

PB & JAM

Vanilla Almond Milk, Strawberries, Oats & Peanut Butter
with 20g Vanilla Whey Protein

FIBER RICH

STRAWBERRIES

VANILLA ALMOND
MILK

ROLLED OATS

PEANUT
BUTTER

PROTEIN

PACKED WITH
PROTEIN

SHAKE OF THE MONTH

“PB & JAM”

| | |
|--------|---------------------------------|
| 3 OZ | STRAWBERRY PURÉE |
| 3 OZ | UNSWEETENED VANILLA ALMOND MILK |
| 2 SCPS | FREEZE-DRIED STRAWBERRIES |
| 1 SCP | PEANUT BUTTER |
| 1 SCP | OATS |
| 1 SCP | VANILLA WHEY PROTEIN |
| 12 OZ | ICE |

| Nutrition Facts | | | |
|--|-----------|------------------------------|---------|
| Serving Size 20 fl. oz. (591 ml) | | | |
| Servings Per Container | | | |
| Amount Per Serving | | | |
| Calories 520 | | Calories from Fat 180 | |
| | | % Daily Value* | |
| Total Fat 20g | | 31% | |
| Saturated Fat 2.5g | | 13% | |
| Trans Fat 0g | | | |
| Cholesterol 0mg | | 0% | |
| Sodium 75mg | | 3% | |
| Total Carbohydrate 58g | | 19% | |
| Dietary Fiber 8g | | 32% | |
| Sugars 27g | | | |
| Protein 32g | | | |
| Vitamin A 4% | | • Vitamin C 110% | |
| Calcium 15% | | • Iron 8% | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | | | |
| Calories: | | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: | | | |
| Fat 9 | | • Carbohydrate 4 • Protein 4 | |

TRAINER'S SHAKE OF THE MONTH

FOOD FOR FITNESS, FORMULATED BY THE PROS

"SQUAREBERRY LEMONADE"



STRAWBERRIES

COCONUT WATER

SQUARE MEALS

YOGURT

LEMON

COCONUT

HONEY

ANTI-INFLAMMATORY
PROPERTIES

HELPS MAINTAIN
HEALTHY
WEIGHT



SEPTEMBER 2019


"SQUAREBERRY LEMONADE"

| | |
|--------|-----------------------------------|
| 6 OZ | COCONUT WATER |
| 2 SCPS | FREEZE-DRIED STRAWBERRIES |
| 1 TSP | DRIED, SHREDDED COCONUT |
| ½ SCP | POWDERED YOGURT |
| 1 SCP | VANILLA SQUARE MEALS - WHEY BASED |
| 1 TSP | HONEY |
| ¼ TSP | LEMON EXTRACT |
| 12 OZ | ICE |

| Nutrition Facts | |
|---|-------------------------------|
| servings per container | |
| Serving size | 20 fl. oz. (591 ml) (391g) |
| Amount per serving | |
| Calories | 260 |
| % Daily Value* | |
| Total Fat 3.5g | 4% |
| Saturated Fat 3g | 15% |
| Trans Fat 0g | |
| Cholesterol 35mg | 12% |
| Sodium 190mg | 8% |
| Total Carbohydrate 39g | 14% |
| Dietary Fiber 4g | 14% |
| Total Sugars 24g | |
| Includes 6g Added Sugars | 12% |
| Protein 17g | |
| Vitamin D 0mcg | 0% |
| Calcium 453mg | 35% |
| Iron 1mg | 6% |
| Potassium 629mg | 15% |
| *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | |

KIDDING AROUND

By Becky Moran



Holiday parties with my family usually involve no less than 7 young cousins running around seemingly non-stop. We've all seen it: the endless energy phenomenon. Kids can run around for HOURS and never get tired. It leaves everyone thinking, "Where does all that energy come from, and how can I get some?" or maybe "Please just fall asleep already." As adults with jobs, bills, and responsibilities, it is hard to remember what it was like to be a kid. It is easy to forget how to play – to run because you're a robber and your friend is a cop, to jump and climb your way across the yard because the floor is lava. Many times when adults DO get themselves moving, it is because they'd like to lose weight. While the endorphins from exercise are great, they are nothing compared to finding actual joy in movement itself.

Now, I'm not saying that there is anything wrong with exercising to lose weight. If that is your goal and it keeps you motivated, go for it! But for many people, exercise (even if you want to fit into those skinny jeans) becomes a chore. Anyone can attest to the fact that it is easier to keep doing something that is fun, than something that you dread. Example: It is easy to get yourself to watch Game of Thrones every Sunday at 9pm. It is hard to then get up the next morning at 5am for your run...especially if you took to the internet to discuss the episode with friends.

The key to success in making exercising fun, is reframing the way you think about exercise. Getting yourself moving is the goal. Exercising doesn't HAVE to be hours on the treadmill or doing all the burpees. Kids don't need a strict definition to get moving, and neither do you! As soon as you start realizing movement can be fun, it becomes that much easier to keep moving. So here are a few tips to get you thinking like a kid, and maybe, just maybe, enjoying exercise.

There's An App for That

Technology is great! There is an app for nearly everything these days, particularly health apps. They'll track your water intake, your run, your heart rate, and your sleep. There are many coaching programs out there, but there are

FITNESS FLYER

two that are known to put an emphasis on fun. *Zombies, Run!* is an app that tracks your runs, while providing you with missions narrated by voice actors about a story that involves (incase the name didn't give it away) Zombies. The app allows you to play your own music between the story clips. It even includes Zombie chases where you need to run faster, or risk losing to being eaten in real life! Ok, you won't actually be eaten, but if you're running alone in the woods you might turn around just to check. Another great program is Nerd Fitness' *Rising Heroes*. This program gives you daily and weekly challenges to complete to improve your health and other aspects of your life. A unique aspect of *Rising Heroes* is that it is story based. Users complete different challenges, and the outcomes of those challenges determine how the story will advance.

There's No 'I' in Team

Team sports aren't just for kids and professional athletes. Most communities have some variety of adult sports team. Many times you can fill in an empty slot of someone else's team if you can't seem to get enough of your friends involved. There may also be leagues for sports you'd never thought of trying. When I found my local roller derby league I could barely skate, but now I can jump over 6 inch cones with ease and can hip check with the best of them. Find something that you enjoy and you'll be exercising, making friends, and have a sense of accountability to keep you going.

Explore

Kids love to explore, and you should too! Whether it be your local arboretum, a neighborhood park, a state park (seriously... any park. Support your Parks), the zoo, a historical part of your city, a museum. What do all of these places have in common? Walking! Walking doesn't have to be a boring activity. I've heard some people say that walking on a trail in a park is called Hiking. If your park allows it, you can also throw on your water shoes and walk in the local stream. If you look carefully you'll see fish and tadpoles swimming as you explore. After you pick a location, discover everything you can about it. Walk through every hallway in the museum, and return to your favorite pieces once you've seen everything. On a visit to the zoo, walk through and then double back to see animal feedings or special shows throughout the day. You'd be amazed how many steps you will get in a day of exploring, but it won't even feel like exercise!

When you start thinking about how fun exercise can be, it stops feeling like something you HAVE to do, and more like something you WANT to do. Incorporating even one of these tips can get you on the road to discovering the kid in you.

• KIDS' HEALTH & NUTRITION •

NUTRITION

Monthly

Better
**BEDTIME
SNACKS**
for Kids



5 Tips to Handle
**PICKY
EATERS**



16 Strength
Training
EXERCISES
for Kids

5 Types of
Foods to
BOOST
Your
**IMMUNE
SYSTEM**

Don't Let Your Young Athlete Make These
NUTRITION MISTAKES



7 Incredible
Health Benefits of
STRAWBERRIES



FIND OUT MORE ABOUT THESE TOPICS AT THE JUICE BAR



THE NUTE (NUTRITION) GURU IMPARTS WISDOM ABOUT THE IMPORTANCE OF NATURAL, WHOLE-FOODS NUTRITION FOR MIND/BODY WELLNESS.

Q Do you have any tips to help me get my kids to eat more veggies? I feel like I've tried everything with no luck!

A Yes! I know it is a common struggle, but with these tips and some time, your kids will come to love veggies!

Let's face it, most kids don't love their veggies. When my kids first started eating solid food, I always offered a wide variety of vegetables, which they usually gobbled up! But as they grew and started developing a taste for other things, it got more challenging. The good news with kids is that they need a lot of calories to meet the demand of their rapidly growing bodies. But with that said, you still don't want to be feeding them fat, sugar, and refined foods all day.

I have found a few ways that have really helped me to get my kids eating more veggies. It took some time though! So if these methods don't have your kids eating a salad the next day, don't worry! Just keep working at it.

1. Try them frozen.

I was listening to the radio one day, and they were discussing ways to get kids to eat more veggies. I may be a Registered Dietitian, but my kids are still just as picky as anyone else's. So I turned the volume up and tuned in. One thing they mentioned that I hadn't tried is to offer the veggies frozen instead of cooked. Sounds crazy, but I figured what the heck and starting offering my youngest son frozen peas. He loved them. For the next two weeks, that's all he asked for!

2. Cut them into different shapes.

Another piece of advice that may sound crazy, but really works! My oldest son has been brutal lately with the "not eating veggie" thing. One day a few weeks ago I was spiralizing some yellow squash, and the idea popped into my head to offer them to him raw. He refused to try, but I didn't give up. He used to eat a lot of cucumber, and I had some in the fridge, so I spiralized some of that. He couldn't get enough! I have also discovered he likes when I cut cucumber into longer stalks. Still won't touch them if they are sliced into circles. So weird.

3. Get kids involved in the preparation.

I know it can be a little scary having kids help you out in the kitchen with knives and boiling water and things of that nature, but there are plenty of safe ways to get them involved. Even helping you get out the ingredients and do some basic mixing can be exciting for them. Getting them involved with the cooking piques their curiosity and gets them in the spirit of trying what was prepared.

4. Make them readily available.

Keeping whole vegetables piled up in the produce bins in your fridge hardly makes them accessible. Take some time a day or two after shopping and slice up veggies like carrots, celery, or cucumber, and store them in the fridge where they can easily be seen. Berries are a huge demand in our family, so I try to rinse and slice the strawberries as soon as I can and put them right at eye level in the fridge for my kids. They are usually gone before I even get a chance to eat any!

5. Offer veggies first.

As with most active, growing children, my boys are always hungry, and they are always asking me for food. I have learned to adjust my approach from "What can I get you?" to "How about some carrots or apple slices?" It's working great so far in that they often will pick one of the two healthy options presented.

6. Lead by example.

If you are never eating the right things, then how do you expect your kids to? Often times now when I want to snack on some veggies, I will sit next to my boys on the couch, or place the open container on the counter if they are in the kitchen. Being a good role model and making these items as accessible as possible is key. My three-year-old now likes to take one bite of each stalk of celery and carrot and put it back, but hey, I'll take it!

7. Try a smoothie.

What better way to sneak in some veggies than mix them in with some fruit! This is a great tactic for spinach especially. Spinach is super mild and mixes beautifully in a blender with fruit and liquid to make a smoothie. This trick doesn't work every time though; my son has made it very clear that he will only drink light green smoothies.

NUTRI-FACTS

SURVIVING COLD & FLU SEASON

Series 11, Issue 1

PREVENTION IS THE BEST MEDICINE

Since there are no known cures for cold or flu, prevention is the best medicine. This year, it is more important than ever to take all necessary precautions to avoid getting the flu.

Healthy young people are at less risk for the serious complications, that can accompany the flu, but it could still mean a week or more out of work (not to mention the misery that goes along with that).

10 NATURAL WAYS TO REDUCE THE RISK OF CATCHING OR TRANSMITTING COLDS OR FLU

1. *Eat smart.* Eat a variety of brightly colored foods containing phytochemicals. These natural chemicals give the vitamins, held within the foods, a supercharged boost.
2. *Get enough sleep.* Your body can't recover without enough sleep.
3. *Don't cover a cough with bare hands.* Cough into the crook of your elbow or into a clean tissue and then dispose of immediately.
4. *Wash hands frequently.* Viruses can live for hours and sometimes weeks outside the body.
5. *Don't touch your face or the face of others.* Cold and flu viruses enter the body through the eyes, nose and mouth.
6. *Manage your stress.* It is well documented that stress can lower the immune system.
7. *Drink lots and lots of water.* All of life's functions take place in water and it flushes your system, washing out toxins as it rehydrates you.
8. *Take a sauna.* Studies prove that those who take two or more a week got half as many colds as those that didn't. One theory is that viruses can not live in temperatures higher than 80 degrees.
9. *Do cardio exercises regularly.* Cardio forces the body to pump more oxygen-rich blood throughout the body. This helps to eliminate waste and produce more of the body's natural virus-killing cells.
10. *Take nutritional supplements.* Due to stress, food degradation, the environment and other factors, the foods you eat may be missing important nutrients.

EAT WELL

Check Back Next Week for Issue 2!



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NUTRI-FACTS

SURVIVING COLD & FLU SEASON

Series 11, Issue 2

FOODS THAT ARE IMMUNE BOOSTERS

I personally love kale, spinach, chard, broccoli, radishes, tomatoes, red skin onion, sweet potato, pumpkin, red & yellow squash, cranberries, raspberries, blueberries, strawberries, blackberries. The list goes on and on. Even with veggies that I simply detest (like brussel sprouts), I try to find ways to disguise them and put them in my body. My body loves the nutrients and life's more interesting this way.

PHYTOCHEMICALS - WHAT ARE THEY?

Phyto means plants. Chemicals are the naturally occurring vitamins, minerals, antioxidants and hundreds of other substances that science hasn't even discovered yet. When vegetables and fruits are brightly colored, they pack powerful agents that deliver immune enhancing agents. This helps your body maintain balance and fight disease. We know that vitamins and minerals don't work to their potential when they work by themselves in the body. When they are accompanied by broad spectrum phytochemicals, the body utilizes them more effectively. The kicker is, science is still discovering new phytochemicals everyday. For best health, eat a large variety of brightly colored fruits and veggies - the deeper the color, the more nutrient dense the phytochemical.

A RULE TO LIVE BY

Pay careful attention to what you put into your body immediately following your workout. Remember the "Anatomy of Recovery" - your body is a proverbial sponge in that first 30-45 minutes following a workout. Many people hurt themselves physically, and slow down the ability to burn fat or gain muscle

by not consuming a liquid meal during this time. The solution is to drink nutrient dense calories NOW and replenish what you have burned. Your body needs the natural glucose and fructose sugars from fruits to properly recover. Make every calorie count and make sure they are nutrient dense. You can do it with a green veggie shake and really boost your immunity! Because your body is a "sponge" at this time, the phytochemicals absorb quickly and helps you maintain good health.

EAT WELL!

Check Back Next Week for Issue 3!



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NUTR-FACTS

SURVIVING COLD & FLU SEASON

Series 11, Issue 3

FLU: MYTH VS. REALITY

Misconceptions about the flu spread as easily as the flu itself. It's hard to determine fact from fiction. But understanding the facts will help you avoid getting the flu.

Myth #1: The flu vaccine can give you the flu. Not true, the vaccine is made with inactivated organisms.

Myth #2: The vaccine is only for the elderly. Not true, the vaccine is for anyone who wants to reduce their risk of getting the flu.

Myth #3: If you miss taking the flu shot by January, it's too late. Not true, it takes about two weeks for your body to make protective influenza antibodies, which still leaves plenty of time if there's a long flu season.

Myth #4: Taking Vitamin C, Echinacea or Zinc will prevent the flu. Not true, none have been proven to prevent the flu. However, I personally use this formula to boost my immune system and have never gotten the flu (for what it's worth).

Myth #5: Antibacterial soaps are effective preventives. Not true, antibacterial soaps do not prevent the influenza virus. Regular hand washing, however, is a simple and effective way to reduce the transmission of contagious disease, including the flu.

Myth #6: Going out in cold weather causes the flu. Not true, while the influenza virus is more prevalent during winter months, cold weather does not cause the flu.

Myth #7: There's no treatment except rest, aspirin and mom's chicken soup. Not true, there are antiviral medications if you come down with the flu and there many natural and effective ways to avoid transmission. (See Series 11, Issue 1).

Myth #8: Starve a fever, feed a cold. Or is it starve a cold, feed a fever- I always mix those two up. In any event, not true; either way, if you feel sick, drink plenty of fluids and eat sensibly.

Myth #9: Take antibiotics to fight the flu. Not true, antibiotics are not effective against viruses like influenza and they may increase your chances of getting a resistant strain of the disease.

Myth #10: The flu causes a number if illnesses including stomach ailments. Not true, the flu is a severe respiratory viral illness. Tummy aches and a bad cold is not the flu.

EAT WELL!

Check Back Next Week for Issue 4!



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NUTRI-FACTS

SURVIVING COLD & FLU SEASON

Series 11, Issue 4

RECOVERING FROM THE FLU

I know what you are thinking; I'm beginning to feel better, I need to get my fat behind back in the gym. Don't do it! Remember rule #5- Don't touch your face or the face of others. Cold and flu viruses enter the body through the eyes, nose and mouth. The gym is one area that you come in contact with more people than you may realize. Every piece of equipment that you handle and even the ones that you just breathe on can harbor those little bad guys for hours, if not days after you've showered and gone about your merry way. So please limit your and other's exposure to the illness.

While you are at home convalescing, it may be tempting to tell yourself that you should be pampered while you are sick and allow yourself to eat junk food and snacks. Resist that temptation and eat lots of fruits and vegetables to make sure you get plenty of vitamins, minerals and antioxidants. Drink plenty of fluids, especially water, while you are sick with a cold or flu.

GETTING BACK IN THE GYM

Once you've made it back in the gym, you'll want to test your body with a good 45 minute punishing dose of cardio. Go for it. But remember, when you workout, especially cardio, even though you are building more natural virus-killing cells, you are also producing more free radicals from the oxygen consumed during the same period. You see, aerobics is another word for air or oxygen. Your body can bring in up to 100x the oxygen relative to when you are resting. Oxygen is a double edged sword. Oxygen is critical for life but it also causes oxidation which releases free radicals; those harmful pesky bad guys that break down the good cells in your

body. Consider how unpainted metal reacts to oxygen (i.e. your auto, a bridge or your charcoal grill). Oxygen rusts anything that is not painted or sealed, that's why we constantly need to maintain these things. The same process is happening in your body. Free radicals can hamper your recovery and any gains you've made in the gym. In other words, working out can lower your immune response. Antioxidants are your body's natural defense.



THE SOLUTION

To increase the healthy balance of antioxidants in your body, you will want to eat a variety of foods all day and every day. Don't get locked into eating the same foods day in and day out. Your body may not get the natural phytochemicals it needs to defend itself. Remember, since science is still discovering new phytochemicals, you never know where the next beneficial combination will come from.

Since you've lowered your immune system after a tough workout and your body is just waiting to suck up anything you're willing to give it, consume nutrient-dense vitamins and proteins with antioxidant-rich fruits like raspberries, strawberries, blueberries and blackberries. You can beat the flu, beat those free-radicals and even beat the common cold if you use food as your pharmacy and treat your body right.

EAT WELL!

Check Back Next Month for a New Series!

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COOKING TIP:
Boil your pasta in
Green Tea to get extra
Antioxidants in your diet.*



*<http://www.fitsugar.com/Healthy-Eating-Tip-Cook-Pasta-Green-Tea-2349051>

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**Kale & Broccoli are
Nutritional Powerhouses
that may cut Cancer risk
by up to 50%.***



*<http://www.whfoods.com/genpage.php?tname=disease&dbid=10>

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**Vitamin D, found in
Fish, may cut your
Cancer risk by 30%.***



*<http://www.todaysdietitian.com/newarchives/100112p58.shtml>

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WEIGHT LOSS TIP:

Eat Breakfast.*



<http://www.healthyeating.org/Healthy-Eating/Healthy-Living/Weight-Management/Article-Viewer/Article/347/eating-breakfast-helps-weight-loss.aspx>

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Carrots have been shown to slow Cancer Cell growth.*



<http://health.howstuffworks.com/wellness/food-nutrition/facts/27-top-cancer-fighting-foods.htm>

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**Three cups of Green Tea
each day may
reduce recurrence of
Cancer by 30%.***

<http://www.oicc.ca/uploads/green-tea-health-professional.pdf>

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COOKING TIP:
Sweet Potato is a great
thickener for Soups.

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LIFESTYLE TIP:
Eat 5-7 small meals a day
with at least 1 serving
of fruit or veggies
in each meal.



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SLEEP TIP: **Eat a Low-Fat, High-Protein** **snack before bedtime.**



http://www.huffingtonpost.com/2012/11/27/best-food-for-sleep-snacks_n_2083752.html

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**Consuming Fatty Foods
within 2 hours of bedtime
can disturb your Sleep.***



http://www.huffingtonpost.ca/2012/09/07/foods-before-bed-foods_n_1861940.html

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Apples contain Pectin which can protect against Colon Cancer.*



<http://drsircus.com/medicine/apples-pectin-radiation-detoxification-2>

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Reverse Type 2 Diabetes by consuming a diet rich in Fish, Legumes & Nuts.*



<http://drhyman.com/blog/2010/05/20/5-steps-to-reversing-type-2-diabetes-and-insulin-resistance/>

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**Borderline Type 2 Diabetic?
Consuming **ONLY moderate**
amounts of Alcohol is wise.***

<http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/alcohol.html>

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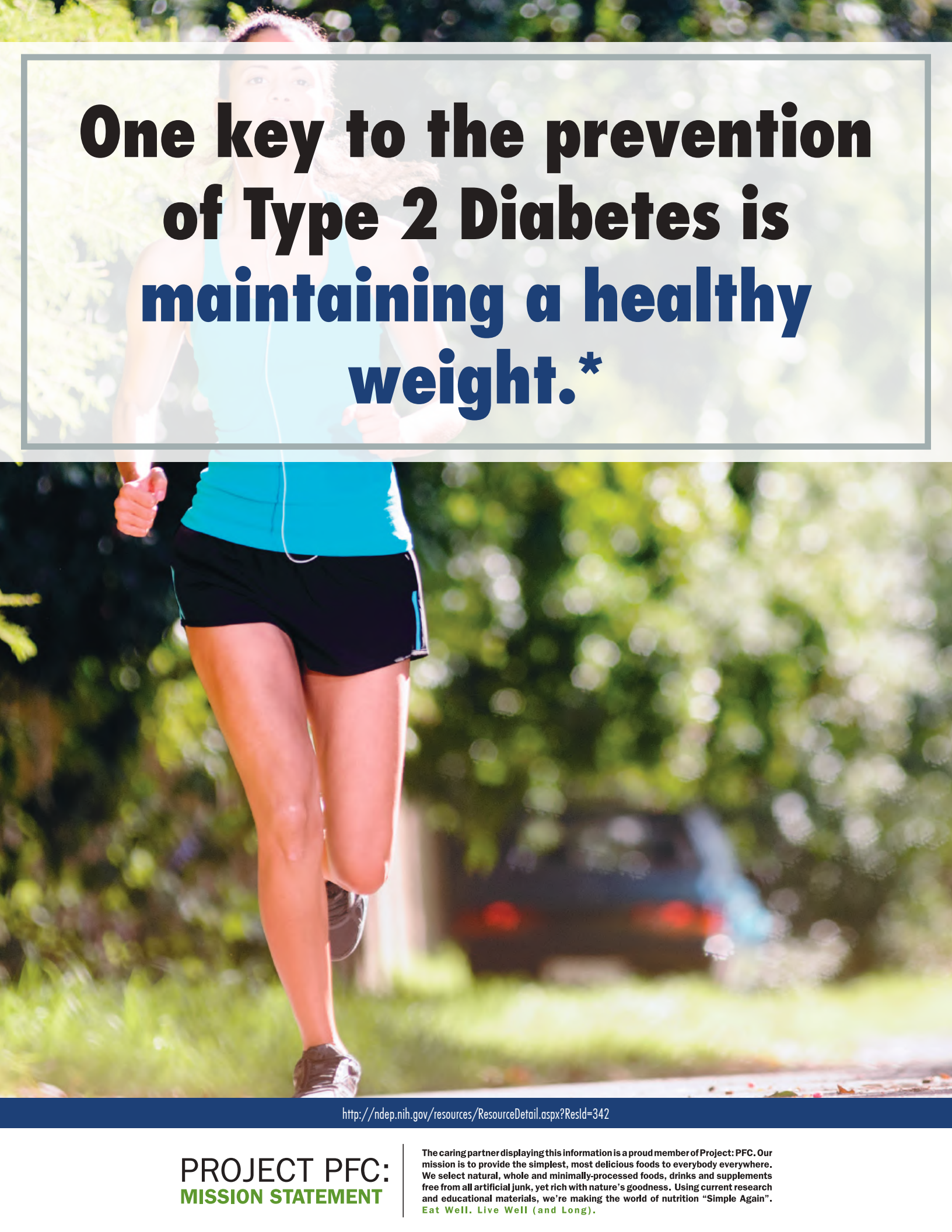
**On the Pill? Get more
vitamin B6 by eating
Chickpeas, Fortified Cereals
& Bananas.***



<http://health.howstuffworks.com/wellness/food-nutrition/vitamin-supplements/vitamin-b62.htm>

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**One key to the prevention
of Type 2 Diabetes is
maintaining a healthy
weight.***

<http://ndep.nih.gov/resources/ResourceDetail.aspx?ResId=342>

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FACT: Sugar has **no
inherently fattening
properties.***

<http://wholehealthsource.blogspot.com/2012/02/is-sugar-fattening.html>

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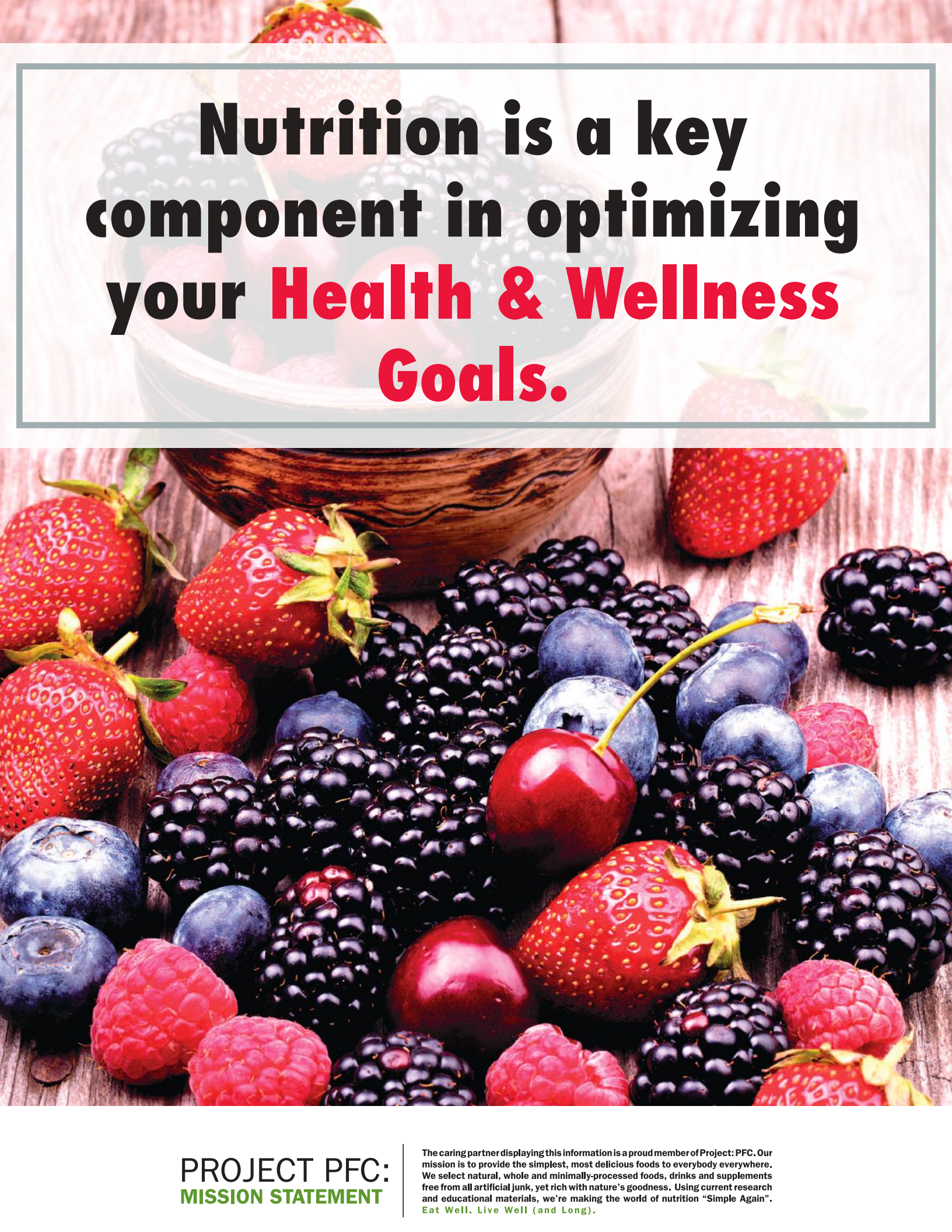
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**Burn more fat by
adding Get Lean to any
post-workout Recovery
Shake.**



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**Nutrition is a key
component in optimizing
your **Health & Wellness**
Goals.**

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**DIET TIP: Eat Breakfast.
Eat every 3 hours. Have
a post-workout Recovery
Shake. Eat a high-protein
bedtime snack.***



<http://whfoods.org/genpage.php?tname=george&dbid=207>

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WEIGHT LOSS TIP:
Whole Fruits or a 100%
Crushed Fruit Shake are
healthier than Fruit Juice.



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Food Diaries promote **Weight Loss.***



<http://www.sciencedaily.com/releases/2008/07/080708080738.htm>

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**Lose Belly Fat by integrating
a few **Intense Workouts** into
your schedule.***

<http://www.muscleforlife.com/high-intensity-interval-training-and-weight-loss/>

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A photograph of a person sleeping in a fetal position, tucked under a white blanket. The person's head is resting on a pillow, and their arms are bent with hands near their face. The background is a soft, out-of-focus white.

Lack of Sleep may **increase **your risks** for Cancer.***

<http://www.sciencedaily.com/releases/2011/02/110208112741.htm>

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A photograph of three women jogging on a city sidewalk. The woman on the left is wearing a pink tank top and grey leggings. The woman in the middle is wearing a blue zip-up jacket over a black top and black pants. The woman on the right is wearing a red long-sleeved shirt and black pants. They are all smiling and appear to be in good spirits. The background shows a city street with buildings and other people.

Stay Motivated - Hang out with **fit, active people.**

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A photograph of a person running, wearing a teal tank top and black shorts, with a blurred background of a trail and mountains.

**Run more than 30 miles
a week? Plyometric
Exercises & Weight
Training can be a huge
benefit!***

<http://runnersconnect.net/running-training-articles/benefits-plyometric-exercises-for-runners/>

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5 Tips to Handle Your Picky Eater

Yuck! Gross! Ew! If the sweet symphonies of "Mom, I don't like this" or "Dad, I don't like that" sound all too familiar to your family, you've got a picky eater on your hands.

Children can have a variety of eating challenges, and often it's extremely difficult for parents to know how to navigate the behaviors involved.

It can also be concerning if your child isn't gaining weight because of his or her selective habits. If this is of concern, don't despair. You can take steps – at home and with the help of your primary care provider or a registered dietitian – to help combat the issue.

Research shows it often takes up to 10 or more exposures to develop a taste for a new food. Many people think this relates to fruits and vegetables, but children can be selective about any foods or whole food groups. So how do we recommend encouraging the children to try a food 10 times?



- 1. Set meal and snack times.** Establishing regular times for meals and snacks addresses behavior change for children. Young kids are very smart! If they skip dinner and ask for a snack an hour later (healthy or not) – and are given one time and time again – they will likely continue with this pattern. The goal is to establish the expectations that meals and snacks happen around a certain time, and that's when the food is offered. This allows children to actually be hungry when it comes time to eat. Family meals, seated at the kitchen table, are most important, so be sure to incorporate family means whenever possible.
- 2. Avoid short order cooking.** Let's face it: Despite how delicious your meals may be, your home is not a five-star restaurant serving multiple courses. Therefore, there's no reason to cook more than one meal for your family. Provide a variety of foods on the plate, and allow the kids to make choices about what's served. It's OK to cook foods you know your kids like, but they should not have the final say on all the components of the family meal.

- 3. Expose kids to new foods in different ways.** If a child doesn't like a food one way, he or she may like it another way. For example, your child may dislike steamed broccoli, but may love crunchy, roasted broccoli seasoned with olive oil and spices. It's also best to rotate the types of food provided to help avoid monotony and food jags — when a child being stuck on one food item meal after meal.
- 4. Give your kids autonomy.** Children are shown to eat food more when they have a hand in choosing or preparing it. So get creative and try planting a garden at home. This will allow kids to learn about the process from start to finish — and they may be more inclined to eat their creation. They can also get involved in recipe development. Tip: Each week, choose one new food and have the kiddos come up with three different recipes that incorporate that item.
- 5. Don't give up.** If Johnny says no to quinoa and is never given quinoa again, he won't learn to develop a taste for it — which it's why it's important to be persistent. And you can still make it fun! Use sticker "bite charts" to track your child's progress, and give a non-food related reward upon completion. And do your best to keep calm during this process. Food should be enjoyable, and we want to keep it that way. If a child doesn't want to finish everything on his or her plate, that's OK. Children will learn to self-regulate hunger and fullness while exploring new foods.

Let's be honest: It's not just children who can be picky — adults can be, too. As parents, it's crucial to set a good example for your children. It's just not feasible expect them to try a new food if the adult role models in their lives won't do so, as well.

So what do you do if your child has tried a food 10 times and still dislikes it? My best piece of advice is to let it be.

Simply put: There are foods that kids will either like or dislike. We don't expect them to love every vegetable grown from the earth, but we do hope they'll try and find at least a few things they enjoy the taste of.

And don't worry if your child is occasionally picky; this is a natural part of development. However, if your child continues to have severe food aversions or cuts out whole food groups, or if you sense any anxiety with trying new foods, it may be beneficial to look for additional support.

Talk to your health care provider for a referral to a behavior health specialist or feeding program that will work to get through whatever barriers may be present.

Learn more at simpleagain.com

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5 Types of Foods to Boost Your Immune System

Certain foods may be helpful for boosting the immune system and preventing colds and the flu. Here's a look at five types of foods that provide nutrients that your immune system needs to perform:

1) Foods High in Vitamin C

An essential nutrient, vitamin C acts as an antioxidant. Antioxidants help fight free radicals, a type of unstable molecule known to damage the immune system. There's some evidence that vitamin C may be particularly helpful in boosting the immune systems of people under major stress. To increase your vitamin C intake, add these foods to your diet:

- citrus fruits and juices (such as orange)
- kiwi fruit
- red and green peppers
- broccoli
- strawberries



2) Foods High in Vitamin E

Like vitamin C, vitamin E is a powerful antioxidant. Research suggests maintaining ample levels of vitamin E is crucial for maintaining a healthy immune system, especially among older people. To get your fill of vitamin E, look to these foods:

- wheat germ oil
- almonds
- sunflower seeds
- hazelnuts
- peanut butter

3) Foods High in Zinc

Zinc is an essential mineral involved in the production of certain immune cells. The National Institutes of Health (NIH) caution that even mildly low levels of zinc may impair your immune function. Here are some top food sources of zinc:

- oysters
- baked beans
- cashews
- raisin bran
- chickpeas

4) Foods High in Carotenoids

Another type of antioxidant, carotenoids are a class of pigments found naturally in a number of plants. When consumed, carotenoids are converted into vitamin A (a nutrient that helps regulate the immune system). Look to these foods to boost your carotenoids:

- carrots
- kale
- apricots
- papaya
- mango

5) Foods High in Omega-3 Fatty Acids

Omega-3 fatty acids are a type of essential fatty acid known to suppress inflammation and keep the immune system in check. Although it's not known whether omega-3s can help fight off infections (such as the common cold), research suggests that omega-3s can protect against immune system disorders like Crohn's disease, ulcerative colitis, and rheumatoid arthritis. Try these omega-3-rich foods:

- oily fish (including mackerel, tuna, salmon, sardines, herring, and trout)
- flaxseed
- walnuts

More Foods for Boosting the Immune System

To keep your immune system healthy, it's important to get sufficient sleep, exercise regularly, and manage your stress.

Although supplements containing high doses of antioxidants and other nutrients found in whole foods are often touted as natural immune-boosters, some research indicates that taking dietary supplements may have limited benefits for the immune system. (If you're still considering taking them, it's a good idea to consult your healthcare provider first to weigh the pros and cons.)

For more foods that may help boost your immune system, try adding garlic, foods high in probiotics (such as yogurt and kefir), and green tea to your diet.

Learn more at simpleagain.com

June 2018 | shape.com | Lauren Mazzo | Nutrition

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7 Incredible Health Benefits of Strawberries

You've heard it before, no doubt: Berries are nature's candy. And strawberries-with their perfect pop-in-your-mouth shape, sweet flavor, and bright pink-red color-are possibly the most enjoyable of them all.

But for being deemed sweet like candy, these little gems pack a solid health punch too: "Strawberries are one of the healthiest fruits out there," says Ilana Muhlstein, R.D., creator of Beachbody's 2B Mindset healthy eating plan. But what, exactly, punts them to the top of the fruit pyramid? Read on to see all the health benefits that strawberries offer-you'll want to nom a carton of them immediately, guaranteed.



1. They're low in sugar and high in fiber.

"Like other berries, they are lower in sugar and calories and higher in fiber than most fruits." A cup of strawberries is only about 50 calories, has 8g of sugar, and 3g of fiber. Considering you should get about 25g of fiber per day, berries offer a pretty solid source of this important nutrient.

2. They're a killer source of vitamin C.

When you want to load up on vitamin C, you may reach straight for the OJ-but you should be noshing on strawberries instead. "In fact, strawberries have more vitamin C per serving than oranges," says Muhlstein. One cup of sliced strawberries has about 97mg of vitamin C-110 percent of your recommended daily value-while a cup of orange sections has 83mg, says Manuel Villacorta, M.S., R.D., author of Whole Body Reboot.

3. They're anti-inflammatory.

"Strawberries have anti-inflammatory properties due to their vast array of phytonutrients including anthocyanins, ellagitannins, terpenoids, flavonols, and phenolic acids," says Keri Glassman, R.D. FYI, phytonutrients is a broad name for plant compounds that are believed to have beneficial effects on the human body. "These antioxidants help to eliminate free radicals and assist in your body's natural detoxification process," says Glassman. Research backs it up: In a study of obese adults with knee osteoarthritis, participants who consumed about 50g of freeze-dried strawberries daily reported lower pain scores after 12 weeks, and a review of strawberry research found that they suppress the production of pro-inflammatory proteins and increased the production of anti-inflammatory proteins.

4. They help prevent disease.

Strawberries' high phytonutrient levels-and thus their anti-inflammatory nature-make them a great healthy diet choice for preventing diseases. "Strawberries are rich in flavonoids, folate, and anthocyanins, which have been correlated with improved heart and brain health," says Muhlstein. One study published in the Journal of Nutrition and Metabolism found that when obese adults consumed strawberries daily for 12 weeks, they showed increased antioxidant capacity and levels of the antioxidant glutathione, which may help reduce the risk of obesity-related conditions, such as cardiovascular disease, metabolic syndrome, and type 2 diabetes. Another study published in the Journal of Nutrition found that consuming strawberries daily can help reduce total cholesterol levels-thus reducing your risk of heart disease, heart attack, and stroke.

5. They keep your brain sharp.

Brain foods are a real thing-and strawberries are one of them. A recent study published in the Annals of Neurology suggests that eating strawberries more than twice a week appears to delay cognitive aging by up to 2.5 years.

6. They play well with other foods.

For vegans and vegetarians, strawberries can be an important addition to any meal. "Without meat as a source of iron, many vegans supplement their diets with plant-based, iron-containing foods like spinach and quinoa," says Villacorta. "The iron found in plant-based foods is called non-heme iron, and it's not as readily available for our bodies to absorb as the heme iron that's found in meat. Luckily, vitamin C significantly boosts the body's ability to absorb this non-heme iron." What that means: Vegans and vegetarians can try eating strawberries with foods that are good sources of iron to boost absorption, he says. You can also pair strawberries with an egg to make the perfect snack. "Snack on a cup of strawberries with a hard-boiled egg for the ideal combo of carb, protein, fat, fiber," says Glassman.

7. They make you happy—really.

Whether strawberries make you think of summer strawberry shortcake, refreshing fruit salad, or romantic chocolate-covered berries, the memories you have with the fruit are likely positive. In a survey of 1,000 people conducted in 2016 for Driscoll's, strawberries evoked the most feelings of happiness compared to other produce. Specifically, 95 percent of people surveyed said that berries bring up thoughts of summertime and happy memories, brighten ordinary moments, or add a spark of joy to their day.

Learn more at simpleagain.com

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16 Strength-Training Exercises for Kids



These exercises use your own body weight to help build strength. They're perfect for kids and the whole family to do together.

Whether your child is training for a 5K or obstacle course race, or she just wants to get in shape, these strength-training moves—courtesy of Ewunike Akpan, a certified personal trainer with the American Council on Exercise and a Master Build Our Kids' Success trainer who specializes in getting both kids and adults into shape—are a great addition to a workout routine at just about any age.

1. Bench step-ups: Step right foot, then left, up onto a low bench, then step down. Switch your starting side with each set.

2. Burpees: From standing, squat down, place your hands on the ground, and jump your feet back into a plank position. Lower body to the floor for a push-up. Push back up to plank. Hop feet back in and stand up.

3. Calf raises: From standing, lift up onto your tiptoes and hold, then lower.

4. Cartwheels: A blast! If anyone can't pull them off, just try to approximate the move.

5. Crab walks: Sit with your knees bent and feet flat on the ground; place palms on the ground behind you. Lift hips a few inches and walk forward on your hands and feet like a crab, then walk backward.

6. Crab toe touches: From your crab position, lift left leg and right arm and try to touch your toes. Lower and repeat on the other side.

7. Handstands against a wall: Make it a game and see who can hold it the longest.

8. Hip bridges: Lie on your back with knees bent and feet flat on the ground; rest arms by sides. Press feet firmly down as you slowly lift your hips off the ground; hold for a few counts, then lower.

9. Inchworms: Bend forward at the hips and place hands on the ground with knees slightly bent, then walk them forward until you're in a plank position. Now walk feet in to meet your hands and stand back up.

10. Planks: Lie on the ground on your belly, chest lifted off ground. Flex your feet (toes on the floor), engage legs, and lift body up, balancing on forearms and toes. Keep entire body strong and butt in line with shoulders and heels. Hold.

11. Push-ups: Get into position and bend elbows and lower chest toward the ground, then push back up.

12. Side leg raises: Lie on one side, with your feet and hips stacked; prop yourself up on your forearm. Align shoulder over elbow. Lift your top leg straight up, keeping foot parallel with the ground and flexing your toes; pause at top, then lower.

13. Side planks: Lie on one side and prop yourself up on your forearm. Stack your feet and hips. Lift hips straight off the ground. Hold. Repeat on the opposite side.

14. Squat jumps: Stand with your feet hip-width apart, bend your knees, and squat your butt back and down, then jump straight up in the air, and land back down in the squat with knees bent.

15. Straight-arm planks with arm row: Get into a push-up position, with feet slightly wider than hip-width. Hold it while you bend right elbow and lift it straight up, bringing hand up by side. Lower hand and repeat on the other side.

16. Supermans: Lie facedown, with your arms and legs extended. Slowly lift your arms and legs off the ground as high as you can; keep the neck relaxed and look down at the ground. Hold, then lower.

Learn more at simpleagain.com

November 2018 | parents.com | Lindsey Roberts | Nutrition

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Better Bedtime Snacks for Kids

Fight off after-dinner hunger with these bedtime snack ideas and expert tips, all of which can help your child sleep throughout the night.

Bedtime treats sound good in theory: You can cozy up with your crew, bowls of ice cream in hand, watching a movie. But a healthy snack—rather than a sweet fave—is more likely to help your child sleep soundly.

"While he snoozes, his bones are growing and his brain is processing all that he learned during the day," explains Nancy Z. Farrell, R.D.N., a spokesperson for the Academy of Nutrition and Dietetics. "Nutritious foods help foster good sleep patterns."

The old advice about having a warm glass of milk before bed may have some truth to it. Dairy contains tryptophan, which studies have shown can increase serotonin, the calming chemical that induces sleepiness.

The new advice? Pair that milk with a graham cracker, half of a PB & J sandwich, or a bowl of cereal. You can also opt for a slice of cheese with a few crackers or yogurt with berries. Keep in mind that this snack isn't dessert; if you do want a sweet treat, offer it right after dinner.

Consider the timing, too, and serve snacks an hour before your child's regular bedtime, says Farrell. This gives him time to digest and prevents him from using hunger before bed as a stalling tactic. But if he misses that window, let him know that it's too late and he'll just have to wait until tomorrow to have something to eat.

Sally Kuzemchak, MS, RD, a registered dietitian, educator, and mom of two who blogs at Real Mom Nutrition, offers up a few more smart tips to keep in mind when it comes to snacking before bed:

3 Tips for Smarter Bedtime Snacks

- ***It shouldn't be an escape route from dinner.***

This is especially important when kids are younger, and bedtime may be only an hour or two after dinner. Some kids may use the bedtime snack as a way out of a dinner they're not wild about. If dinner isn't something they love (or even a new food or new dish they're uncertain about) they know they'll get yogurt or graham crackers in an hour, so why bother? This will make your child seem picky at the dinner table—and drive you crazy.

Instead: At dinner, be sure there are always foods on the table your child likes. So if she doesn't like the main dish, she can have a helping of the veggie or other side items. Also, be sure to serve "meal foods" at



snack time (like fruits, vegetables, and whole grains) way more often than “fun foods” (like granola bars and gummy fruit snacks). Another technique to consider: When my son went on a dinner strike as a preschooler, we started saving his plate and offering it to him later before bed. It wasn’t a punishment—simply a way to provide him with dinner at a time he may be hungrier. At first, he didn’t want his leftover dinner (because he was holding out for something better!). But soon enough, he was gladly scarfing down his spaghetti or stir-fry, just an hour or two after the rest of us (read more about that strategy).

- ***It shouldn’t be a sugar bomb.***

Kids’ diets are already so laden with added sugar, and a sugary snack may be an incentive for your child to skimp at dinner.

Instead: Look at your child’s day and see where the gaps were. Did she skip fruit at lunch? Offer a banana. Did she pass up veggies at dinner? Offer some baby carrots or salsa with baked chips. Were whole grains missing today? Offer a small slice of whole grain toast with a smear of nut butter.

- ***It shouldn’t be a stalling tactic.***

Some kids may not even be hungry for a snack—but they’d really like another 15 minutes with Mom and Dad! So look at your child’s eating schedule and see if a bedtime snack is justified. If dinner is at 6pm and bedtime is at 7pm, a snack probably doesn’t make sense.

Instead: If you decide to do a bedtime snack, plan for it so it won’t interfere with the bedtime process. And always give your child the option (so she’s not eating when she’s not hungry)—maybe a snack or an extra story? Set a time for the snack and give your child a couple of nutritious choices.

April 2019 | health.usnews.com | Leslie Schilling | Nutrition

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Don't Let Your Young Athlete Make These Nutrition Mistakes

Sports dietitians bust some fueling myths and share their tips to keep active kids feeling their best.

If you have an active child, you know just how busy life can be with added practices, team meetings and planning. Not only do we have to get the kids to practice, but we have to get food on the table, help with homework and meet the needs of other family members as well.



Even though our active kids know they have to feed their bodies, they may have no idea what to eat or when to eat it to maintain performance and their overall health. When we add very influential input from coaches, teachers and peers, there can be a great deal of conflicting advice.

In my almost 20 years working with athletes, I've seen the same issues come up time and time again. Many of my fellow sports dietitians agree and have offered their advice for avoiding these common fueling myths and misconceptions.

- **Myth:** *If they're eating, they'll get all the nutrients they need.*

According to Heather Mangieri, Pittsburgh-based registered dietitian and author of "Fueling Young Athletes," one of the most common mistakes she sees is when an athlete puts more focus on what to eat before, during and after activity than what to eat each day. She warns that "eating a perfectly planned recovery meal will never take the place of meeting daily nutritional needs." This makes a lot of sense considering that nutrient deficiencies don't just happen overnight. "Deficiencies that could negatively impact sports performance, like deficiencies in iron or Vitamin D, can occur when the athlete fails to get adequate nutrition over time," Mangieri says. "That's why it's so important to incorporate nutrient-rich foods into every day, not just on game day or after training."

Clint Wattenberg, director of sports nutrition for the UFC Performance Institute, calls this attention to eating well throughout a season “proactive fueling.” He suggests that this is a key factor to developing a performance nutrition mindset that practices building nutrition into the foundation of performance. “Inconsistency and reactive fueling leads to a crumbling foundation undermining training adaptation, thus hampering athlete development and ultimately performance,” he says. “The more solid your nutrition foundation, the sturdier, more sustainable and consistent your performance becomes.”

- **Myth:** *Snacking isn't necessary.*

“One of my biggest pet peeves, is when an athlete forgets to fuel up before after-school sports,” says Wendy Sterling, a registered dietitian and team nutritionist for the Oakland Athletics. “Kids may eat lunch at 11:30 and then not eat again until after sports are over at 6 p.m.,” notes Sterling, who is also the co-author of “How to Nourish Your Child Through an Eating Disorder: A Simple, Plate-by-Plate Approach to Rebuilding a Healthy Relationship with Food” and “No Weigh!: A Teen’s Guide to Positive Body Image, Food, and Emotional Wisdom.” “Missing this critical after school pre-workout opportunity leads to tired, sluggish athletes on the field who often can’t get through practice – and if they do get through practice, it’s likely on fumes,” she says. Much like her pro athletes, Sterling tells younger athletes that to elevate their training, they should plan to have an easy-to-digest, pre-workout snack that’s rich in carbohydrates and contains some protein. The amount of food varies based how much time the athlete has to eat, but some of her favorite basic options for after-school fueling include smoothies, yogurt with granola, apple and peanut butter, peanut butter-filled pretzels plus a banana, or half of a sandwich.

- **Myth:** *Drinking water on the way to practice is enough.*

Hydration isn’t just a common discussion in my sport nutrition sessions, it’s a hot topic I broach with all my active clients. Whether I’m working with a recreational athlete or a professional, fluid intake is a key conversation for performance and overall health.

Sterling warns that kids should not expect to make up for poor hydration right before practice starts – by then it’s simply too late. “Chugging too much water before practice won’t sit well in the athlete’s stomach; it can often be felt sloshing around as they move,” Sterling says.

Like fueling well throughout the day, good hydration should start in the morning and continue on from there. Sterling recommends using urine color as one way to assess hydration status, “aiming for a light pale-yellow color, like lemonade, (which) indicates a good level of hydration, whereas a dark concentrated urine, like apple juice color, indicates dehydration.”

Mangieri says that “even with the best intentions, staying hydrated can be a challenge for kids. Some schools do not allow kids to carry water bottles to their classes, so they are relying on trips to the drinking fountain to maintain a healthy hydration status during the day.” She reminds

young athletes to stop and gulp every chance they get. "Six large gulps of water is 6 ounces, so they should try to do that between every class," she says.

When working with teams, Mangieri reminds coaches that they can also help keep young athletes hydrated by encouraging kids to drink fluids often and offering several water breaks throughout practices. "There is no cheaper, simpler or more effective way to help performance and protect health than staying hydrated during exercise," Mangieri says.

- **Myth: *Focusing on weight is helpful.***

Time and time again, young athletes tend to focus on things they have little control over. With a dieting culture that's overly focused on weight even though it isn't a behavior, young athletes can impair their health and performance when trying to manipulate their weight.

"Many athletes and coaches mistake body weight and body composition for a controllable variable (especially when attempting to develop performance)," Wattenberg says. He points out that weight and composition are one of many adaptations to training that are a result of a variety of behaviors including training intensity, duration and frequency, as well as nutritional habits, stress, sleep, genetics and an individual's medical or nutrition history. And just like training adaptations, such as strength, speed and endurance, body weight and composition are an adaptation to these stimuli, he says.

Wattenberg, who is very familiar with weight-class sports, warns that young athletes can get into trouble when they (or their coaches) prioritize weight and body composition as a representation of performance. He cautions that when a priority is placed on body weight and composition, those negative weight control behaviors can undermine all other training adaptations and performance. Wattenberg recommends young athletes, parents and coaches instead "focus on behaviors that impact performance and allow body weight and composition to naturally optimize to support performance."

Sports nutrition doesn't have to be complicated. Like most areas of health, fueling young athletes requires planning things like family meals, having fluids on hand, packing snacks, getting enough sleep and allowing for adequate recovery time.

While nutrition is a key factor in growth, development and performance, so is realizing that young athletes can be great without an over-focus on body weight or shape. Fueling young athletes well and teaching them to appreciate the strength of their unique bodies can be a life-long victory.

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