

# Feeding Kids' Brains

The right food choices can positively impact a child's brain potential. Principles to follow include choosing nourishing foods, minimizing refined ingredients, avoiding additives and preservatives, sticking with low-allergy-potential foods, and emphasizing healthy fats, proteins, and brightly-colored vegetables.

## Fantastic Frittata

- 3/4 cup potato, cut into 1 inch chunks
- 2 Tbsp organic butter
- 1 Tbsp olive oil
- 1 red onion, finely sliced
- 2 celery sticks, chopped
- 1 red pepper, halved, cored, deseeded, and chopped
- 1 cup baby spinach, washed (or lightly steamed broccoli florets)
- 6 organic DHA-rich eggs, beaten
- 1/3 cup cheddar cheese, grated
- Salt and black pepper to taste

Boil potato in lightly salted water for 6 to 8 minutes or until just tender. Drain thoroughly. Melt the butter with the oil in a large frying pan. Add the onion, celery, and red pepper and fry for 5 to 6 minutes, until soft and slightly browned. Add the spinach and cook for another 2 to 3 minutes, until wilted. Stir in the potato. Season the beaten eggs with salt and pepper, then pour over the vegetables in the pan. Cook over medium heat on the stove top for about 5 minutes until the base is set. Sprinkle the cheese on top of the frittata. Place under a preheated broiler for 2 to 3 minutes until the cheese is melted and the top is set and golden brown. Serve warm. Recipe from *Good Food for Kids* by Dr. Penny Stanway.

## Tangy Orange Smoothie

- 3/4 cup full-fat plain yogurt, almond or coconut milk
- 1 small organic orange
- 1 to 2 tsp. raw, unfiltered honey
- 2 to 3 ice cubes

Whip ingredients together in blender until smooth and enjoy.

## Nutty Nut Butter

- 2 cups nuts, such as almonds or cashews
- 3/4 cup coconut oil
- 2 Tbsp raw honey
- 1 tsp sea salt

Place nuts and sea salt in food processor and grind to a fine powder. Add honey and coconut oil and process until "butter" becomes smooth. It will be somewhat liquid but will harden when chilled. Store in an airtight container in the frig. Serve at room temperature. Recipe found in *Nourishing Traditions* by Sally Fallon.

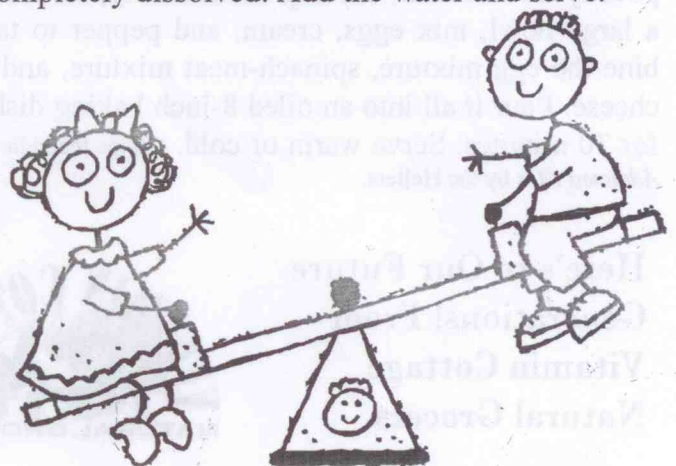
## Sugar-Free Coolers

- 1/2 cup fresh lemon juice, or 1/3 cup unsweetened cranberry juice concentrate (or unsweetened juice concentrate of your choice)

- 1/8 teaspoon white stevia powder or start with 6 drops of the clear liquid extract and work up to your preferred sweetness

- 4 cups cool water or chilled carbonated water.

Mix the juice and stevia together until the stevia is completely dissolved. Add the water and serve.



## Dippers and Dunkers

**Cream cheese and pineapple dip:** Mix 1/2 cup cream cheese with 1 Tbsp mayonnaise and 2 peeled, cored, and chopped rings of fresh pineapple (or canned in natural juices). Add 2 Tbsp of nitrate-free diced ham if desired.

**Tuna dip:** Blend 1/2 small chopped onion, 3/4 cup tuna canned in water, 1 Tbsp sour cream or mayonnaise, and 1 Tbsp chopped fresh parsley.

**Hummus dip:** Homemade or pre-made in a variety of flavors and brands like *Waleed's* organic roasted red pepper hummus.

**Yogurt and date dip:** Mix 3/4 cup thick creamy organic yogurt with 1/4 cup chopped pitted dates.

**Suitable Dunkers:** Whole grain bread or crackers, sticks of celery, carrot, cucumber, or red pepper, cauliflower, or canned baby corn, apple or pear quarters, cherry tomatoes. Ideas found in *Good Food for Kids* by Dr. Penny Stanway.

## Popeye Casserole

This dish makes great use of leftover meat or poultry.

- 1 1/2 cup raw spinach, torn
- 2 Tbsp olive oil
- 2 Tbsp organic butter
- 1 Tbsp garlic, minced
- 2 thick diced cooked chicken, turkey, beef, lamb or pork
- 2 medium eggs
- 2 Tbsp heavy cream or thick coconut milk
- Ground black pepper
- 3 Tbsp Parmesan cheese or alternative

Preheat oven to 350°. Wash the spinach well and steam for 4 to 6 minutes. In a small skillet or frying pan, heat the olive oil and butter over medium-low heat. Add the garlic and cook until it browns. Add the spinach and diced meat or poultry and simmer, stirring occasionally, for 5 minutes. In a large bowl, mix eggs, cream, and pepper to taste. Combine the egg mixture, spinach-meat mixture, and Parmesan cheese. Pour it all into an oiled 8-inch baking dish and bake for 30 minutes. Serve warm or cold. Recipe found in *Carbohydrate Addicted Kids* by the Hellers.

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## Teaching Kids Positive Eating Habits

**Don't nag:** Give your child the foods you have decided on and do not give into tantrums.

**Be in unity:** A child can tell if all family members are not on board with healthy eating choices.

**Set the example:** Making positive choices for yourself demonstrates to a child the value of eating healthfully.

**Make eating fun:** Instead of talking about the healthy qualities of a food, talk about its color or give them fun names, like "green worms" for green beans.

**Get children involved:** Let a child be a part of the decision-making process at the store (e.g. choose between two yogurts or pick a healthy breakfast item) When appropriate, have them help with meal preparation.

**Make it look good:** Arrange food to make funny faces or shapes and add lots of color.

**Add variety early:** As children grow older, they are more likely to dislike new foods. Experiment with variety early.

**Be consistent:** This is important for not only the parents, but for others caring for a child (e.g. grandparents, etc).

**Be prepared:** Never leave home without a healthy snack and filtered water for when a child gets hungry.

**Stock only healthy choices:** If only the healthiest food choices are available, the less desirable choices aren't even an option.

**Sit down as a family:** Studies show regular family meal time encourages better eating habits.

**Teach choices and consequences:** Find examples of what happens to your child or their friends when they eat lots of sugar (e.g. can't concentrate, get sick more often).

**Avoid using food for rewards:** Let food be used for nourishment. Separate behavior and rewards from food.

Some ideas from *Kid Smart!* By Cheryl Townsley