



Overcoming the Impossible

Gettings kids to eat (and actually enjoy!) their broccoli

Jessica Bachman

Director of Nutrition Education

- PhD - Nutrition with a concentration in Exercise Science
- Registered Dietitian
- Quit University position to follow this crazy dream :)
- CrossFitter, runner, yogi
- Mother of 2
- Passionate about health, nutrition and fitness





WHO WE ARE

Introduction to Stronger U
Nutrition coaching company

Change the way the world views food!

Started by Founder and CEO Mike Doehla in April 2015

Served ~40,000 members in ~ 50 countries

1 of Inc 5000's fastest growing privately owned companies

Topics We'll Discuss

- Importance of role modeling healthy eating habits
- Positive impact of family meal time
- Distraction-free eating
- How to encourage kids to eat their veggies
- Involving kids in planning, shopping, meal prep and more
- Thinking about their long-term health and relationship with food



"Never help a child with a task at which he feels he can succeed."

– Maria Montessori



Why is Nutrition Important for Kids

- Establishing healthy eating habits helps prevent immediate & long-term health problems
- Adequate nutrition is required to achieve full growth & development
- Undernutrition impairs cognitive development & ability to explore environment
- Adequate nutrition associated with improved academic performance



Healthy Eating *Preschoolers* **Daily Food Checklist**

Use this Checklist as a general guide.

• This food checklist is based on average needs. It is not intended if your child does not eat the exact amounts suggested. Your child may need more or less than average for example, food needs increase during growth spurts.

• Children's appetites vary from day to day. Some days they may eat less than these amounts, other days they may want more. Let your child choose how much to eat. Throughout a day, offer appropriate amount of food.


Food group	2 year olds	3 year olds	4 and 5 year olds	What counts as:
Fruit Focus on whole fruits	1 cup	1 - 1½ cups	1 - 1½ cups	½ cup of fruit? ½ cup mashed, sliced, or chopped fruit ½ cup 100% fruit juice ¼ small banana ¼ large strawberries
Vegetables Vary your vegetables	1 cup	1 - 1½ cups	1½ - 2 cups	½ cup of veggie? ½ cup mashed, sliced, or chopped vegetables ½ cup raw leafy greens ¼ cup vegetable juice ¼ cup of all others
Grains Aim to half your grains whole grains	3 ounces	3 - 5 ounces	4 - 5 ounces	1 ounce of grains? ½ slice bread ¼ cup cooked cereal, rice, or pasta ¼ cup cooked lentils, chick, or peas
Protein Foods Vary your protein choices	2 ounces	2 - 4 ounces	3 - 5 ounces	1 ounce of protein foods? ½ ounce cooked meat, poultry, or seafood 2 eggs 1 Tbsp soybean spread butter ¼ cup cooked beans or peas, kidney, pinto, lentils
Dairy Choose low-fat or fat-free milk or yogurt	2 cups	2 - 2½ cups	2½ cups	½ cup of dairy? ¼ cup milk ¼ ounce yogurt ¼ ounce cheese

Some foods are easy to choke on while eating. Children need to sit when eating. Foods that are sticky, gummy, and very slippery need to be cut into small pieces the size of a kernel. Be alert if serving to 1- to 3-year-olds. Foods to use sparingly, such as nuts, or other hard foods.

There are many ways to divide the Daily Food Checklist into meals and snacks. View the "Meal and Snack Portion and Timing" to see how these amounts might look on your preschooler's plate at www.ChooseMyPlate.gov/pressroom/news-and-events/updates.

Why Do We Eat?

- Time of day
- Food availability
- See/smell food
- Stress/other emotions
- Just want to eat
- Hunger



STRONGER U
NUTRITION

Appetite and Satiety

- Infants and young children eat if and when they are hungry
- Appetite related to growth
- Appetite increases prior to the "spurts" of growth
 - Gain weight then height
- Consumption of foods high in sugar and/or fat before meals decreases intake of basic foods (juice!)
- Offering large portions or many choices
 - Increases food intake
 - Overwhelming

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NUTRITION

Innate Ability to Control Energy Intake

- Babies and younger toddlers/children adjust caloric intake to meet caloric needs
 - May change by meal or by day but stable over time
- Self-regulation is not as strong by age 5
 - Outside influences increase
 - Time of day, people, availability
 - Authoritative parenting
 - Children respond less to energy density
- Avoid encouraging child to "clean your plate"
- Healthful eating habits must be learned
 - No innate mechanisms to select well-balanced diet



Who Influences Children's Food Intake



Who Influences Eating Behaviors

- Parents & older siblings influence food choices the MOST in early childhood
 - Peer influences increase during preadolescence
- Parents should be positive role models
 - Food intake is strongly related to parent's preferences
- Family meal-times should be encouraged
 - Make enjoyable time for conversation
 - People that eat as family together have better diet quality



Who Influences Eating Behaviors

- Outside Influences increase as children get older
 - Spend more and more time away from home
 - Peer influence increases
 - May quickly change food preferences
- Teachers and coaches
- Media
 - Logo, toys in meals, commercials, slogans
 - 49% of TV commercials on Sat morning related to food
 - 91% high fat, sodium, added sugar, low in nutrients
- Exposure
 - How many times do you have to introduce food?
 - May need 8-20 exposures to new foods before acceptance
 - What is an introduction?



10 tips
Nutrition
Essential Skills

be a healthy role model for children

10 tips for setting good examples

These are the most important influences on your child's diet. You can do more than 10 tips, but at least identify healthy eating habits for the following activities of daily life. Children's eating habits are often learned from their parents. They are also influenced by their friends, teachers, and the media. When you set a good example, you are more likely to have a healthy child. It's easier to eat healthy meals. Cook together and together, eat together, and make healthy choices by eating well.

- 1. Eat healthy together.** Eat healthy meals with your family. Eat healthy meals with your family. Eat healthy meals with your family. Eat healthy meals with your family.
- 2. Eat healthy together.** Eat healthy meals with your family. Eat healthy meals with your family. Eat healthy meals with your family. Eat healthy meals with your family.
- 3. Eat healthy together.** Eat healthy meals with your family. Eat healthy meals with your family. Eat healthy meals with your family. Eat healthy meals with your family.
- 4. Offer the same foods to everyone.** Offer the same foods to everyone. Offer the same foods to everyone. Offer the same foods to everyone. Offer the same foods to everyone.
- 5. Reward with attention, not food.** Reward with attention, not food. Reward with attention, not food. Reward with attention, not food. Reward with attention, not food.
- 6. Eat healthy together.** Eat healthy meals with your family. Eat healthy meals with your family. Eat healthy meals with your family. Eat healthy meals with your family.
- 7. Listen to your child.** Listen to your child. Listen to your child. Listen to your child. Listen to your child.
- 8. Eat healthy together.** Eat healthy meals with your family. Eat healthy meals with your family. Eat healthy meals with your family. Eat healthy meals with your family.
- 9. Eat healthy together.** Eat healthy meals with your family. Eat healthy meals with your family. Eat healthy meals with your family. Eat healthy meals with your family.
- 10. Eat a good food role model.** Eat a good food role model. Eat a good food role model. Eat a good food role model. Eat a good food role model.


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Role Modeling Activity is Important Too!




Food Talk

- “My child does not like broccoli.”
- “If you eat all your vegetables, you can have chocolate.”
- “You cannot not have a treat until you eat all your chicken.”
- “ You can have an M&M, if you pee pee on the potty.”



Self and Body Talk

- Children are always listening
- Parent’s concerns over own body and weight may have a strong influence on young children’s intake
- Young girls are preoccupied with weight and body size at an early age
 - The normal increase in adiposity at this age may feel challenging to accept
- Imposing controls & restriction of “forbidden foods” may increase desire & intake of the foods
 - 5-year olds report feeling badly about eating these foods



Family Meals



Research on Family Meals

- A higher frequency of eating a meal with your family is associated with healthier eating behaviors (Fulkerson, 2014)
 - Increased fruits and vegetable intake
 - Increased dairy intake
 - Less consumption of sweetened beverages
 - Less consumption of "unhealthy" foods
- Frequent family meals may also be protective against overweight and obesity (Berge, 2015)



Research on Family Meals, Con't

- A higher frequency of eating a meal with your family is associated with a reduction in high risk behaviors (Skew & Ballard, 2013)
 - Use of alcohol, tobacco, marijuana, others drugs
 - Aggressive and/or violent behavior
 - Poor school performance
 - Sexual behavior
 - Mental health problems
 - Disordered eating problems




Why Are Family Meals So Impactful?


- Opportunity for parents and caretakers to model healthy eating behaviors AND healthy relationships with food
 - It is a time to develop a positive self-image
 - It is NOT the time for battles over food or "force-feedings"
- Stress-reduction, break from day to day hustle, communication, teach manners
- Get kids involved with the entire eating experience



Dinner Time Conversations

- Don't talk about food
- Unplugged (phone, tv, PC, video games)
- Include child in conversation
- Change the conversation from begging your child to eat to giving them the choice to eat.
 - Let them say NO so they will say YES!
 - Think about the LONG-TERM effects





MyWITS Making family meals

Plan your meals
Avoid stress at mealtime by planning a weekly menu and posting it in a location the parents can see, like a chalkboard in the kitchen.

Prep ahead
Wash ingredients for the week ahead. Chop and chop, cut vegetables and measure ingredients in advance for easier meals.

Make mealtime a priority
Make time for family meals when planning your household to achieve each week. To do each one all and cheer on together!

Think beyond dinner
If evenings are too hectic, all week. Consider other meals for family time such as a weekend breakfast or an afternoon snack time.

Keep meals fun and relaxed
Keep the family table a place of fun and relaxation. Use your wits to make meals fun by playing games and focus on each other.

Eat more tips

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Distraction-Free Eating



Eating While Distracted

- When we are in front of a screen or even distracted by noise (i.e. TV) in another room
 - Pay less attention and less present at the meal
 - Tend to eat more overall
 - Less responsive to internal cues of fullness
 - Eat more less healthy foods
 - Removes many of the benefits of a family meal that go beyond nutrition



Tips for Eating Distraction-Free

- Set rules!
 - And stick to them
- Rearrange eating environment
- Have a set location for electronics
 - YES, for your phones too!



Effects of Television Viewing Time

- Obesity related to hours of television viewing
- Resting energy expenditure decreases while viewing TV
 - Lower than sleep!
- AAP recommends no more than 2 hours of screen time per day for young children
- Dietary intake



Kids Can Like Veggies Too!

Data On Current Intake

- 2013-14 intake of toddlers, on any given day, approximately
 - 40% did not consume a vegetable but,
 - 40% did consume a cookie, cake or pastry
 - 30% did not consume a fruit but,
 - 30% did consume candy
 - 15% did not consume milk
 - 7% did consume a soft drink
- High school aged children
 - 8.5% meet fruit recommendations, 2.1% met vegetable recommendations

Younger Children

- May prefer familiar foods
 - Use this to your advantage
 - Ex. add broccoli to mac and cheese
- Make foods attractive and fun
- Keep offering
- Get them involved
- Give them predetermined choices

Older Children

- Continue to introduce and re-introduce
- Role model
- Get them involved
- Make available and EASY to eat
 - Convenience is important!



10 tips
Nutrition Education Series

kid-friendly veggies and fruits

10 tips for making healthy foods more fun for children

Encourage children to eat vegetables and fruits by making it fun. Your child's experience will be more fun and educational based on their age and skills. Encourage to involve them in the food from beyond their plate.

- 1. Smoothie creations**
Have a few on-hand recipes of smoothies, soups, dips, and dips. Use fun ingredients like frozen berries, banana, avocado, mango, pineapple, yogurt, honey, or fruit like blueberries.
- 2. Delicious dips**
Kids love to dip. Try dips like hummus, ranch dressing, or a simple olive oil and vinegar dip. Use fun vegetables like cucumber, cherry tomatoes, and bell peppers. Let them help you wash and chop the vegetables.
- 3. Fun vegetable shapes**
Cut vegetables into fun shapes like stars, hearts, and smiley faces. Use fun dips like ranch dressing or hummus.
- 4. Personalized pizzas**
Let your child help you make a pizza. Use fun toppings like mushrooms, olives, and peppers. Let them help you wash and chop the toppings.
- 5. Fun vegetable cutouts**
Cut out fun shapes from vegetables like stars, hearts, and smiley faces. Use fun dips like ranch dressing or hummus.
- 6. Fruit and veggie smoothies**
Use fun ingredients like frozen berries, banana, mango, and yogurt. Let them help you wash and chop the ingredients.
- 7. Veggie art**
Use vegetables to make art. Use carrot sticks as the legs and cucumber as the body. Use cherry tomatoes as the eyes. Let them help you wash and chop the vegetables.
- 8. Fun vegetable cutouts**
Cut out fun shapes from vegetables like stars, hearts, and smiley faces. Use fun dips like ranch dressing or hummus.
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Getting Your Kids Involved



Get Your Kids Involved with Food

- Age appropriate ways to be involved with food
 - Toddlers/young children
 - Tear lettuce, rinse veggies and fruits, snap green beans
 - Mash potatoes, stir batter
 - Peel eggs and fruit, help make sandwiches, toss salads
 - Measure liquids, cut soft fruits with a dull knife, use an eggbeater
 - Decision making - do you want carrots or green beans tonight?



Get Your Kids Involved with Food

- Age appropriate ways to be involved with food
 - School aged-children
 - More involvement in kitchen dependent on skills
 - Meal planning
 - Making decisions
 - Grocery shopping
 - Cooking a meal
- The more they participate, the more willing they are to try new things
- Teaching life skills!



Thinking Long-Term



Long-Term Goals

- As parents, we want our kids to eat healthy food right now
- BUT, long-term relationship with food and approach to eating is the most important thing
 - Prioritize family meals!
 - Offer a variety of healthy foods (and keep offering them!)
 - Be mindful of availability of less healthy food options
 - Role model healthy eating
 - Be patient
 - Get kids involved
 - Develop positive feeling towards foods, trying new things
 - Healthy relationship with body

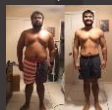


Role Modeling Healthy Eating



Looking for Support?

- Accountability is key for making changes
- Get an objective look at your diet compared to your activity
- See the changes you are working hard on already



Thank You!

Looking for more information?

info@strongeru.com

<https://strongeru.com/>