

Expert Tips for Raising Healthy Eaters

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FEED NUTRITION CONSULTING

www.feedkids.com



About Me

Lara Field, MS, RD, LDN, Founder and Owner of FEED Nutrition Consulting, is a Registered Dietitian (RD) with a decade of clinical experience. She has worked with patients at top-ranked pediatric hospitals, including the University of Chicago Medical Center and Lurie Children's Hospital. **Lara is a wife and mom of two boys, living the life of a busy parent, just like many of her clients.**

Lara knows much of the information we get about food and diet comes from the food industry instead of medical and health professionals. As the founder of FEED, **Lara's made it her mission to cut through the "food noise,"** both one-on-one with clients and also as a regular guest on Chicago TV news programs and as a speaker at nutrition and medical conferences.

Lara received her Bachelor of Science from the University of Illinois at Urbana-Champaign and completed her Master's of Science in clinical nutrition from Rush University. She completed additional specialized pediatric training at the Lurie Children's Hospital of Chicago and at Johns Hopkins in Baltimore.

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All Registered Dietitians
are Nutritionists, but not all
Nutritionists are
Registered Dietitians

What is a Registered Dietitian?

A **Registered Dietitian, or RD**, is a food and nutrition expert who has completed a minimum of a bachelor's degree and coursework approved by the Academy of Nutrition and Dietetics; successfully completed an internship or accredited supervised practice program at a healthcare facility, community agency, or foodservice corporation; passed a national examination; and who keeps up to date with annual continuing educational requirements.

Registered Dietitians are **the only nutrition experts recognized by the scientific and medical communities.**

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Who does FEED help?

Infants

- Starting Solid Foods
- Transition to Milk? What kind? Should we drink it? How much?
- Food Allergies

Toddlers

- Starting to get independent → Picky, Picky, Picky

School Age/Family Nutrition

- Behavioral Feeding Concerns
- Underweight/Overweight

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Objective

- How to feed your kids right to help improve performance, behavior, and prevent future disease.
- Understanding the latest research on diet and behavior
- Family nutrition habits: learning how to feed the whole family RIGHT from the start
- Learn about parental role modeling and pressure to eat

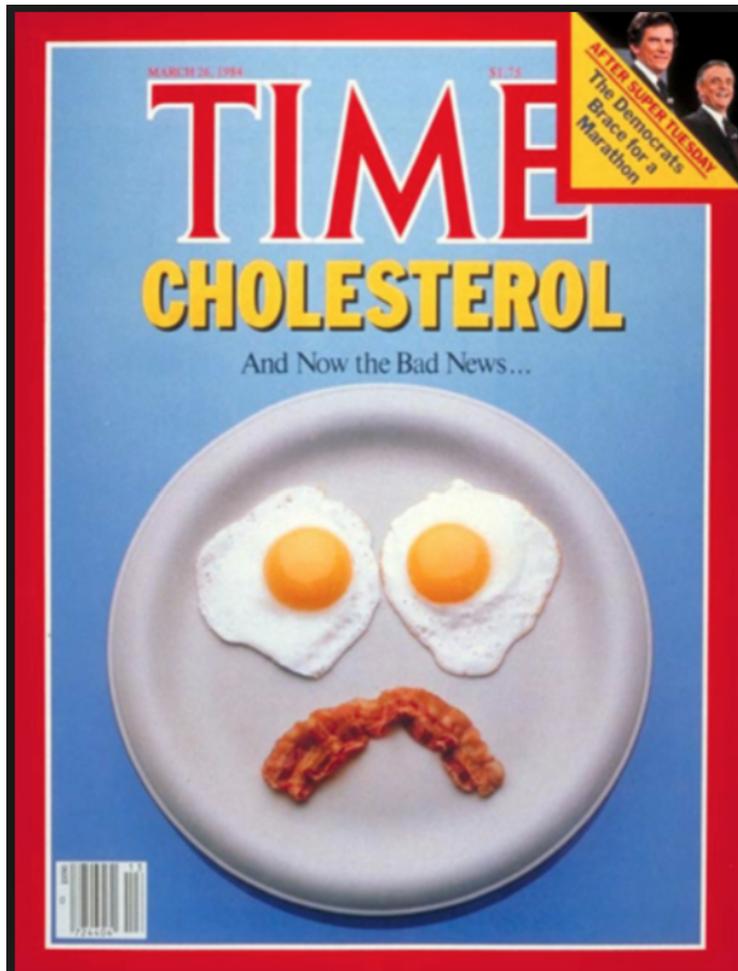
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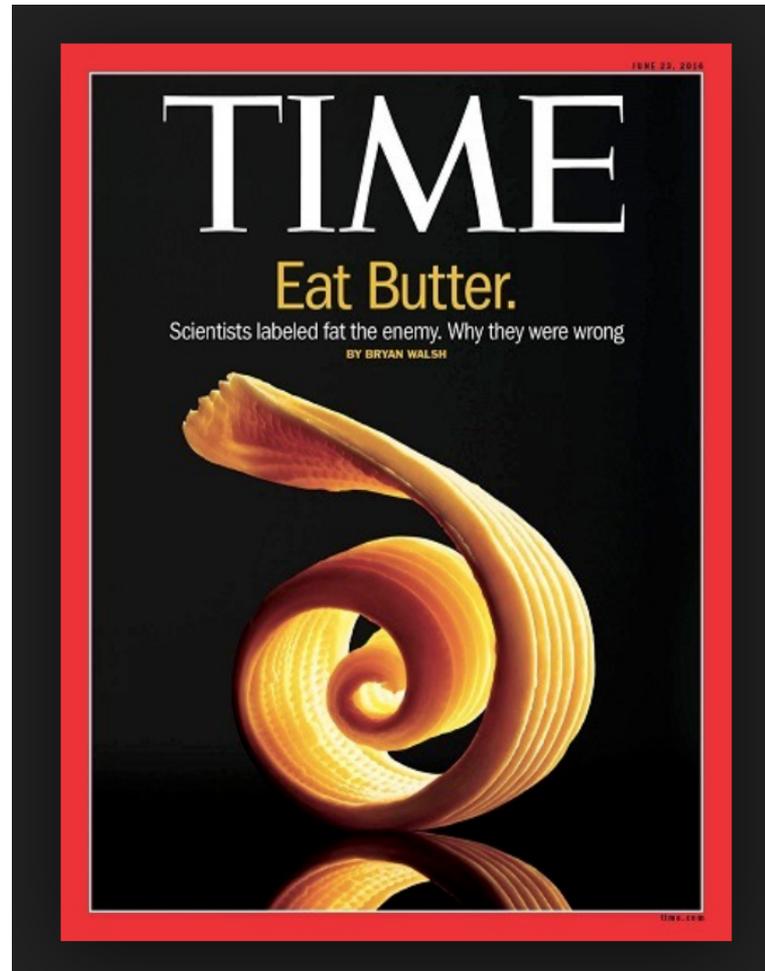
Food Noise



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1984



2014

Healthy eating is not always about WHAT we eat, but rather what we AREN'T consuming on a regular basis.

What are our kids eating?????

- Convenience – processed meat, chicken, not a lot of fish
- Packaged – chips, cookies, crackers, things in a box
- Sugar-rich - yogurt, cereal, “natural” fruit sugar
- Fruit juice/soda – still remains in excess
- Not enough calcium – milk is not encouraged, question about safety of conventional milk – fear?

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Status of Obesity in Kids

According to Center For Disease Control 2014 Report

- Obesity rates for most Americans haven't changed significantly over the past decade
 - Kids ages 2 to 5: obesity rate dropped from 14% in 2003-2004 to just over 8% in 2011-2012
 - Represents a drop of 43%
 - Kids ages 6 to 11: no change in rate; nearly 18% are obese
 - Kids ages 12 to 19: approximately 20.5% are obese

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Prevention of disease

- Healthy lifestyle habits, including diet and physical activity, can lower risk of becoming obese and related diseases.
- Schools play a critical role in supporting healthy behaviors
 - Learn and practice healthy eating
 - Supportive environment – access to healthy snacks, restriction of sugar-sweetened beverages, encouraging healthy choices

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Healthy Habits = Success in School

- Study in the Journal of School Health (2014) investigated habits of nearly 1000 10-12 year old children in New Haven, Connecticut
 - Students with environments that supported physical health were more likely to reach their target scores in reading, writing, and math
- Improved test scores in children were linked to the following health factors:
 - Not having a TV in the bedroom
 - Maintaining a healthy weight
 - Being physically fit
 - Having access to healthy foods
 - Rarely eating fast food
 - Not drinking sugary drinks (IE: soda)
 - Getting enough sleep

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Beverage Choice

- Study published in Lancet (2014)
 - Drinking one additional sugary drink per day increases a child's chance of becoming obese by 60%
- Fast food chains urged to remove soda/sweetened drinks from children's menu
- The “obesogenic” effect of sugar-sweetened beverages is consequence of excess calories
 - No clear evidence that excess energy intake from SSBs is any more harmful than is excess energy intake from any other source
 - Liquids have a smaller satiating effect than do solid foods

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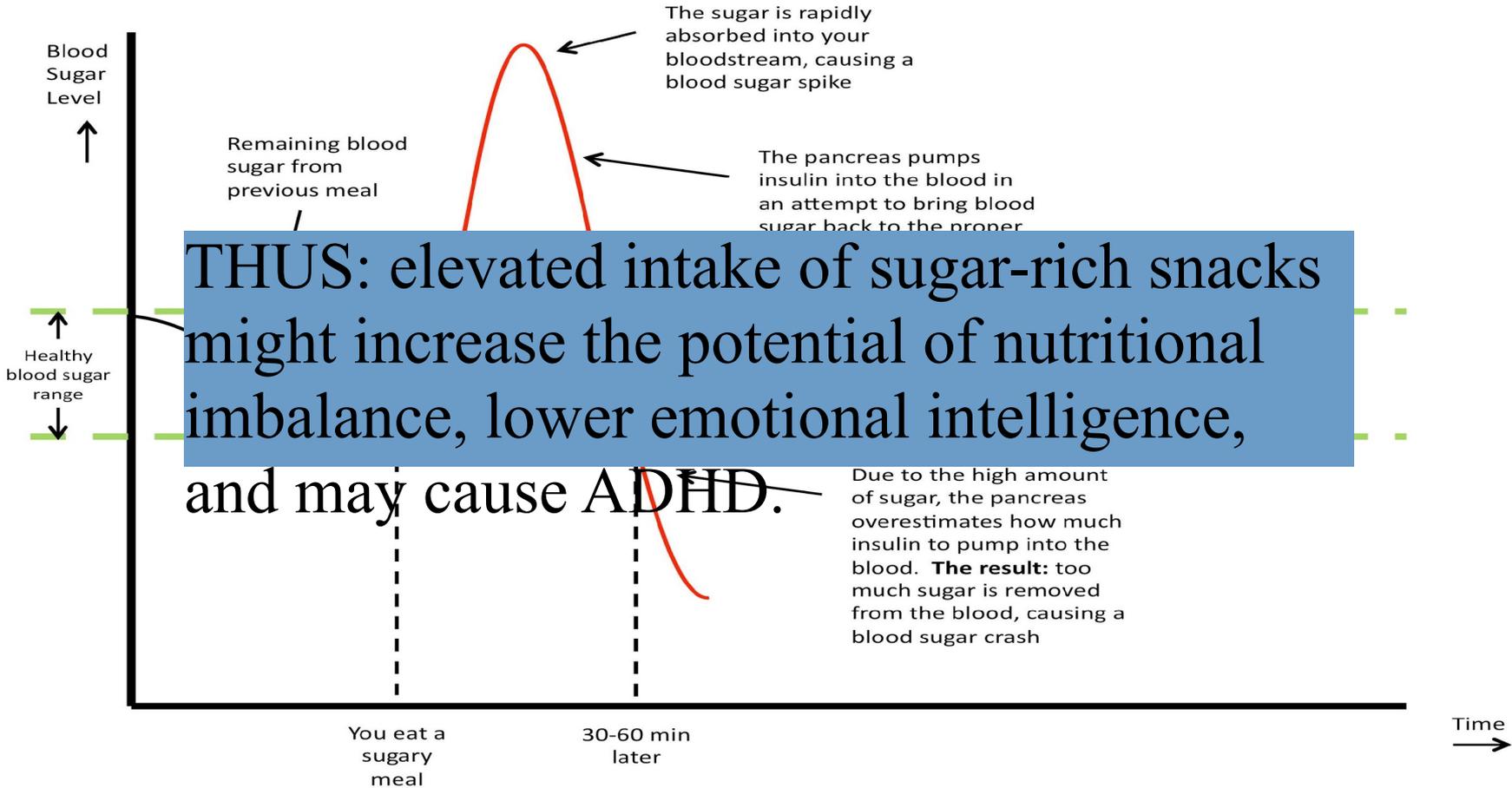
SUGAR!

Simple sugar consumption *may* cause hyperactivity

- When we eat sugar-rich foods, our bodies secrete insulin from the pancreas, break it down quickly, resulting in hypoglycemia. (IE: SUGAR CRASH)
- This stimulates an increase in epinephrine, leading to activation of nervous reactions and hyperactivity disorder behaviors

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SUGAR!

- A recent study on sugar consumption suggested that higher consumption of sugar is positively correlated with a higher level of hyperactivity and attention deficiency similar to ADHD.
- However, it is still controversial whether or not there is an association between ADHD and sugar consumption.
- A study by Wolraich *et al.* (J Pediatrics, 1985) found that diets high in sucrose had **no significant effects** on behavior and cognitive performance in children

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Juice?

- Fruit juice should NOT count in our “five-a-day” considering some types contain as much sugar as soda
- Juice is potentially 'just as bad' as sugary, sweetened drinks (IE: Kool Aid, Gatorade)
 - 8 oz (~250 ml) of apple juice typically contains 110 calories and 26g of sugar
 - 8 oz of cola typically contains 105 calories and 26.5g of sugar
- People who drank 16 oz of grape juice every day for three months had increased insulin resistance and a larger waist circumference
- Recommended amount of juice — no more than 4 oz per day

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SUGAR SHOCKERS

Drink Water
instead of Sugary Drinks



100% JUICE SMOOTHIE

15.2 oz. bottle ▲ 300 calories



60
grams sugar



LEMON-LIME SODA

20 oz. bottle ▲ 285 calories



77
grams sugar



ORANGE SODA

20 oz. bottle ▲ 325 calories



85
grams sugar



COLA WITH ICE

44 oz. cup ▲ 530 calories
38 oz. eq. ▲ 45 oz. ice



128
grams sugar



ICED COFFEE HOCHA FLAVOR

9.5 oz. bottle ▲ 180 calories



31
grams sugar



SPORTS DRINK

20 oz. bottle ▲ 125 calories



35
grams sugar



SWEETENED ICED TEA

16 oz. bottle ▲ 140 calories



36
grams sugar



ENERGY DRINK

15 oz. can ▲ 200 calories



54
grams sugar



100% ORANGE JUICE

8 oz. glass ▲ 110 calories



21
grams sugar



CHOCOLATE SKIM MILK

8 oz. glass ▲ 145 calories



23
grams sugar



100% APPLE JUICE

8 oz. glass ▲ 115 calories



27
grams sugar



CRANBERRY JUICE COCKTAIL

8 oz. glass ▲ 120 calories



30
grams sugar



COFFEE

8 oz. cup ▲ 0 calories



0
grams sugar

VEGETABLE JUICE

8 oz. glass ▲ 50 calories



8
grams sugar



PLAIN SOY MILK

8 oz. glass ▲ 120 calories



8
grams sugar



SKIM MILK

8 oz. glass ▲ 90 calories



12
grams sugar



Low-Calorie Sweeteners

Research from the Yale University School of Medicine

- Artificial sweeteners lack the ability to satisfy one's sugar cravings, but rather INTENSIFY the cravings → overindulge on sugary snacks

According to the research:

- Our brain associates pleasure with the increased amount of energy (calories) we receive from sugar, it is unable to receive the same level of satiety from the low-calorie version.
- Because the brain associates greater reward with sugars compared to artificial sweeteners, the sugar cravings remain.

Bottom LINE: we are not “fooling” the brain when consuming low-calorie sweeteners instead of sugar. Giving the brain a “TASTE” of sweetness, leading to overeating AND WEIGHT GAIN!

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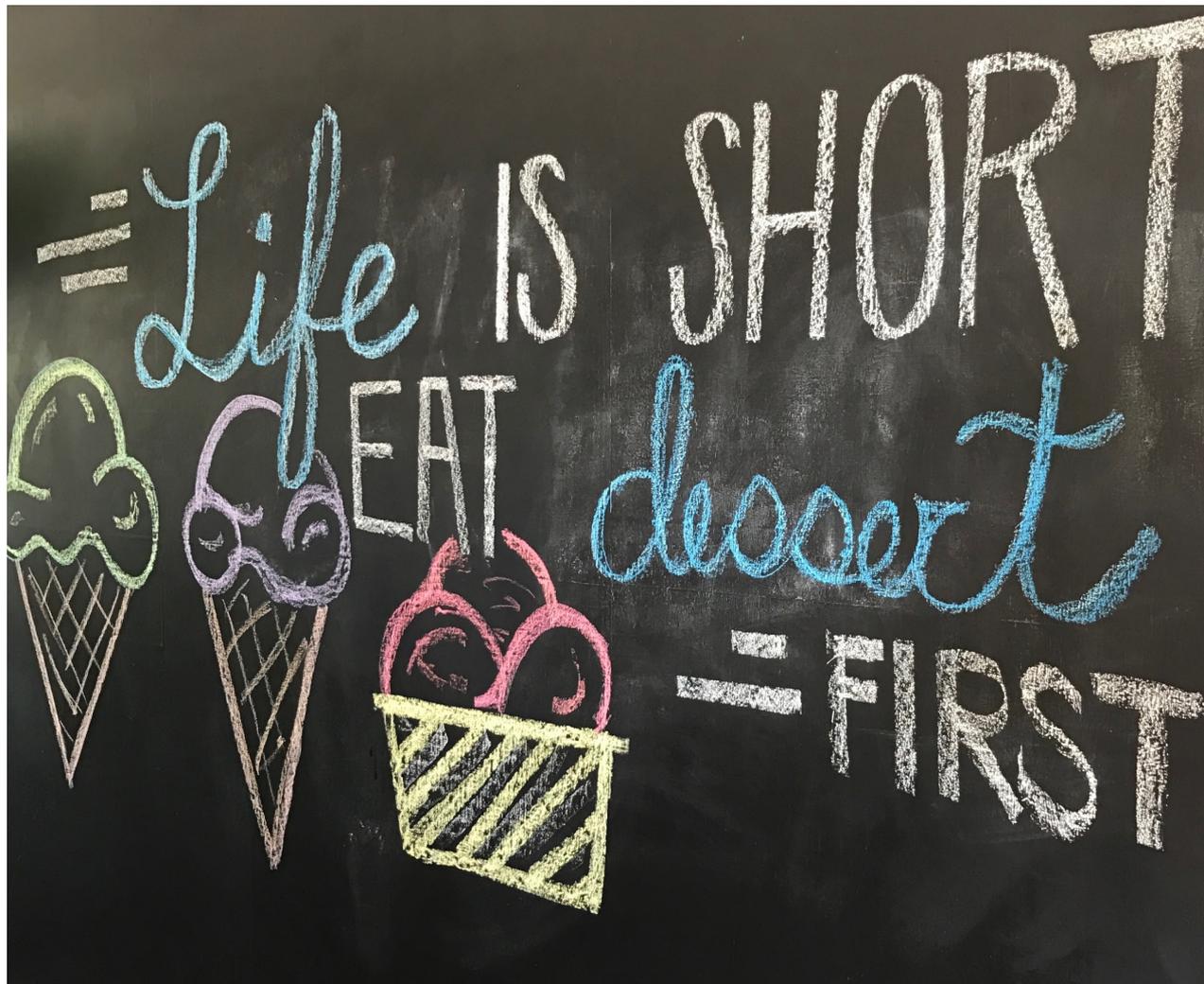
Low-Calorie Sweeteners

Zero calorie beverages

- Low-calorie sweetened options are NOT the answer
- Artificial low-calorie sweeteners
 - NutraSweet (Equal)
 - Aspartame (Sweet N' Low)
 - Sucralose (Splenda)
- “Natural” low-calorie sweeteners
 - Stevia (Truvia)
 - Monk Fruit Extract

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Sweet Tooth

Sweet tastes are addictive!

Eat your sweets instead of drinking them

Think your drink

We should crave water when we are thirsty

Try sparkling water or spa water

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Home = Health Haven

- Tame temptation by limiting treats at home
- Avoid visible cues around the house or in the pantry
- Keep fresh foods at the ready

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Healthy Eating Starts with YOU

Parental modeling

- Right from the start – kids learn by modeling their parents habits
 - Want your kid to eat breakfast? YOU should too!
 - Need your child to get calcium? Parents need it too!
 - Doctor said your son/daughter needs to stop drinking soda? – YOU need to stop also!
- Pressure to eat – leads to food refusal/decreased interest in food

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Parental Modeling

Research in Australia (156 mothers of preschoolers)

- Questionnaire addressed parental feeding practices
- Results:
 - Parental pressure to eat predicted decreased interest in new foods
 - Parental modeling of healthy eating predicted less picky eating and increased interest in new foods
 - No correlation between BMI and feeding practices

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Food Neophobia vs. Picky Eating

Food Neophobia

- Reluctance to eat or avoidance of new foods

Picky Eating

- Inadequate variety of foods
 - Sensory Feeding Problems (Is OT or SLP involved?)
 - Anxiety around food
 - Limited variety of foods available
 - Lack of hunger at mealtimes

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Food Neophobia

It takes about 6-15 times to learn to prefer a new food

- Parents STOP offering at the first sign of avoidance
- TRY, TRY, TRY again

Palate Development

- Salty vs. Sweet
- Repeated exposure of excessively salty or sweet foods changes palate

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Picky Eaters

Set Expectations

- Set the stage for what is going to be offered at mealtimes → reduces anxiety
- Get kids involved with preparation of meals and let them help plan for the week

Get 'Em Hungry

- Limited snacking during the day (including milk)
- Eat every 3-4 hours

Remove the Distractions; Visualize the Goal

- If they see it, they will eat it!
- Keep veggie tray on the table at meals

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Rules for Picky Eaters

Don't ask what your kids want to eat

- Have a plan, and stick to it!
- “Do you ask your child what time he/she wants to go to bed???”

Parents should be the gatekeepers of the food in the house

- Kids should decide how much

Remove the Pressure

- Pressure to eat creates a power struggle around food

Abandon the “food talk” at the table

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Lunchtime Lessons from Lara

Don't worry about the "main" dish

Boring is sometimes the best source of nutrition

Get input from your kids!

Little tummies = smaller portions

Time for lunch is limited, don't overwhelm your kids with a large amount of items

Recess first?

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Tips for Success in School

- WHOLE GRAINS/HIGH FIBER– Slow to digest = Feeling of fullness for longer, less opportunity for sugar crashes
 - Rid the refined!
- PROTEIN FILLED
- BREAK THE FAST!
 - Headaches?
 - Overeating at night/after school?
 - Make it quick, but make it count!

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Snacks

Refined carbohydrates – AVOID them!

- Make a higher in fiber choice

VEGETABLES – make them a priority!

- Try dips
- Freeze dried, fresh, cooked?

- Are we *REALLY* hungry?

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How FEED can help

One-on-one consultation with you and/or your family

- Meal Planning Advice
- Recipe Ideas
- Pantry Overhaul
- Grocery Store Tours
- Weekly Weight Loss Counseling

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Contact FEED

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