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Nutrition Nuggets

Preventing Peanut Allergies

Did you know that peanuts are one of the nine major food allergens listed by the US Food and Drug Administration? The good news is most babies are not at risk of developing a peanut allergy. Those that are at high risk of developing an allergy can reduce the risk by up to 86 percent by being introduced to peanut containing foods early.

All babies can benefit from eating peanut foods during their first year, however the prevention window for introduction is small. That's why it's important to know which path is right for your child or those in your care.

If you're a CACFP provider serving infants, it's important that you know when and how to introduce this major food allergen to those in your care.

The National Peanut Board has a great nutrition education resource on preventing peanut allergies that outlines:

- **The recommended timeline for peanut introduction:** High risk Infants - Introduce peanut containing foods at age 4 to 6 months. Babies with severe eczema, egg allergy or both are at highest risk for developing peanut allergy. Discuss with your infant's healthcare provider before starting peanut foods (ideally before baby is 4 months old). Begin peanut foods as directed by baby's healthcare provider starting around 4-6 months of age and feed 2 teaspoons, 3 times per week.
- **Two ways to introduce peanut foods:** Most Babies - Introduce peanut containing foods within the first year. Start feeding the baby peanut-containing foods in the first year and feed often as part of the usual diet. It is not necessary to discuss introducing peanut foods with a healthcare provider first for babies not at high risk. Most children fall into this category.
- **Two recipes for introducing peanut butter:** Introducing peanut foods to babies is as easy as thinning 2 teaspoons of creamy peanut butter with 2 tablespoons of breastmilk, formula or water, or stirring 2 teaspoons of creamy peanut butter into 2 tablespoons of infant cereal or pureed baby food. Peanut containing infant snack puffs are another easy option for feeding baby peanut foods easily and often. Whole nuts or undiluted nut butters are choking hazards and should not be fed to infants.



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Patatas Bravas

- 32 oz frozen diced hash brown potatoes
- 4 tbsp vegetable oil
- 2/3 cup olive oil
- 4 tbsp sweet smoked paprika
- 4 tbsp flour
- 2 cup vegetable broth



In a large skillet, warm the vegetable oil on medium high heat. Add a single layer of potatoes and cover with lid for 5 minutes. Flip the potatoes and cook for 5 more minutes or until golden brown. In a saucepan, heat olive oil on medium heat. Then add the paprika and stir until fully combined. Once the spices are combined, slowly add the flour, one tablespoon at a time. Do not stop stirring! Once all flour is added, keep stirring for one minute. Lower the heat to medium low and gradually add the broth while mixing constantly. Once the sauce reaches the desired consistency, reduce heat to simmer for 3 minutes while stirring occasionally. Serve 1/2 cup warm potatoes with 2 tablespoons sauce. www.cacfp.org

Meal Pattern Minute: Minimum Serving of Dried Fruits

In the Child and Adult Care Food Program, did you know that a provider may serve fresh, canned, frozen, juiced, and dried fruit which can then be credited towards the fruit component of the meal pattern? Did you know that dried fruits have a different crediting by volume than other fruits in the Child and Adult Care Food Program meal pattern? Can you serve 1/16th cup, also measured as 1 tablespoon, and credit it towards the meal pattern? Because dry fruit doubles, it would actually be 1/8th cup, right?

- Whole dried fruit and whole dried fruit pieces credit at twice the volume served in School Meal Programs and CACFP.
- Example: 1/8 cup of dried cranberries credits as 1/4 cup fruit. 1/8 cup of any fruit is the minimum serving size that may be creditable. For example, although dried fruit credits as twice the volume served, 1/16 cup (1 Tbsp) of dried fruit cannot be offered to count as 1/8 cup, because 1/16 cup is less than the minimum serving size that may be creditable.
- Dried fruits are one of five ways that fruit can be served in the CACFP. They can also be fresh, frozen, canned or in the form of full-strength fruit juice. Fruit juice may only be served once per day. Commercial dried fruit chips and home-canned fruit products are not allowed in the CACFP, but home-frozen fruit products are creditable.
- Most people think of raisins, apricots, prunes or cranberries when it comes to dried fruits, but dried coconut also falls under the category of dried fruits and credits as twice the volume served.
- Fruit leather does not credit as dried fruit and is not allowable in the CACFP.

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