

# NUTRITION BITS AND BITES

## Intuitive Eating



Children are born knowing when they are full and when they are hungry.

Intuitive eaters respond to their hunger cues and have healthy relationships with food and eating.

Kids raised to be intuitive eaters typically have: better coping skills, higher self-esteem, better response to hunger and fullness cues, better self-image, more pleasure from eating, and better physical health.



## Intuitive Eaters

Here are strategies to raise intuitive eaters:

- Set up your house to encourage healthy eating by having whole foods easily available, such as fruits, vegetables, nuts, beans, lean animal products, whole grain rice, pasta, breads, and crackers.
- Provide balanced meals and snacks at set times. Try to eat as a family and make meal time about sharing and getting to know one another.
- Use positive language in regards to eating and bodies. Avoid commenting on children's bodies, your own body, or someone else's. Avoid negative or diet talk, such as, "I shouldn't eat this, otherwise I will be ..."
- Be aware that your praise or discipline shapes behaviour. For example, praise for eating large portions may lead to pushing through fullness cues and overeating later in life.
- With multiple avenues of advertising, our children are consistently exposed to harmful body image messages. Monitor what your kids are viewing and discuss the messages they see and hear.
- Keep the whole family active. Staying active improves mental and physical health.

# Delicious Zucchini Muffins

## Ingredients

Extra virgin olive oil **1/3 cup (80 mL)**

Honey **1/2 cup (125 mL)**

Eggs **2 large**

Buttermilk **2/3 cup (160 mL)**

Vanilla **2 teaspoons (10 mL)**

Whole wheat flour **1 ¾ cup (450 mL)**

Cinnamon **1 teaspoon (5 mL)**

Baking powder **1 teaspoon (5 mL)**

Baking soda **1/2 teaspoon (2.5 mL)**

Salt **1/2 teaspoon (2.5 mL)**

Nutmeg **¼ teaspoon (1.25 mL)**

Walnuts or pecans **¾ cup (190 mL)\*\***

Zucchini, grated **1 ½ cups (375 mL)**

**Note:** To make buttermilk, add 2 teaspoons lemon juice or vinegar to milk, let stand 5 minutes.

## Directions

1. Preheat oven to 400°F (204°C). Prepare muffin tins with spray or muffin cups.
2. With an electric mixer or a wooden spoon, cream together oil and honey. Add the eggs and beat well. Add buttermilk and vanilla to the sugar mixture and combine until smooth.
3. In a medium bowl mix together all dry ingredients: whole wheat flour, cinnamon, baking powder, baking soda, nutmeg, and salt. Divide the dry flour mixture into 3 portions and stir each portion into the wet ingredient mixture until combined. Stir to combine.
4. Combine the wet with the dry ingredients. Squeeze the excess liquid from the zucchini and add to bowl. Fold in nuts.
5. Bake for 16-19 minutes, or until golden on top. Transfer to a cooling rack and enjoy.

Having children help with recipes can help them be more adventurous with foods, teach them well-needed skills in the kitchen, and help them learn reading and math in a fun and interesting way!

Little Chefs can help by:

Measuring dry ingredients

Stirring ingredients

Scooping dough into muffin cups

Choosing add-ins

Zucchini is easy to grow! Just plant a few seeds in a sunny place, water, and watch this beautiful summer squash grow. Zucchini is typically ready to be picked in the late fall season.

**\*\* Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.**

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/>

Contact Dial-a-Dietitian 1-877-830-2892

Health Links 1-888-315-9257

Nutrition Services Team 1-204-856-2055

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