Nutrition Bits and Bites!

Food for Thought!

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Nutrition for Healthy Brains and Minds!

A healthy diet is just as important for growing strong minds as it is for growing strong bodies!

- Research has shown that better diet quality does lead to better mental health.
- Adding fibre-containing foods such as vegetables, whole grains and legumes help with energy, mood, concentration and attention.
- Try to limit sugar filled food and drinks. These digest quickly and cause sudden spikes in energy followed by lows that can make us feel tired and depressed.
- Serve foods that boost the brain.
    - Iron, iodine, zinc, and folate are important nutrients for normal brain development and functioning. One great source of all of these nutrients combined are legumes (think dried beans, peas, and lentils).

How am I supposed to get my child to eat LEGUMES?

Getting our kids to try new foods can be hard, here are some tips that may help:

- Get them involved in the process.
    - Bring them to the grocery store and ask them to pick out a legume they would want to try.
    - Allow them to help you cook dinner, they may be more inclined to try the legumes if they helped prepare them.
- Introduce legumes along with food items you know they enjoy – try adding lentils to your favorite recipes.
- Check out www.cookspiration.com for other legume recipes to try with your children.

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.

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Cook and Enjoy! Cooking Tips!

Canned chickpeas, lentils, and beans are a great source of protein, and a great money/time-saving alternative or addition to meat. Just drain and rinse!

- Throw them into soups.
- Make a meatless-protein stir-fry using chickpeas.
- Use black beans for tacos or add to your ground beef to make it go further.
- Toss some chickpeas or cooked lentils onto your salads to add a source of protein and make them more filling.

*Studies have shown that children who eat meals regularly with their families have better grades, are less likely to develop eating disorders, and have healthier relationships.

RECIPE

Beef & Lentil Burgers

Makes 4 Servings

Ingredients

- ¾ cup cooked or canned green lentils
- ½ lb. lean ground beef
- 1 small zucchini, coarsely grated
- 1 egg
- ¼ tsp salt
- ¼ tsp freshly ground black pepper
- Canola oil cooking spray

Instructions

1. In a large bowl, place lentils, beef, zucchini, and egg. Season with salt and pepper. Mix until well combined. Shape into 4 patties. Place on a baking tray. Cover and place in the fridge for 10 minutes to chill.
2. Spray a barbecue or chargrill with oil and heat on medium-high. Cook the patties for 4 minutes for each side or until lightly charred and cooked through.

For tips on how to prep and cook lentils visit http://www.lentils.org/recipes-cooking/how-to-cook-lentils/

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

For more nutrition topics, go to the news and events section of www.southernhealth.ca or
Contact Dial-a-Dietitian 1-877-830-2892
Health Links -1-888-315-9257
Regional Dietitian Team **T 204-388-2053**
Created by Registered Dietitians from Southern Health- Santé Sud

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