

Healthy Sprouts

A Nutrition Newsletter for the Growing Family



The Picky Eater: Mediating the Meal-Time Battle

Dinner-time with a picky eater can feel like a battle, leaving both parent and child feeling stressed and unsatisfied. As a parent, fear of your child becoming undernourished and sick fuel your desire to get them to eat, sometimes by any means necessary. On the other hand, arguing with your picky eater can often make meal times feel less enjoyable and more like a war-zone. While there is no simple solution to working with your picky-eater here are a few tips to make dinner go more smoothly for everyone!

1

Lighten the Mood

Don't be afraid to shift the focus off food and enjoy the social time with your family. Making jokes and catching up with each other may help take the pressure of the picky eater.

2

Less Food on the Plate

Try putting less food on the plate before handing it to your picky eater. This makes it more likely that they will actually finish their plate (a victory for both of you!)

3

Dinner with Dessert

Kids often rush through their dinner ignoring hunger/fullness cues. Take away the power of dessert by serving it w/ dinner. Likely, they will devour the dessert and continue on with the rest of their meal.

Spring Fun: Family Garden

Spring is here and with it, more opportunity to get outside. This year, consider recruiting the kids and starting a family garden. Gardening is a great way to get kids interested in food (especially those dreaded veggies) and teach them a little about nutrition. Plus, gardening naturally appeals to kids curiosity and is an opportunity for them to create and even get a little dirty! Here are some nutritious, kid-friendly suggestions for crops to try this year.

Carrots

Rich in beta-carotene, fiber, vitamin k, potassium, and antioxidants, these crunchy roots are a perfect addition to a small starter garden. Short on yard space? They can even be planted in a planter box and kept on a balcony or window sill, just make sure you have a deep enough pot! The kids will love pulling them out of the ground, rinsing 'em, and crunching down on these wholesome treats.



Tomatoes

Good source of vitamins such as A, C, K, and folate, tomatoes can be grown both indoors and out. I recommend cherry tomatoes as they become ripe faster and (in my opinion) taste the sweetest. Few simple pleasures compare to plucking a tomato off the vine and popping it straight into your mouth!

Snap peas

Snap peas are a great light snack, containing protein, and very little else! One of the easiest foods to grow, try out some snap peas in your garden

FOOD SPOT-LIGHT: MANGO

Mango is as nutritiously dense as it is delicious. One serving of mango contains 100% daily intake of vitamin C. It is also rich in vitamins A, folate, K, B6, and potassium.

Sweet & Tangy Mango Salsa

- 3 ripe mangos, diced
- 1 medium red bell pepper, chopped.
- ½ cup chopped red onion.
- ¼ cup packed fresh cilantro leaves, chopped.
- 1 jalapeño, seeded and minced.
- 1 large lime, juiced (about ¼ cup lime juice)

Mix ingredients and enjoy with chips, or as a garnish on your chicken, fish, or tacos!



