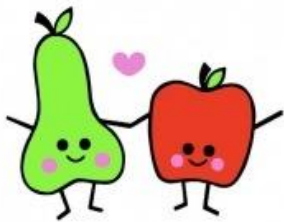


NUTRITION BITS AND BITES

Body Positivity



celebrate EVERY BODY.

What can I do for my child or teen?

1. Avoid discussing dieting behaviours—these can lead to an unhealthy relationship with food
2. Avoid “weight talk”. (your kids or your own)
3. Avoid teasing children about their weight—this happens at home more than at school.
4. Have more family meals together
5. Encourage eating a balanced diet and exercise for fitness and health, not weight loss

Health at every size (HAES)

HAES teaches us that it’s important to accept ourselves, eat and be active to help support our bodies instead of to change our body shape.

How can we do that?

- 1) Learn about body diversity –Would you ever expect a golden retriever to look like a great dane through diet and exercise? No. So why would we expect the same of ourselves? We all come in different shapes and sizes.
- 2) Trust your body and your hunger – if we listen to it, our body is really good at letting us know when we’re hungry and when we’ve had enough food.
- 3) Normalize food – all food is good and has a place in our lives. Different types of food help our body in different ways.

Want to know more?

[Ellyn Satter Institute: Weight and Health Hysteria](#)

[Unlock Food: Parent/Caregivers Influence on Children’s Eating Habits](#)

Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.

Breakfast Burrito

Ingredients:

- 6 medium eggs
- 2 tablespoon water
- ½ teaspoon pepper
- 1 tablespoon vegetable oil
- 4 flour tortillas (10 inch)
- 2 medium tomatoes, diced
- 1 green onion, chopped
- 1 ½ cup reduced fat cheddar cheese, 21% M.F. or less, shredded

Directions:

1. Preheat oven to 350°F (175°C).
2. In a medium bowl, mix eggs with water and pepper. Whisk with a fork until smooth.
3. In a heavy skillet, heat oil. Add egg mixture and stir gently until eggs are completely dry and scrambled. Remove eggs from the skillet.
4. Wrap flour tortillas in aluminum foil and heat in a 350°F (175°C) oven until warm and easy to fold.
5. Fill warmed tortillas with scrambled eggs and top with tomatoes, green onions, and cheese.
6. Wrap into a burrito.

Tip: Try using whole grain tortillas or top with other vegetables such as red or green peppers. Makes 4 servings

Kids of all ages can learn great cooking skills by helping out with meal preparations! Get them involved by getting them to:

- Whisk the egg
- Mixing the egg mixture
- Assembling the burrito



** Refer to the Allergy Newsletter (September issue) for substitution ideas.

For more nutrition topics, go to the news and events section of www.southernhealth.ca or
Contact Dial-a-Dietitian 877-830-2892
Health Links 888-315-9257

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