers his artistic endeavors, helps with his learning disability and nurtures his emotional growth. Tommy has expressed a hope for an adoptive family that has children. To learn more about adoption and the children who wait, please call the Special Needs Adoption Coalition of The Boys and Girls Aid Society at 1-800-342-6688 or (503) 222-9661 x 111. Agencies waive or reduce fees for the adoption of a child in state care, and financial assistance is often available to help meet the child's needs. Stable single adults as well as couples are encouraged to apply.

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