

Nutrition Bits and Bites!

Take The Fight Out of Food

Picky Eating: Eeek! Why is family mealtime such mayhem?

We all want the best for our children and that includes good eating habits. It can be frustrating or worrisome when children are fussy or picky eaters. Your child may refuse to eat part or all of the family meal or only want certain foods for school lunches. Parents and children have different jobs in feeding. Share the responsibility!

The parent's job is to decide :

- What food and drinks are offered
- When food is offered
- Where food is offered

Your child's job is to decide:

- If and how much to eat from the food and drinks you have served



Is it hard to boost food variety?

- Try vegetables in stir fries, casseroles, lasagna, fried rice, pitas, pizza, muffins, tacos, stews, soups, salads, wraps, omelettes, and pasta and pizza sauces.
- Offer vegetables raw, chopped, grated, grilled, baked, mashed or steamed. Offer them plain with a cheese sauce or with a dip.
- Try different variations of their favourite food. For example, add chicken or peas and carrots to macaroni and cheese.

Picky Eaters 101

Make one meal, not separate meals. When you offer a variety of healthy choices, your child will learn to eat these foods too.

Eat together at the table as often as possible. Children will eat healthier when you eat together at the table. Set a good example by eating a variety of foods.

Let your child decide if and how much to eat from the healthy choices that you serve. Trust that your child knows when she is hungry or full. Serve a variety of healthy food on platters and in bowls so your child can serve herself.

Avoid pressure, praise, rewards, tricks or punishment. Children do not eat well when they are pressured to eat. Serve a new food on different days in small amounts with familiar food. Never force your child to try foods. There may be some foods they truly do not like and that's okay.

10 minute Black Bean and Corn Quesadillas

Ingredients:

- 1 (15 oz) can Black beans, rinsed and drained
- 1 cup corn
- 1/3 cup salsa
- 2 tsp taco seasoning
- ¼ cup fresh cilantro, chopped (or green onions)
- 1 cup shredded cheddar cheese
- 8 whole wheat wraps



Directions:

1. In a medium bowl, mix together beans, corn, salsa, taco seasoning and cilantro.
2. Preheat a large skillet over medium-low heat, sprayed with cooking spray. Place one tortilla in the skillet, scoop ½ cup of the filling onto the tortilla in the pan. Sprinkle ¼ cup cheese over the bean mixture, and place second tortilla on top of the cheese. Press down as the cheese melts. When the bottom tortilla begins to brown, flip the quesadilla over until both tortillas are lightly browned and crispy and the cheesy filling has melted. Cut into wedges and enjoy!

**** 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
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