



University of California
Agriculture and Natural Resources

University of California Cooperative Extension Programs Newsletter July 2017

The following updates and resources are brought to you by your local UCCE office. These resources will help guide your program participants to make healthier lifestyle choices. For more information, contact:

Did You Know?

Is eating out associated with weight?

A study published by the Journal of the American Dietetic Association found that family dinners away from home are associated with weight status, BMI, insulin resistance, and other metabolic outcomes. The researchers found more frequently these types of meals are consumed, there is a greater negative affect on the over health of adults and adolescents in the study. Obesity is associated with other health problems. The study found consuming meals from an away from home source at least once a week or greater, caused a negative impact.

Read more at <http://www.sciencedirect.com/science/article/pii/S0002822311016579>

Percentage of milk fat relation to vitamin D and BMI in children.

Fortified cow's milk is a contributor of vitamin D and dietary fat in children. A study conducted by researchers at the University of Toronto, called TARGeT Kids!, looked at milk fat content and health. Over two thousand healthy children between the ages of 1 and 6 years, were a part of the study. Those that drank whole fat milk had higher vitamin D stores. They also found children drinking 1 percent milk had higher BMI then those drinking whole milk.

Read more at <http://aicn.nutrition.org/content/104/6/1657.abstract>

Nutrition Resources

Tools for Schools

The United States Department of Agriculture has provided a tool kit for schools to help comply with the Healthy, Hunger Free Kids Act. This tool kit offers materials and resources to assist schools in meeting the nutrition standards focusing on better nutrition and obesity reduction. Resource topics include smart snacks, offering fruits and vegetables, reducing sodium and serving whole grains. Each topic includes resources materials such as best practices or preparation techniques. The kit also provides policy guidance for areas such as salad bars and school meal flexibility.

Read more at <https://www.fns.usda.gov/school-meals/healthierschoolday>

New nutrition label compliance extended.

After feed back from industry and consumer groups on the ability to meet the deadline, the Food and Drug Administration has extended the compliance date for the new nutrition facts label; originally to start July 26, 2018. The FDA plans to announce the new date at a later time. Some changes include serving size to reflect closer to what people are actually consuming, added sugar, vitamin D and potassium. The design will also change slightly where the calories and serving size font will be larger. The extension will allow manufactures with annual food sales of less than \$10 million additional time to implement.

Read more at <https://www.fda.gov/food/guidanceregulation/guidancedocumentsregulatoryinformation/labelingnutrition/ucm385663.htm#dates>



Refreshing Watermelon Salad

Makes: 4 Servings

Ingredients:

- ◆ 1 cup fresh spring greens
- ◆ 1 cup fresh cilantro
- ◆ 1 cup fresh watermelon, cubed
- ◆ 1/2 cup red grapes, halved
- ◆ 1/4 cup walnuts, chopped
- ◆ 1/4 cup Feta cheese

Directions:

1. In a large salad bowl, mix all ingredients together.
2. Arrange the salad mixture on a platter and serve with whole-grain dinner rolls.

Source: [What's Cooking? USDA Mixing Bowl](#)

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