

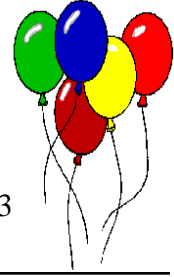


NUTRI-NEWS

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"Balloons for a Balanced Lunch"
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The Challenges of Feeding A Picky Eater a Healthy Diet

Do you have someone at home who refuses to eat green foods such as vegetables? Do you have someone who always liked a particular food when all of a sudden they don't any longer?

This is a common concern of moms, dads and caregivers alike. Here is some helpful advice:

- Picky eating could just be a natural way of growing up and asserting one's own independence. Stay calm, patient and relaxed...easier said than done!!
- Avoid being a short-order cook at meals. Serve at least one food your child will like but expect them to try foods others in the family enjoy as well.
- Offer choices of healthy foods. Try not to say "what do you want to eat? But instead offer 2 or 3 healthy choices.
- If they don't eat cooked broccoli serve it raw with dressing as a dip. Raw fruits and veggies seem to be accepted better than cooked. If a child refuses to eat vegetables altogether try salads or rich-colored fruits which contain many of the same nutrients as veggies.
- Children will generally eat when hungry, don't force them into eating.

Test Your Nutri IQ

Questions about food safety over the holidays? Check out www.fightbac.org or you may call the USDA food safety hotline (available in Spanish as well) at 1-888-MPHotline.

Kids In the Kitchen

With the holidays right around the corner it is important to review some food safety rules. Young children are less able to fight infection than healthy adults. Do not serve them raw (unpasteurized) milk, raw or partially cooked eggs or foods containing raw eggs, raw or undercooked meat, poultry, fish and seafood, unpasteurized juices, and raw sprouts. Teach children about proper hand washing and no raw cookie dough!!

Fitness Forum

A word of caution from the American Heart Association for those who use energy drinks. A small study presented at its Scientific Sessions in 2007 concluded that popular energy drinks may pose risks for those individuals who have high blood pressure and heart disease. This study used healthy adults who drank two cans daily of a popular energy drink. While the increases did not pose dangerous levels in the adults in the study, these could pose a risk to those with heart problems or those who consume these drinks often.

Most energy drinks contain a combination of caffeine and taurine. Both have had effects with heart function in some studies. Sports drinks, however, contain mixtures of salts, water and sugars alone, without "chemicals" aimed at increasing energy or alertness.

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