

Make Food Choices That Support Growth and Development

As a parent or caregiver, many decisions must be made regarding children, including what to feed them. It's critical to ensure children eat enough food to support optimal growth and development but also to help them develop eating behaviors that can inhibit the development of obesity and related chronic illnesses in childhood and adulthood.

Research has begun to explore the influence of children's consumption of ultra-processed foods, or UPFs, said Ashlea Braun, Oklahoma State University Extension nutrition specialist.

"The Nova Food Classification System defines these foods as 'industrial formulations typically with five or more and usually many ingredients not commonly used in culinary preparation,'" Braun said. "Research shows that children consume about 70% of their daily calories from UPF, while adults consume nearly 60% of their daily calories from UPF. Although there aren't any recommendations for the amount of UPF that can be consumed in a day, excessive consumptions have been linked to an increased risk of chronic illness."

For example, research in 2021 found that each additional serving of UPF per day is associated with a 5% increased risk of overall cardiovascular disease. Not only are there long-term risks associated with excessive consumption of UPF, but introducing these foods too early and/or in excess in childhood may have unique impacts on health risks.

Braun said research has shown children have worse locomotor development and cardiovascular fitness when they have a higher intake of UPF.



"When introduced too early, these highly processed foods may influence a preference for them," she said. "For many children, fast-food meals are the norm, and these foods are hyper-palatable, which may make children more likely to eat them over time."

Foods that are recommended for consumption among children, including fresh fruits, vegetables, lean meats, whole grains, and dairy may not be as appealing in comparison to UPF. And, some families plagued by food insecurity or residing in underserved communities, UPF may be the only foods to which they have constant access.

"These foods can be beneficial in these scenarios as they are shelf-stable, carry low risk of foodborne pathogens, and are easy to prepare for consumption," Braun said. "Some of these foods are fortified and/or enriched with nutrients to minimize the risk of nutrient deficiencies. Therefore, for families with low access to fresh foods, UPF can fill gaps in nutrition."

Parents and caregivers need to know the answer to this problem is not to consume zero UPF. Instead, prioritize consuming and improving access to minimally processed foods.

"Even if food to which families have access consists primarily of UPF, making choices that are relatively low in added sugars and salt, and higher in vitamins, minerals, protein, fiber and unsaturated fat, can help maximize choices," Braun said.

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Blaine County OSU Extension

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Holiday Bazaar

and Santa's Village

*Vendor booths with Christmas Crafts, Holiday Decorations and Foods
Door Prizes*

SATURDAY, DECEMBER 2, 2023

9:00 a.m. – 4:00 p.m.

**BLAINE COUNTY FAIRGROUNDS - FOLEY BUILDING
807 N. Newer in WATONGA, OKLAHOMA**



FREE ADMISSION- OPEN TO PUBLIC

Concession Stand Available



Bring the kids for special activities (at no cost):

12:30 p.m.- *Christmas Story Time*

1:00 p.m.- *Christmas Craft Workshop* (repeated at 1:30 p.m.)

2:00 p.m.- *Christmas Craft Workshop* (repeated at 2:30 p.m.)

1:00 p.m. to 3:00 p.m.- *Pictures and Visit with Santa and Mrs. Claus*
(bring your own camera)

Sponsored by: Blaine County Oklahoma Home & Community Education (OHCE)



EXTENSION

For information, call Blaine County OSU Extension at 580-623-5195

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Major County OHCE News and Notes



Lesson Trainings

The Lesson Training in December (for you January meetings) will be Friday, December 15 at 10 a.m. at the fairgrounds. The lesson is "*The Power of Positive Attitudes*".

The Lesson Training in January (for your February meetings) will be Friday, January 26 at 10 a.m. at the fairgrounds. The lesson is "*Food Product Dating*".

Awards Items Due

Awards due December 15 are: Member of the Year, Young Member of the Year, Heart of OHCE, and Rookie of the Year. Life Story Essays and County & Local Report Books are due January 19. Contact Dana for forms and assistance.

2024 Yearbooks

We are working on getting 2024 yearbooks prepared for all members– and hope to have those ready for pick up at the lesson training on December 15.

Lunch for Leadership Fairview Class

Thank you all for agreeing to provide lunch for the Leadership Fairview class on Monday, January 8 at the fairgrounds. Each group is asked to provide 1 soup, 2 salads, 1 dessert, crackers/rolls/bread, and 12 bottles of water.

Check out our Facebook page and website!

For updates and announcements, check out and "Like" our page on Facebook: *Major County OSU Extension*
Also, visit our website and add it to your favorites:
<http://extension.okstate.edu/county/major>

5th and 8th Grade Wellness Days

Thank you for the donation of muffins and bananas for the Major County 7th Grade Wellness Day on November 9. Leftover muffins will be used for the 5th Grade Wellness Day on December 6 so we will not be needing more then.

County Planning Meeting

The next County Planning Meeting will be on Wednesday, January 3 at 1 p.m. at the fairgrounds. Make plans to join us.

2nd Grade Coloring Contest

We will discuss deadlines, etc. for the 2nd Grade Coloring Contest at the January 3 County Planning Meeting so be looking for more details after that.

County Food Show

The 2024 County Food Show will be held on Saturday, February 10 beginning at 1 p.m. at the fairgrounds. Full details will be decided on at the January 3 County Planning Meeting and shared after that..

Winter Association Meeting

Looking ahead...our county Winter Association Meeting will be on Thursday, February 29. If anyone has an idea for a speaker or program please let Dana know.

West District (North Region) Meeting

Be looking for more information on the district meeting that will be held on Saturday, March 23 in Laverne. Mark your calendars!

OKLAHOMA HOME & COMMUNITY EDUCATION, INC. (OHCE)

Objectives of Oklahoma Home & Community Education:

- To improve Family & Consumer Sciences practices and skills
- To develop leadership potential
- To provide community service opportunities

Members are involved in programs including:

- Arts and crafts and volunteering for county fairs
- Helping raise reading skills of youth in Oklahoma
- Preserving our history and celebrating the roles that families have played in our communities
- Providing both youth and adult scholarship programs
- Nutrition and health programs for both youth and adults
- Family well-being programs
- And many more.

A member belongs to:

- their local OHCE group
- their county OHCE association
- the state OHCE association
- Country Women's Council of USA (CWC)
- Associated Country Women of the World (ACWW).

Learn more at: <https://education.okstate.edu/outreach/fcs/ohce/index.html>





**OKLAHOMA COOPERATIVE
EXTENSION SERVICE**

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