

# Why We Overeat

We are all well aware of the ‘obesity epidemic’ plaguing America and have a general idea of some of the causes; we are eating more processed foods, drinking more soda, and are simply eating too much. A recently published book, “The End of Overeating,” written by Dr. David A. Kessler aims at answering questions regarding the science behind overeating. The book’s purpose is to provide us with the knowledge necessary to combat our urge to overindulge.

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## What ingredients cause us to overeat?

Lab research that used mice as its subjects found that sugar results in a dopamine spike that triggers overeating, and sugar combined with fat increases the brain activity resulting in a greater urge to overeat. If salt is added into the mix, the food becomes even more irresistible because three primary taste buds are being stimulated.

## How does dopamine result in overeating?

Dopamine is a neurotransmitter that focuses your attention to the strongest stimuli in your environment. When food is the strongest stimuli, your brain focuses on the food making it difficult for you to stop eating.

## Is Everyone equally vulnerable to overeating?

No. There are three questions to ask yourself to find out how your brain responds to the triggers for overeating:

1. Do you lose control in the face of highly palatable foods? It is hard to resist them?
2. Do you feel a lack of satiation, a lack of feeling full, when you’re eating?
3. Do you have a preoccupation with food, thinking about it between meals?

Answering yes to any/all of these questions illustrates that your brain’s response to food may lead to overeating.

## How can people fight back?

The easiest way to battle your brain’s response to food is to alter the way you view the stimulus. Foods loaded with sugar, fat, and/or salt need to be viewed as something you don’t want. Social views affect the brain’s response to the stimulus. In order to battle our innate urge to overeat, we must stop viewing food as entertainment or as a comfort.

## How can child care providers help vulnerable children?

Child care providers can help children alter the response to the stimulus of food by changing the attitude toward food in their program. Not serving foods that are high in sugar, fat, and salt and making the children aware that these are not “good” foods will certainly help.

# Child & Adult Care Food Program

## Participants, A Few Things to Remember...

If you are a Tier 2 provider, remember that families receiving the Best Beginnings Scholarship are categorically eligible for Tier I reimbursement rates. Please notify me of any families that are receiving the Best Beginnings Scholarship so you can receive higher reimbursement for all eligible children.

### 2010 Reimbursement Rates

Effective: July 1, 2009 through June 30, 2010

	<u>Tier I</u>	<u>Tier II</u>
Breakfast	\$1.19	\$.44
Lunch/Supper	\$2.21	\$1.33
Supplement (Snack)	\$.66	\$.18



*Remember the due date for claim submission to CCC. It is due by the 3rd day of the month. Please call Lisa if you are experiencing a delay, to ensure the processing of your claim.*

### DPHHS Renewal Reminders



Our records indicate the following child care programs will need to renew their registration as a child care provider soon in order to continue to participate with the CACFP. Renewal applications can be requested from Cori Kerins in Helena at 444-9460 and should be requested at least 2 to 3 months prior to expiration.

M. Britten	08/31/09	P. Ligtenberg	09/30/09
A. Haxton	08/31/09	L. Nakamura	09/30/09
J. Inabnit	08/31/09	S. Smith	09/30/09
B. Limpus	08/31/09	A. Stucker	09/30/09
A. Robinson	08/31/09	A. Aschim	10/31/09
J.C. Sullivan	08/31/09	A. Gray	10/31/09
L. Caudill	09/30/09	M. Sutherland	10/31/09
A. Frederick	09/30/09	J. Venhuizen	10/31/09
S. Graham	09/30/09	S. Felkins	11/30/09
S. Hillman	09/30/09	C. Hammer	11/30/09

### Enrollment Form Retention

You have all been doing a great job of getting new child enrollment forms to me. Please continue to remember **they must be in my office before I am able to release your reimbursement.** All forms must be signed by the parent. **Equally important is that you keep an enrollment form, signed by the parent, on file in your location for each child you claim on the food program.** Ideally the forms should be in a file and in alphabetical order. It is our responsibility to check that this is being done as part of the monitoring reviews we conduct three times annually.



## Produce Profile: Rhubarb

### Nutrition

Rhubarb is a vegetable that is rich in fiber, vitamin C, vitamin K, calcium, potassium, magnesium, and manganese. Because it contains calcium, manganese, and magnesium, rhubarb is a good food for bone health. Both magnesium and manganese help the body absorb calcium and both are key players in bone strength and formation. In addition, one cup of rhubarb has only 26 calories, less than 1 gram of fat, and is low in sodium and cholesterol.

### Preparation and Use

The stalks of rhubarb can be eaten raw, but ***the leaves should not be consumed***; they contain oxalic acid, which makes them toxic. Rhubarb is typically used to enhance the flavor of other fruits in baked goods, such as strawberries. It is also used to make jams, cakes, and muffins.

Rhubarb should be cooked in glass, non-stick, or ceramic pans and dishes and ***not*** cooked in aluminum, iron, or copper pans. Rhubarb's high acidity reacts with these minerals, causing the pan and rhubarb to turn brown.

From Potpourri, August 2009

### Simple Recipe

#### Apple-Rhubarb Sauce with Cranberries

This sauce is perfect for roasted chicken.

**Makes:** 2 cups

**Preparation time:** 10 minutes

**Total time:** 25 minutes

#### Ingredients:

1 large green apple, peeled and diced	2 Tablespoons dried cranberries
2 cups diced rhubarb (2-3 stalks)	1 Tablespoon honey
1/4 cup diced red onion	1 1/4 inch thick slice ginger, peeled
1/2 cup unsweetened apple juice	1 teaspoon balsamic vinegar, to taste

#### Directions:

Combine apple, rhubarb, onion, apple juice, cranberries, honey and ginger in a medium saucepan. Cover and cook over medium heat, stirring occasionally, until the rhubarb is soft and the apple is tender but not mushy—10-12 minutes. Remove from the heat and let stand for 5 minutes. Stir in vinegar. Remove the ginger; serve the sauce warm, at room temperature, or chilled.

**Nutrition Facts:** Serving size—1/2 cup: 76 calories

1 g protein	273 mg potassium
0 g fat	2 g fiber
5 mg sodium	19g carbohydrate



From: eatingwell.com



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Child & Adult Care Food Program



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Please look for these materials in your mailing:

- ~ September Calendar & Activities
- ~ Staycation and Green Drinking Water Tips

Forms (such as pink, yellow, blue) are available online at:  
[www.childcare.mt.gov](http://www.childcare.mt.gov)

From the home page, go to: “About Us” then: “Forms & Applications”

## The Importance of Mothers’ Nutrition

In a recent study, researchers found that a mother’s behavior, in terms of how she eats, has a substantial impact on children’s weight. It was found that teaching mothers how to eat properly increased the likelihood that kids will adapt to healthy eating habits. The study examined three approaches to improving children’s eating habits, and the most successful approach focused on improving the mother’s eating habits, which improves habits of the rest of the family. In this approach, physicians educate mothers on the importance of when she eats. Organizing set meal times and eliminating snacking throughout the day teaches children the importance of well-planned and nutritionally balanced meals, which is key to battling obesity.

From Potpourri, August 2009

### CACFP Training - Summer 2009

Date	Time	Name	Location	Contact	Hours
Ongoing	Open	Nutrition Learn-at-Homes	Pick up @ CCC	Lisa or Jen	2 Hrs.

Remember, CACFP requires 4 hours of training annually (10/01/08 to 9/30/09). Two of these hours must be one of the CACFP Annual Training sessions and the other two must be a course containing a nutrition component. Please call Lisa if you are not certain you have completed all training requirements.