

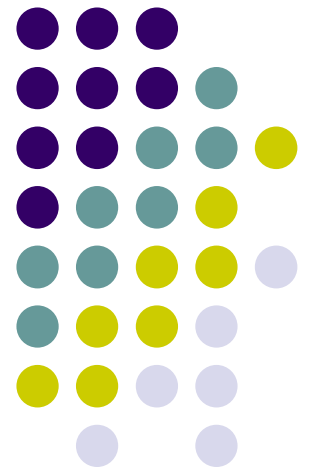
# Deceptively Delicious

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By: Jessica Seinfeld

Book Review

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# Get Your Kids Eating Healthy Food



- The number of obese children is on the rise .
- Heart disease patients are *heavier and younger* than they have ever been!
- Most people are aware of healthy eating recommendations. Problem is *failure in implementation.*



# Good Eating Habits Begin Early

- Introduce *healthy* food first!
- Suggest healthy snacks.
- By implementing fruits and vegetables into everyday meals, one acquires a desire to eat healthy food.
- Children who are taught to eat good food will continue to maintain those eating habits as adults.

# Vital Nutrients Found in Fruits and Vegetables



- Important nutrients found in vegetables and fruits are:
  - Vitamins
  - Minerals
  - Fiber
  - Phytonutrients
    - Naturally occurring compounds that help fight disease and enhance overall health such as lycopene, anthocyanin, and lutein

# Decrease Meal Time Drama

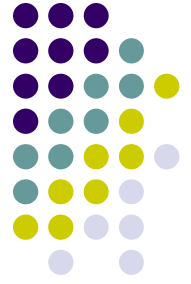


- Kids many times avoid eating vegetables and fruits.
- Innovative way to give kids the nutrients they need and guide their habits of taste acquisition...

***HIDE IT!***

- Less hassle for parents and more satisfaction.

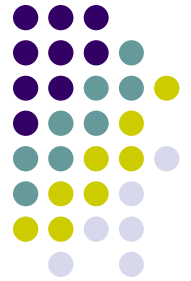
# Maintain Vital Nutrients Found in Your Fruits and Vegetables



- *Cooking vegetables in too much water destroys the “good” stuff.*
- *Overcooking diminishes nutritional value*
- *Instead:*
  - *Steam*
  - *Microwave*
  - *Roast*
- *Cook vegetables until tender – no longer!*
- *Once vegetables are soft, place in blender or food processor to create cooking purees.*
- *Fruits do not usually need to be cooked prior to the puree process.*



# Easy Nutritional Guidelines for Children: Vegetables

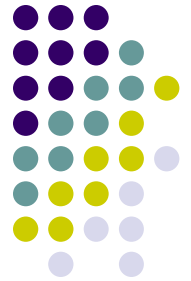


- 3+ Vegetables per day
  - Five top vegetables for nutrition and kid friendliness include:
    - Red Bell Peppers
    - Baby Carrots
    - Broccoli
    - Tomatoes
    - Sugar snap peas
  - Look for *deep colors*



(1 ½ - 2 ½ cups total of vegetables per day.)

# Easy Nutritional Guidelines for Children: Fruits



- 2+ Fresh Fruits a day
  - Strawberries
  - Raspberries
  - Blackberries
  - Blueberries
  - Oranges
  - Red Apples
  - Bananas
  - Pink grapefruit
  - Melons
  - Kiwi Fruit
  - Red Grapes



*Eating the actual fruit  
has more nutritional  
value than juice.*

# Easy Nutritional Guidelines for Children: Whole Grains



- **3+ Whole Grains a day**
  - Contain all three parts of the natural grain
    - Bran
    - Endosperm
    - Germ
  - Serve whole-grain and whole-wheat products
    - Breads
    - Pasta
    - Brown rice
  - Look at the Ingredients
    - First word should be *“oats”* or *“whole”*

# Easy Nutritional Guidelines for Children: Whole Grain Serving Sizes



- One Serving
  - ½ cup cooked:
    - Rice
    - Pasta
    - Whole-Grain Couscous
  - 1 slice Whole Grain Bread
  - ½ cup Dried Oatmeal
  - 1 cup Whole-Grain Breakfast Cereal



**Begin by mixing ½ whole grain pasta or brown rice to ½ white to make the adjustment easier.**

# Easy Nutritional Guidelines for Children: Calcium Rich Foods



- **3+ Calcium rich foods per day**

- Skim or low fat 1% milk
- Yogurt
- Cottage cheese
- Cheese

Low Fat = More Calcium

- **Non-dairy Calcium rich foods**

- Green Vegetables (broccoli and kale)
- Beans (white and soybeans)
- Tofu



Children ages 9-18 need 1,300 mg of calcium per day - approximately 4 servings per day of calcium rich foods.

# Easy Nutritional Guidelines for Children: Lean Protein



Children need to eat approximately half their body weight in grams of protein a day.

- Turkey breast
- Chicken breast
- Pork tenderloin
- Fish
- Seafood
- Tofu
- Turkey/Veggie burgers
- Low-fat dairy
- Edamame
- Beans (black, kidney, navy, and pinto)
- Eggs
- Peanut butter
- Nuts



# Easy Nutritional Guidelines for Children: Fats



## FATS TO ENCOURAGE:

- Monounsaturated fats
  - Olive Oil
  - Safflower Oil
  - Nuts
  - Avocados
- Omega-3 Fats
  - Fatty Fish
  - Wild Salmon
  - Sardines
  - Walnuts
  - Flax-seed
  - Omega-3-Fortified Eggs

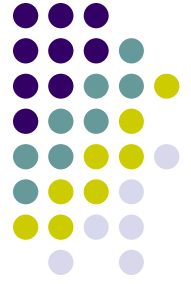


## FATS TO AVOID:

- Saturated Fats
- Trans Fats

*Found in prepared baked goods,  
fried foods, etc.*

# Easy Nutritional Guidelines for Children: Fiber



- **INSOLUBLE FIBER**
  - Keeps the pipes clean
  - Protects against obesity
  - Protects against heart disease
  - Prevents Type II diabetes
- **SOLUBLE FIBER**
  - Helps whisk cholesterol away before digestion
  - Stabilize blood-sugar levels

*A diet with a variety of fruits, vegetables, and whole grains contains plenty of fiber.*

# For Additional Information and Healthy Recipes



- Purchase “Deceptively Delicious” by Jessica Seinfeld.
- Visit Centra Chiropractic’s recipe web page



<http://www.centrachiropractic.com/recipes.htm>