

NUTRITION BITS AND BITES

Picky Eating



Is it hard to get your kids to eat a variety of healthy foods?

Do they refuse eating certain fruits and vegetables? Do you wish you knew how to get your kids to eat what you put in front of them?

A positive, non-pressuring eating environment, involvement in cooking, and repeated trials with new foods can all decrease picky eating & improve intake!

We value your feedback!
Please complete our short survey to help us improve the School Nutrition Newsletter:
<https://www.surveymonkey.com/r/88ZYW2P>

Feeding a Picky Eater

- If your child is a picky eater, you are not alone! Up to 50% of children exhibit picky eating.
- Many parents get frustrated by this behaviour and may start pressuring children to 'eat their veggies', but this may increase pickiness.
- Enjoyable, non-pressuring eating environments have been found to decrease picky eating.
- Saying to your child 'you don't have to eat it' and really mean it, will decrease pressure and increase willingness to try new foods.
- Keep conversations at the dinner table positive, and try to stay away from talking about food likes & dislikes.
- If your child doesn't like a new food right away, try again! It can take up to 8-15 tries before a new food is accepted.
- Get kids involved with preparing meals! Hands on experience using new foods increases the chances your child will try it. We have provided a snack recipe with lentils to try in this newsletter!
- Want more information on this topic? The Ellyn Satter Institute has excellent tips and resources on how to feed so your child eats well: <https://www.ellynsatterinstitute.org/how-to-feed>

Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.

No Bake Coconut Banana Energy Bites

Ingredients:

- 1 cup coconut flakes, unsweetened
- ¼ cup sunflower seeds, unroasted, unsalted
- ½ tsp ground cinnamon
- ½ cup mashed ripe banana, approx. 1 whole
- ½ cup cooked green lentils
- 3 Tbsp honey
- ¼ cup mini chocolate chips or dried cranberries
- 1 Tbsp coconut oil, melted (not hot)
- ½ cup coconut flour



Instructions:

1. Place coconut flakes, sunflower seeds, cinnamon, banana, lentils, and honey in a food processor. Pulse until smooth, scrape down the sides and pulse again. Transfer to a bowl using a spatula.
2. Stir in chocolate chips and oil until fully incorporated. Stir in the coconut flour until fully combined.
3. Roll into bite-size balls, about 1 Tbsp (15 mL) in size. Cover and refrigerate or freeze for 5-10 minutes. The bites will become more solid and ready to eat. Store in an air tight container in the fridge to snack on during the week, or freeze until you are ready to nibble.

Quick Tips:

- Coconut flour can be found at most bulk food, grocery or health stores.
- You can also use almond flour instead of coconut flour. Simply stir in enough flour as needed to easily roll the batter into balls.
- For the cooked lentils, you can use canned or homemade from scratch. For more information on how to cook/use lentils, visit <https://www.lentils.org/recipes-cooking/how-to-cook-lentils/>

Ideas to get the kids involved with this recipe:

- Measuring out the coconut flakes, sunflower seeds, or chocolate chips
- Mashing the ripe banana
- Rolling the batter into bite sized balls

Recipe & Picture Source: www.cookspiration.com

**** Refer to the Allergy Newsletter (September issue) for substitution ideas.**

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

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