

Nutrition for the Whole Family

Teach Your Kids to Be Healthier Eaters

The wisest choice is Organic whenever possible (go to www.foodnews.org and download shopper's guide to pesticides), and do your best to buy local and sustainable too. And if you know your local farmer and he or she practices organic farming methods (without being Organically certified), then you can purchase your produce from your local source with confidence. To start, consider going to your local farmer's market and/or being involved in a Community Supported Agriculture or CSA (see www.localharvest.org for a complete national listing)

5 Healthy Tips

1. **Availability** – Keep your kitchen stocked with the foods you want your kids to eat. Designate space/shelf in the cupboard and fridge for ready to go snacks, such as dried fruits, nuts, seeds, cut up fruits and veggies. *Keep foods you don't want your kids to eat out of the house!*
2. **Timing** - Time your meals to correspond to when your children are at their hungriest. Often times this is in the middle of the day or after school. Use this as an opportunity to give them nutrient dense foods.
3. **Labels** - Pay attention to nutrition labels and ingredient lists – avoid:
 - a. Trans fat (listed as partially hydrogenated oil) – 0% can be .5%!
 - b. High fructose corn syrup (HFCS)
 - c. Sodium nitrate / nitrite
 - d. Artificial sweeteners
 - e. Artificial colors
 - f. Butylated hydroxyanisole (BHA)
4. **Involvement** – Kids are much more likely to try new foods when they are involved in the cooking/ preparing/ gardening/ grocery shopping/ meal planning. Try having them make their own lunches. *By getting your children involved, they will be less picky and much more open to eating a healthy variety of food.*
5. **Role Model** - Teach them all you know about eating healthy. Continually educate yourself and practice being a positive role model. This is so powerful! So, get a napkin, a beverage, sit down and share a healthy meal.

And don't forget to chew your food!

Did You Know ...

Exposure to pesticides, antibiotics, hormones and other chemicals through our food supply is being increasingly linked to such conditions and ADD, ADHD, antibiotic resistance and early onset of puberty, as well as diseases such as cancer and diabetes.

The Center for Disease Control (CDC) has stated that of the children born in the year 2000, one out of every three Caucasians and one out of every two African Americans and Hispanics will contract Diabetes in their Lifetime, most before they graduate high school.

Three 'Nutrient-Dense' Recipes

Strawberry Surprise Smoothie

Great way to get more greens into your kid's diet!

1 banana, cut into pieces (can be frozen)
1-2 cups fresh spinach
1 cup of fresh or frozen berries – (whatever you have on hand, I like to include blueberries b/c it turns the smoothie purple!)
1 cup of yogurt or kefir (optional)
1-2 T of raw honey (optional)
½- 1 cup water, milk, or soy milk to blend
Blend on high and enjoy!
(Tip- can also be made dairy free – works well with just bananas, berries, spinach, and water!)

No-Bake Almond-Oat Energy Bites

Tasty snack with lots of protein and easy to grab-and-go. Good alternative to processed energy bars.

2 1/2 cup rolled oats
1/2 cup raw pumpkin seeds (pepitas)
1/2 cup raisins
2 Tbsp raw sunflower seeds
1 tsp cinnamon
1/2 cup almond butter
1/3 cup plus 1 Tbsp honey
2 Tbsp barley malt syrup
1 tsp vanilla extract

1. Grind 1/2 cup oats and 1/4 cup pumpkin seeds in food processor until powdery. Transfer to a medium bowl; set aside.
2. Combine remaining 2 cups oats, remaining 1/4 cup pumpkin seeds, raisins, sunflower seeds and cinnamon in large bowl. Stir in almond butter, honey, barley malt syrup and vanilla until soft dough forms.
3. Moisten hands, and roll dough into 1-inch balls. Coat balls in oat-pumpkin seed powder. Place in freezer for 20 min to set, then serve or store in the fridge.

White Bean & Red Beet Hummus

Pink food! Nutrient-rich dish that provides a healthy amount of protein.

1 small to medium beet
1 15 oz can white beans (such as white navy, cannellini, or great northern) rinsed and drained
2 large garlic cloves, unpeeled
Juice of 1/2 lemon
1/4-cup extra virgin olive oil
1 tsp sea salt (or to taste)

1. Preheat oven to 400 degrees.
2. Wash beet well and place with garlic clove on a sheet of foil. Bring up sides of foil and fold to make a packet leaving room for heat to circulate inside the packet containing the beet and garlic.
3. Bake for 45 minutes or until beet is tender when poked with a knife.
4. Remove skin off of the garlic and the beet (I use a zip lock bag on my hand and slip the skin off so my hand doesn't turn red).
5. Place all the ingredients in a food processor and puree until smooth.
6. Serve with veggies and whole grain crackers.