Wellness Workshop: October 24, 2018

FEED Nutrition

Speaker: Lara Field

- Forming Early Eating Decisions (FEED) was established to teach families healthy choices in a high paced world

-Healthy choices may be implemented at any age

-Nutrition messages are not always clear

-Please note that Registered Dietitians have science and medical backgrounds

-Food Noise is everywhere and diets and fads are constantly changing, but nothing really has changed at all. It is most important to be mindful of moderation and not excess

-Healthy eating is not always about what we eat, but more about what we are NOT eating

-We shouldn’t always have kale and quinoa to be “healthy”

-We should, however, weed out our pantries and freezers for too much ice cream and unhealthy sugar snacks. We don’t need so many sugary options staring at us when we open our freezer and pantry

-Often, we eat out of convenience because we have busy lives and forget to incorporate enough calcium and healthy proteins

- Obesity is not about weight but more about Body Mass Index (BMI)

-The CDC has an online calculator for BMI, if you’re curious

-We should be thinking of food as a prevention against disease

-Not just about how you look

-About protecting our liver; get kids drinking water!

-Sugar may cause hyperactivity

-High amounts of sugar also causes the pancreas to push out insulin

-Juice should not be considered as one of the 5 recommended fruit servings a day

-4 oz. of juice a day at most is recommended

-Smoothies often have too much fruit and sugar

-Kids should only eat about TWO of their hands worth of fruit each day

-Low calorie sweetened options actually ends up intensifying the urge for more sugar

-Think about our palate and the more salt and sugar we eat then the more we want

-There’s also the microbiome to consider with low- calorie sweeteners. We really do not know the long-term implications they may have on our bodies

-We should have sweets, but it should be chewable sweets and not drinks

-Have dessert nights with your family! Don’t deprive your kids, they will likely want and ask more! Set the stage for when they can have it; however, try to limit treats at home

-Keep fresh and healthy foods at the ready

-Organize your pantry, fridge and freezer like marketing for healthy food choices, and hide all the sugary snacks to the back and not at eye level of the kids

-It can sometime take kids 6-15 times to prefer a new food

-They are developing their palates for foods so under salting is ideal. Otherwise, other foods might not taste as good

-Tell your kids what is offered for dinner and do not deviate from the meal already made

-Limit snacking

-Kids really only need to eat every 3-4 hours

-Remove distractions during meal times and tell them in 30 minutes the meal will be over

-Talk with your kids to see what vegetables they prefer by doing a YUM and YUCK activity. Find some vegetables that they are willing to eat even if they are not on their YUM list

-Some kids don’t like cooked vegetables because there is an odor

-Help your kids determine when they are full

-Other family members should not YUCK another person’s YUM. This happens often between siblings.

-Lunch time should be a whole grain, protein, fruit, veggie and dairy

-Don’t worry about the size of each

-Take away the salty snacks and add more calcium. 9-13 year olds need a lot of calcium

-Chocolate milk is a good option at lunch time because your kids will likely eat it help kids get the calcium and the sugar is very minimal compared to the gain

-Whole grains slow down the digestion process and helps us feel full for longer and less of a chance for a sugary crash

-Breakfast should also have a protein, whole grains, and even veggies or fruit.

-Vitamin D supplements are a good idea for kids during Oct-March

-B12 supplement, if the child doesn’t eat animal protein

Notes taken by Shannon Stevens

Attached includes presentation slides