



# Nutrition Bits and Bites!

## Stepping Outside Your Food Bubble

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<https://www.surveymonkey.com/r/YH7CGB5>

### Eating a variety of foods is important for a healthy diet, and it can be fun and tasty too!

- Eating a variety of foods from all food groups is important because different foods provide different nutrients that our body requires for overall health.
- Despite the claims of various foods being “super foods”, there is not one food that provides all of the essential nutrients. Our bodies do not require super foods but rather a variety of nutrients that can be found in fruits, vegetables, grains, milk products, protein rich foods.
- Children may be hesitant to try new foods because they are unfamiliar. The more times a child is exposed to a new food the more familiar it will become, so don't be discouraged and keep trying!
- Trying new foods may seem daunting at first, but the chances are you and your family might enjoy these newly discovered foods.
- Begin exploring mild tasting foods like lentils, avocado or quinoa, and slowly work your way up to foods with a more unique flavour like eggplant or tuna for example.

### Tips and Tricks!

Children may be hesitant to try new foods. Try these tips and tricks to facilitate their exploration of food:

- ✓ Get kids involved when choosing which foods you might explore together as a family
- ✓ Do not expect your child to like new foods
- ✓ Do not force them to try new foods, but allow them the option to do so
- ✓ Be patient
- ✓ Continue to try new foods
- ✓ Be a role model and show your enthusiasm about trying new foods



## Cook and Enjoy! Cooking Tips!

### Trying new foods can be exciting, so let's talk about it!

Did you know, it can take up to 15 tastes of a new food before a child will acquire a taste for it? That's a lot!

- Challenge your family to try a new food each week
- While grocery shopping, ask your child to choose a new food that they would like to try
- Ask for your child's help in the kitchen to get them involved preparing and cooking the new food item
- Enjoy meals together as a family. While eating, have everyone reflect and share their thoughts about the taste of the food, if they enjoyed it and if they would have it again
- When your family has tried and enjoyed a new food, explore ways to incorporate it into other dishes that your family already likes or try different recipes that include the new food

## Blueberry Oatmeal Lentil Muffins

### Ingredients:

¼ cup split red lentils  
¼ old fashioned (large flakes) oats  
1 cup water  
1 ½ cup all-purpose flour  
½ cup brown sugar, packed  
1 Tbsp baking powder  
½ tsp ground cinnamon  
¼ tsp salt  
½ cup milk  
1 large egg  
¼ cup canola oil  
1 cup fresh or frozen blueberries (if using frozen berries, do not thaw)

### Instructions:

1. Preheat the oven to 400° F (200° C) and line 12 muffin cups with paper liners.
2. Bring the lentils and oats to a simmer in a medium saucepan with 1 cup of water.
3. Whisk together the flour, sugar, baking powder, cinnamon and salt in a large bowl. Once the oatmeal and lentils have cooled to a lukewarm temperature, stir in the milk, egg, and oil. Add this mixture to the dry ingredients along with the blueberries (and any other fruits or nuts you like) and stir just until combined; do not worry about getting all the lumps out of the batter.
4. Fill the paper-lined muffin cups and bake for 20 minutes, until pale golden and springy to touch.



Source: Dietitians of Canada. Cookspiration®

\*\* Refer to the Allergy Newsletter (September issue) for substitutions

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/>

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