

Food News

Volume 9, issue 8

August 2023

Welcome to Food News. The Paediatric team have taken over for August. We hope you will find it an interesting read and can share with parents, carers, expecting parents, anyone of child bearing age or anyone involved in children's care.



Warwickshire Food Forum

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Food News is produced by the education & choice subgroup of Warwickshire Food forum.

The forum is a multi-agency partnership aiming to improve food choices for people in Warwickshire.

The focus is on making food affordable, sustainable and providing information to help people make healthy choices. The group will also ensure that there is Warwickshire wide help for people who have difficulty affording food.

Truth or Myth

Fussy eating is just a phase

Is your child's refusal of certain foods causing you to worry and wonder if they will ever 'grow out of it'? This article aims to explore this and provide simple tips on how to manage fussy eating.

What is fussy eating?

Fussy eating is very common among children, and it is a normal part of development which most children grow out of. Interestingly, fussy eating can often be an expression of a child's independence in making food choices, and is a normal part of growing up.



Signs of fussy eating:



Strong preferences for a small number of foods

Unwillingness to try new foods



Limited variety of foods eaten

Unwillingness to eat familiar foods

Tips to help manage fussy eating

Patience is required as it can take up to 15 attempts before a child will accept a new food. Aim for mealtimes to be enjoyable as your child needs to develop a positive relationship with food.

- **Try to establish a regular meal pattern and routine** with 3 main meals and snacks in between. Meals should be no more than 30 minutes and snacks should be at set times.
- **Drinks are best offered after meals.** Sometimes children will fill up on drinks, reducing their appetite for food.
- **Get your child cooking** – learning basic cooking skills can increase their confidence with food
- **Eat together as a family** – it makes the meal more interesting for the child and it may encourage them to eat when they see parents and siblings eating. It also takes the focus away from the child.
- **Reduce distractions.** If possible eat at a table, away from the television, mobile phones and computers.
- **Never force a child to eat** – Keep mealtimes relaxed. 'Anxiety' is an appetite suppressant. Instead try to make the mealtime a pleasant time to be together, discussing subjects such as holidays, sports and friends.
- **Be positive and praise your child.** Make use of reward charts when a new food is eaten.

Remember: Children learn from adults and it is important not to override a child's cue when they indicate they have had enough.

Occasionally a child will have a more serious case of food refusal, and advice should be sought on how to manage this most effectively. **Please seek advice from your GP or dietitian if:**

Your child drops two centiles on their growth chart or has been identified as having faltering growth by a health professional. Your child is frequently ill, lethargic and inactive or has poor concentration. Your child has been diagnosed with a vitamin or mineral deficiency. Finally if your child is eating less than 10 foods which do not cover all food groups please seek advice (Refer to Eatwell Guide in further reading section)

Fussy Eating

10 Steps Towards Food Acceptance



Step 1: Choose a new food. Put a tiny amount (size of fingernail or less) of the new food on to your child’s plate in the same place each time. Use a separate plate if your child gets upset when this food is put on the same plate as accepted foods.



Step 2: Encourage your child to smell the new food. Get involved by smelling the food too – your child may copy.



Step 3: Encourage your child to pick up the new food with a fork or spoon. Your child will not usually try to eat the food at this stage.



Step 4: Encourage your child to touch the new food with their fingers.



Step 5: Then encourage your child to pick up the new food with their fingers.



Step 6: Encourage your child to touch the food to their face then to their lips (‘kiss the food’) and then to their tongue. Do this at a rate that suits your child. Some children may do all steps at one mealtime, others may take several attempts.



Step 7: Encourage your child to lick the new food then put in their mouth (they can remove without chewing and swallowing – this step allows them to experience the sensation of food in their mouth).



Step 8: Encourage your child to bite, chew and then swallow a very small amount of the food.



Step 9: Gradually increase the amount of the food eaten, but to no more than a “normal” portion.



Step 10: Well done! Your child has accepted a new food. Start the process all over again with another food



Iodine deficiency in the UK and its effects

Iodine is a mineral that is important for health. It is needed to make the thyroid hormones. These hormones are needed for many body processes including growth, regulating metabolism and for the development of a baby’s brain during pregnancy and early life.

For many years iodine intake in the UK was thought to be more than adequate but recent research has shown mild to moderate iodine deficiency in schoolgirls and pregnant women. There is now concern that many adult women may not be getting enough iodine, particularly in pregnancy.

Who is at risk of iodine deficiency?

Anyone who avoids fish or dairy products due to allergy, intolerance, or lifestyle choices such as vegetarians and vegans, could be at risk of iodine deficiency. Evidence shows all females of child bearing age are at risk.



Before and during pregnancy and breastfeeding

As iodine is required from the early stages of pregnancy, you should make sure you have been having enough iodine in your diet for several months before you get pregnant. This is because you can build up good stores of iodine in your thyroid before you become pregnant which helps it to function well during pregnancy.

Therefore, if you are of childbearing age, and especially if you are planning a pregnancy, you should ensure that you meet the adult requirement for iodine. During pregnancy, the amount of iodine you need increases. This is because you have to make sufficient thyroid hormones to transfer to your baby to help its brain develop correctly. You also have to supply all the iodine that the baby needs. Iodine deficiency in pregnancy may have serious consequences for your child so it is very important that you meet the higher iodine requirement if you are pregnant. Breastfeeding mums still need a higher amount of iodine, so their breast milk has enough iodine for their baby. This is because the brain is still developing at that early stage.

During pregnancy and lactation, the requirement for iodine rises from 150 to 250 µg of iodine per day.

It is likely that having too little iodine in your diet may lead to low levels of thyroid hormones. If you have a deficiency of iodine when you are pregnant, your baby’s brain may not develop as well as it could and this could affect your child’s ability to learn in later years, for instance, lower IQ or poorer reading ability.

[Iodine deficiency in the UK – dietetic implications | British Dietetic Association \(BDA\)](#)



Iodine deficiency in the UK and its effects

Vegans are a recognised at-risk group for many nutrient deficiencies, including iodine and vegetarians may also have a low iodine intake depending on the amount of milk and dairy products in their diet. Many dairy-milk substitutes are not enriched with iodine so it is important to choose ones that are or take an over the counter supplement.

Children with a milk protein allergy are at risk of iodine deficiency if not having a prescribed formula. There are iodine fortified milk substitute products available to supplement the diet.

How much iodine do I need?

The recommended intakes for Iodine in the UK are:

Age	Reference Nutrient Intake
0-3 months	50 micrograms (µg/day)*
4-12 months	60 µg/day*
1 - 3 years	70 µg/day*
4 - 6 years	100 µg/day*
7 - 10 years	110 µg/day*
11 - 14 years	130 µg/day*
15-17 years	140 µg/day*
18 years and over	140 µg/day*
Pregnancy	200 µg/day**
Lactation	200 µg/day**



True or False

There is more iodine in organic milk?

False - Research in the UK has shown that organic milk has a 35-40% lower iodine content than conventional milk.

Seaweed is a concentrated source of iodine, but it can provide excessive amounts (particularly so in the case of brown seaweed such as kelp) so eating seaweed more than once a week is not recommended, especially during pregnancy.

Remember to follow Government advice on foods to avoid during pregnancy

When was the last time you thought about how much fibre you and your family are eating?

Dietary fibre and wholegrains offer numerous health benefits, including good digestive health. **But do you know how much you should be eating each day?**

30g of fibre a day for adults. Diet surveys over recent years have repeatedly shown that in the UK our fibre intakes are considerably lower than recommended.

And what are the fibre recommendations for the family?

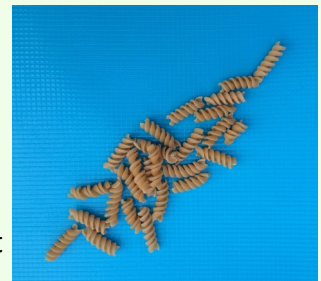
Age	Recommended amount
2 to 5 years	15g per day
5 to 11 years	20g per day
11 to 16 years	25g per day
16 years and older	30g per day



SACN (2015) Carbohydrates and Health www.gov.uk/government/groups/scientific-advisory-committee-on-nutrition

So how can you increase your dietary fibre intake? Firstly, **it is wise to increase fibre gradually and drink plenty of fluids** so that your gut can get used to the change. Secondly, to achieve recommended amounts of fibre you will need to **increase the wholegrains in your daily diet.**

- Choose whole grain cereals. If children are currently eating lower fibre cereal choices start by mixing high fibre and low fibre. Adding a handful of fruit is also a great way to increase fibre.
- Choose wholemeal, granary, seeded or 50:50 breads. Add mashed banana for an extra fibre boost!
- At meal times instead of white rice and pasta opt for whole wheat pasta or 50:50 pasta, brown or wild rice, and quinoa.
- For snacks choose vegetable sticks, fresh fruit, nuts, seeds, dried fruit, oat cakes, whole wheat crackers and popcorn. Be aware that nuts and seeds pose a choking risk for children under the age of 5 years so choose ground nuts and nut butters.
- Keep skins on potatoes and root vegetables.
- Add lentils and beans to dishes such as spaghetti Bolognese, chilli or curry.
- If you are used to looking at food labels, look for high fibre varieties; over 6g of fibre per 100g.



Start today!

One slice of thick wholemeal bread with sliced banana **provides 5g fibre.**

One medium jacket potato with low salt and low sugar baked beans **provides 8g fibre.**

Mix it up. **Getting fibre from a variety of sources is best for your gut.**

For more information about fibre and wholegrains visit

<https://www.bda.uk.com/resource/fibre.html>

[Wholegrains | British Dietetic Association \(BDA\)](#)



What's in Season?

Here is a list of what fruit and veg are in season in August

Fruit

Blackberries, Blackcurrants,
Cherries, Damsons,
Loganberries, Plums,
Raspberries, Redcurrants,
Rhubarb, Strawberries

Vegetables

Aubergine, Beetroot, Broad Beans, Broccoli, Carrots, Cauliflower,
Chicory, Chillies, Courgettes, Cucumber, Fennel, French Beans,
Garlic, Leeks, Lettuce, Mangetout, Marrow, Mushrooms,
Parsnips, Peas, Peppers, Potatoes, Pumpkin, Radishes, Rocket,
Runner Beans, Samphire, Sorrel, Spring Greens, Spring Onions,
Summer Squash, Sweetcorn, Tomatoes

Cooking in season You'll notice these ingredients are more abundant in supermarkets and market stalls this month, so here is a tasty seasonal recipe to try.

Roasted Vegetable Pasta

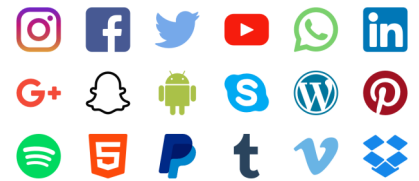
Serves 4. Cooking time 45 mins (approximately)

Ingredients:

400g Mediterranean vegetables
(Mixture of peppers, courgettes,
mushrooms, salad tomatoes)
300g penne pasta
400g tin chopped tomatoes
3 tbsp olive oil/rapeseed oil
1/2 tsp onion powder
1/2 tsp garlic granules
1 tsp smoked paprika
Salt and freshly ground black pepper
4 tbsp freshly grated Parmesan (or
vegan cheese) to serve

Method:

1. Preheat oven to 200C/180C Fan/Gas 6
2. Chop the vegetables into bite size pieces and lay in a roasting tin. Drizzle with 1 tablespoon of oil and season with salt and pepper. Toss to coat.
3. Roast for 30-40 minutes until vegetables are soft.
4. Once the vegetables have been cooking for 15 minutes bring a large saucepan of salted water to the boil. Add the penne and cook according to the packet instructions, normally 10–12 minutes.
5. Meanwhile, tip the tomatoes into a large saucepan. Add the remaining oil (2 tbsp), onion powder, garlic granules and smoked paprika, stir well, then bring to the boil over a medium heat. Simmer for 2 minutes.
6. Remove from the heat and blend until smooth using a hand blender. Return to the heat, stir in the roasted vegetables and cook for 2–3 minutes, or until bubbling.
7. Drain the penne, reserving a little of the water, then tip the pasta into the sauce and stir. Add a couple of spoonful's of pasta water to the pan, then season well with black pepper.
8. Serve sprinkled with grated Parmesan or alternative to serve.



Child Friendly Recipes

Fish cakes (Serves 4)

Ingredients

500g cooked potatoes , 400g tinned salmon or tuna
150g frozen peas (defrosted) , 1 tablespoon tartar sauce
3 tablespoons plain flour , 1 tablespoon vegetable oil
Black pepper

Method

1. Peel and chop potatoes, place in boiling water, cook for 15 minutes
2. Drain and mash until smooth
3. Open tins of chosen fish, mash with a fork in a bowl
4. Add the peas, tartar sauce and mashed potato
5. Season to taste with black pepper
6. Mix well , then using hands(with flour on them to prevent sticking)shape into 8 fishcakes
7. Dust with flour
8. Brush with a little oil
9. Place under medium/hot grill for 5-10 minutes each side or until browned
10. Enjoy with a mixed salad or vegetables

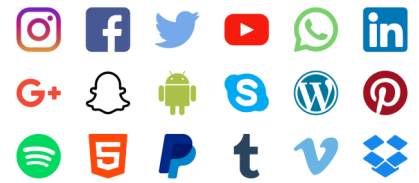
Cottage pie with baked beans (Serves 4)

Ingredients

1 large can of baked beans 400g , 250g minced beef
1 onion—chopped ,100g frozen mixed vegetables
1kg potatoes, peeled ,250g swede
8 tablespoons milk (120mls) ,1 tablespoon vegetable oil
1 teaspoon mixed herbs . pepper

Method

1. Cut potatoes and swede into even size pieces, put into saucepan of boiling water , simmer for 20 minutes until soft
2. Heat oil in saucepan, add onion and gently fry until soft
3. Add mince and stir until browned. Stir in baked beans, frozen vegetables and mixed herbs. Cook on low heat for 10 minutes, pour into ovenproof dish
4. Mash potatoes and swede with the milk, season with pepper, spread over the mince and beans
5. Bake for 25-30 minutes in oven at 190C / Gas mark 5



Low cost Child Friendly Recipes

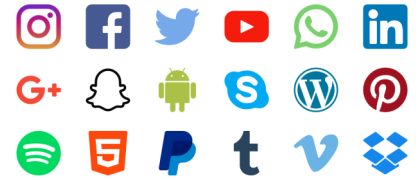
Apple scone round

Ingredients

- 1 medium cooking apple
- 250g self raising flour
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 50g margarine
- 50g caster sugar
- Semi skimmed milk to mix - 100-150mls

Method

1. Preheat oven to 200C/Gas Mark 6
2. Peel and core the apple, cut into small pieces
3. Sift the flour, salt and baking powder
4. Rub in margarine to flour until there are no lumps , (fine breadcrumb texture)
5. Add caster sugar and chopped apple
6. Gradually add milk to the flour mixture, enough for the mixture to stick together but not get too sticky
7. Roll out onto a floured board into a round
8. Score the top with a knife into segments
9. Brush with milk to glaze
10. Bake on greased baking sheet for 20-25 minutes until golden brown



[Aspartame advice unchanged despite cancer question - BBC News](#)



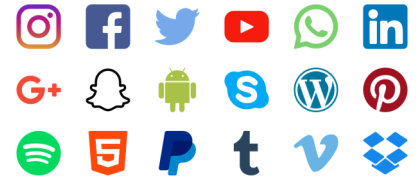
There has been a lot of discussion around sweeteners in our diet and specifically Aspartame., This is because The World Health Organisation (WHO) have been reviewing thousands of studies to assess the safety of these non nutritive sweeteners.

The British Dietetic Association (BDA) have looked at the WHO recommendations and produced a policy statement.

[Policy Statement \(bda.uk.com\)](http://bda.uk.com)

The key messages for the general population are :

- * Artificial sweeteners provide sweetness and little or no calories, unlike sugars that do provide calories.
- * The evidence-base shows that artificial sweeteners are considered safe to consume up to the Acceptable Daily Intake (ADI) in the general population with the exception of foods for infants and young children.
- * Adding an artificial sweetener to a food product instead of sugar enables food manufacturers to provide an alternative for consumers which can be a useful strategy for those individuals seeking to control their calorie intake and manage their weight.

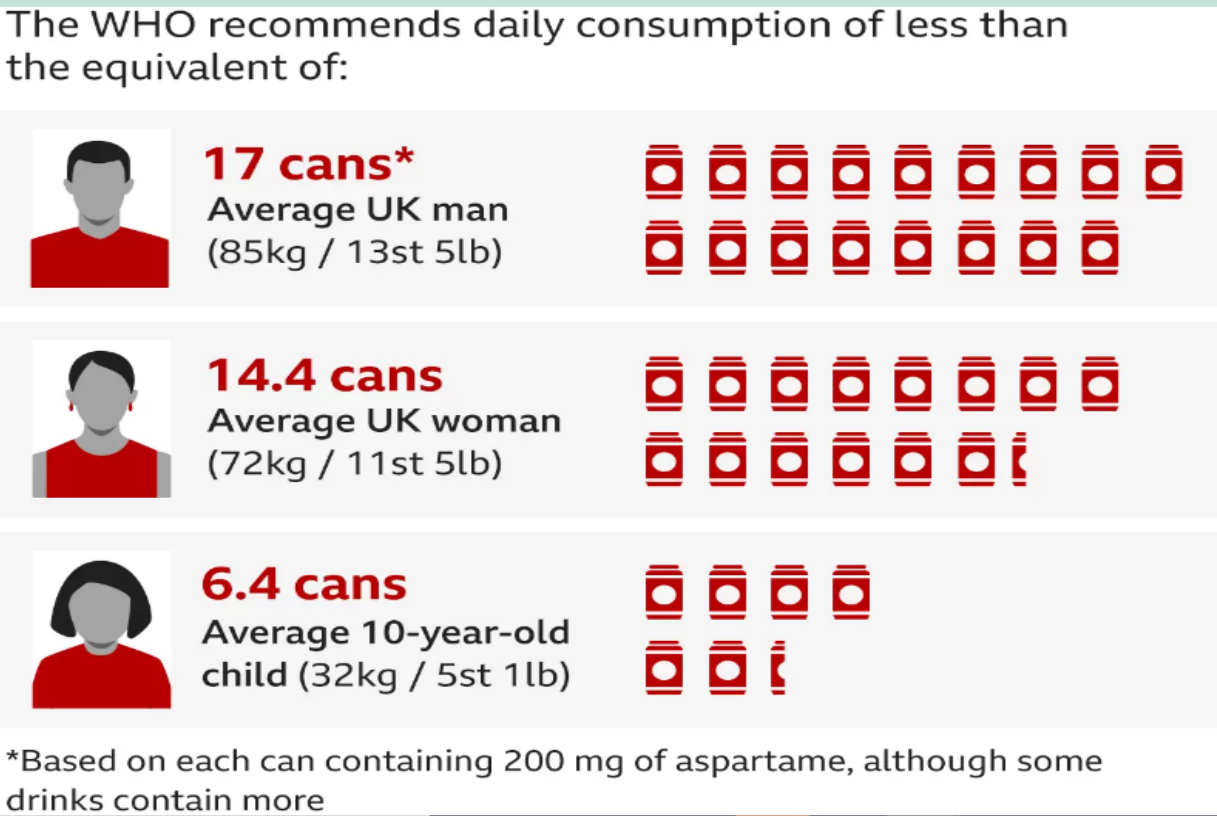


What's in the media?

Children and recommendations

Dietitians would not typically recommend these drinks to children and young people. Drinks that don't contain sweetener or added sugar are recommended i.e. Water and milk. They promote a healthy weight and good dental health.

The upper safe limits of Aspartame remain at 40 milligrams per kilogram of your body weight, per day. These are not targets to reach.





Warwickshire eating and drinking for health group.

Editor:

Paula Corbett—Paediatric Dietitian

Warwick Hospital, Lakin Road, Warwick,
CV34 5BW 5BW

Phone: 01926 495321 x4258

E-mail: dietitians@swft.nhs.uk

If you have an interest in food , hydration and health, and would like to join the Warwickshire Food Forum, please contact the editor.

If you would like more information about any of the articles in this newsletter, please contact the editor who will pass this on to the author of the article.

References, further reading and resources

When was the last time you thought about Fibre?

<https://www.bda.uk.com/resource/fibre.html>

Iodine deficiency

[Iodine deficiency in the UK – dietetic implications | British Dietetic Association \(BDA\)](#)

What's in season

BDA Seasonal Fruit and Veg guide: www.bda.uk.com/food-health/your-health/sustainable-diets/seasonal-fruit-and-veg-a-handly-guide.html

Seasonal recipe from www.deliciousmagazine.co.uk/recipes/pasta-with-watercress-and-radish-pesto/

What's in the media

<https://www.bda.uk.com/uploads/assets/11ea5867-96eb-43df-b61f2cbe9673530d/policystatementsweetners.pdf#:~:text=The%20evidence-base%20shows%20that%20artificial%20sweeteners%20are%20considered,exception%20of%20foods%20for%20infants%20and%20young%20children.>

<https://www.bbc.co.uk/news/health-66180986>

Truth or Myth: Fussy eating is just a phase

Further Reading : Child Feeding Guide: Common Feeding Pitfalls & Support to make mealtimes easier (Accessed July 2023)

[Common feeding pitfalls | Child Feeding Guide](#)

[Award-winning tools and support to make mealtimes with children easier | Child Feeding Guide](#)

Eatwell Guide: [The Eatwell Guide - NHS \(www.nhs.uk\)](http://www.nhs.uk)