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YOUR GROWING CHILD



A newsletter for families of Partners in Pediatrics Ltd.
An affiliate of Children's Hospitals and Clinics of Minnesota



New Dietary Guidelines Don't Sugarcoat Poor Food Choices

When your children are seen at *Partners in Pediatrics*, we may give you some nutritional advice. Perhaps we will tell you your children need more dietary calcium or iron.

I don't think we've ever told anyone that they need more carbohydrates in their diet.

There was a time when sugar was a selling point for food. *Frosted Flakes* were *Sugar Frosted Flakes* and *Corn Pops* were *Sugar Pops*.

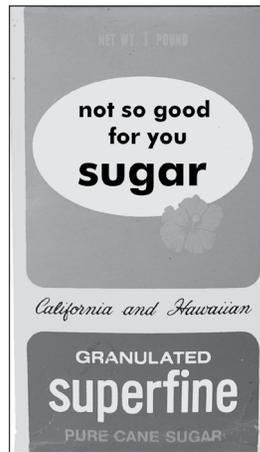
Now recent United States nutritional guidelines reinforce what many of us see as obvious: we need to cut down on the quantity of our dietary calories that come from sugars.

The new guidelines were just released and their purpose is to assist us in making healthy dietary choices.

When you see the guidelines, you may think that they are unnecessarily vague. They are for a reason. The guidelines are meant to provide a framework for eating healthy, not a rigid set of recommendations.

This framework is meant to be adaptable according to one's personal preferences and eating style.

The new guidelines recommend the following:



• **Follow a healthy eating pattern across your entire life.** All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight.

• **Focus on variety, nutrient density and amount.** To meet nutrient needs, stay within recommended calorie limits and choose a variety of nutrient-dense foods across all food groups.

• **Limit calories from added sugars and saturated fats and reduce sodium intake.** Create an eating pattern low in added sugars, saturated fats and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.

• **Shift to healthier food and beverage choices.** Choose nutrient-dense foods and beverages within all food groups in place of less healthy choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.

• **Support healthy eating patterns for all.** Everyone has a role in creating healthy eating patterns from home to school to work to communities.

The recommendations stress foods that promote good health. This includes foods that reflect different cultural styles. The term *nutrient-dense* indicates foods that are rich in essential vitamins and minerals as well as dietary fiber.

The guidelines try to consider the big picture. The theory behind the *Dietary Guidelines* is that all forms of foods,

Whooping Cough Hides But Doesn't Go Away

Pediatricians worry about a lot of things when it comes to your child's health. We especially worry about the myriad of germs that bombard your child every day.

You can't protect your children from all germs but you can protect them against some of the most dangerous by giving them their vaccines at the recommended age. Since the advent of the vaccine era, many of these illnesses are rare. Still, some are seen more often than we'd like.

This is the case with pertussis, commonly referred to as "whooping cough." It is an infectious disease caused by bacteria called *Bordetella pertussis*. These germs attach themselves to the tiny hair-like structures that line part of your respiratory system. The bacteria then release toxins (irritants), which damage the lining of the respiratory tree, causing airways to swell.

Pertussis is a very contagious disease. We find it only in humans. This means it can only be spread from person to

person. It is usually spread by coughing or sneezing. The more you are around any one individual, the more likely you are to spread it if you have the disease.

Whooping cough seems to peak every few years. And the younger you are, the more dangerous it is.

Infected people are most contagious up to about two weeks after the cough begins. While whooping cough vaccines are the best tools we have to prevent this disease, no vaccine is 100 percent effective. If whooping cough is in the community, there is a chance that even a fully vaccinated person, of any age, can catch this very contagious disease.

Many babies who get pertussis are infected by their older siblings, parents or caregivers who might not even know they have the disease.

Over the last several years, there has been a recommendation to vaccinate all

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New Nutrition Guidelines

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including fresh, canned, dried, and frozen, can be included in healthy diet.

Specifically, according to the guidelines, a healthy diet includes vegetables including dark green, red and orange as well as legumes such as peas and beans. Whole pieces of fruits are best. At least half of all grains consumed should be whole grains. Dairy should be fat-free or low fat.

A healthy eating pattern should contain a variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products.

There are key recommendations for dietary components that should be limited. These are:

- Less than 10 percent of your calories in a day should be from sugars.
- Less than 10 percent of your calories in a day should be from saturated fats.
- Consume less than 2,300 milligrams per day of sodium (14 years of age and older).

Dietary supplements and fortified food may be needed to provide nutrients that may be deficient in some diets.

The guidelines are available for review at health.gov/dietaryguidelines/2015/guidelines.

Here's to healthy eating!

Protect your Children from Whooping Cough

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pregnant women against whooping cough so that they would not pass it to their newborns, when it is most life threatening.

However, according to recently published data, the most common source of whooping cough transmission has shifted from mother to child and now happens more commonly from sibling to sibling. Researchers found that whooping cough was most likely transmitted by a sibling in 35 percent of the cases and from the mothers in 20 percent of the cases.

Children aren't fully immune to whooping cough until they've received at least three shots, leaving those 6 months and younger at greatest risk of contracting the infection.

That is the reason to make sure your children are fully immunized and following our recommended schedule.

If you're not sure whether your children are up to date with their whooping cough vaccines, call our clinic. We will let you know the vaccines your children need to be fully protected.

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Hannah Wilhelm PA-C, MPAS

Appointment Hours

Monday through Friday 8 a.m. to 5 p.m.

Pediatric Ready Care Hours — Walk-ins Welcome!

Monday through Friday
8 a.m. to 5 p.m. all clinics

Monday through Thursday
5 p.m. to 8 p.m.
Maple Grove

Saturdays and Sundays
8:30 a.m.—12:30 p.m.
Maple Grove only



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Other Web Sites

FAQ Guidelines:

<http://health.gov/news/dietary-guidelines-digital-press-kit/2016/01/frequently-asked-questions/>

Guideline Summary:

<http://health.gov/dietaryguidelines/2015/guidelines/executive-summary/>

Physical Activity Guideline:

<http://health.gov/paguidelines/guidelines/>