

# Let's Make Healthy Choices!

Have you ever been stuck in a food rut, where you make the same food over and over? Does it ever seem like pulling teeth to get your kid to eat healthy? Is the thought of making food that's healthy *and* delicious simply exhausting? Us too! That's why we partnered with New Horizons to create a newsletter that spotlights healthy food choices. This will be a quarterly newsletter, and it is meant to be a community effort. If you want to contribute, or have a question or comment, please don't hesitate to let us know!



## What does the science say?

It's not news to anyone that healthy eating is important. But what exactly does "healthy" mean, especially in a preschool-sized body? According to the American Academy of Pediatrics, the recommended daily allowances\* are:

- **Vegetables:** 2 <sup>1</sup>/<sub>2</sub> cups (vary the colors of the vegetables to maximize nutrition)
- **Fruits:** 2 cups (at least half should come from whole fruit, not juice)
- **Grains:** 6 oz (at least half should come from whole, not refined, grains)
- **Dairy:** (including soymilk) 2 cups for children 2-3 years and 2 <sup>1</sup>/<sub>2</sub> for children 4-8 years.
- **Protein:** 5 <sup>1</sup>/<sub>2</sub> oz and should come from varied sources. Note: protein can also be found in many dairy, grain (e.g. quinoa) and legume foods.
- **Oils:** About 5 tsp/day from oils that have polyunsaturated fats. These oils are liquid at room temperature and can be found in foods such as avocados, nuts, seeds, seafood and olives.

\* Based on a 2,000 calorie diet. Most preschool-aged children need 1,000-1,400 calories per day

## So you have a picky eater...

We've all been there. A mantra worth repeating is "Everything's a phase". Just wait it out. And in the meantime, here are few hacks that have helped us get some veggies into our picky eater's mouths.

Add cheese! Everything tastes better with cheese, right?

Puree some spinach into tomato sauce, and add the tomato sauce to pizza, pasta, etc.

Puree some carrots or sweet potato and mix it into mac n' cheese.

Make a blueberry smoothie with spinach (recipe on back).

Don't give up! It takes tasting something 10 times before you decide whether you like it or not!



## Give peas a chance!

No kid is going to pick brussels sprouts over ice cream. It's a fact of life. Unless...wait for it...you can make them *think* that they like brussels sprouts more than ice cream! Ok, maybe that is a slight exaggeration, but you can teach them to have an open mind towards new foods. The science says that if you repeat something often enough, people will believe it! Try saying this to your child:

"Wow, you really like to try new food!" or "You're so good at trying new things!"



## When in doubt, create a false memory.

Don't laugh—we're serious! The research shows that if someone thinks they've tried a food before and liked it (even if they have never tried it) they are more likely to choose it in the future.

Next time your child doesn't want to eat their asparagus, try saying "But sweetie, last summer you tried asparagus and loved it!"

## Yummy Recipes

### Peanut Butter Banana Quesadilla

1 whole wheat flour tortilla  
2 Tbsp nut butter of choice (1/2 ripe banana)  
1/2 tsp honey  
Dash cinnamon

Spread nut butter all over the tortilla. Use a fork to smash the banana on one half of the tortilla. Drizzle the honey and the dash of cinnamon over the banana.; fold over the tortilla. Heat in a saucepan over med-high heat until browned on both sides, approx. 3 minutes per side.

Tip: Wow Butter or Sun Butter are great nut-free options

### Blueberry smoothie

8 oz milk  
1/2 cup frozen blueberries  
1 frozen banana  
1/2 cup packed fresh spinach



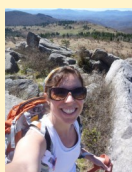
Blend away!

Tip: If you use frozen fruit, you don't need to water the smoothie down with ice. Bananas do great in the freezer, just wrap them in saran wrap.

### Sweet and Salty Baby Carrots

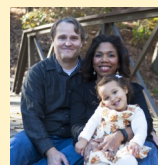
Mix together a bag of baby carrots, a couple tablespoons of maple syrup and about a half teaspoon salt. Wrap them loosely in tin foil and bake for 30 minutes at 375 degrees. Turn carrots, bake another 10 minutes.

## Who we are...



**Melissa** is the mom of Nicholas, in the 3's. She's also the mom of Nora, who will start at New Horizons as an in-betweenie this summer. Melissa teaches neuroscience at Wake Forest University.

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**Doris** is the mom of Amalya, also in the 3's. She is also expecting another little one in the July who will be joining the New Horizons family. Doris teaches pathophysiology and pharmacology at Winston Salem State University.

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Want to contribute? Have a recipe to share, or an idea to spotlight? Shoot us an email!