

A photograph of a woman with blonde hair and a white flower in her hair, wearing a light-colored tank top, smiling as she interacts with a young boy in a blue and white checkered shirt. They are in a kitchen, preparing vegetables on a counter. The woman is holding a small yellow pepper, and the boy is holding a green knife. Various fresh vegetables like carrots, tomatoes, and leafy greens are visible on the counter. A teal banner is overlaid on the right side of the image, containing the text "Healthy Eating for Families".

# Healthy Eating for Families



# Keely Fraser, PhD

- Registered Dietitian
- PhD Preventive Medicine
- Certified Nutrition Coach
- Intuitive Eating Counsellor



# You'll discover...

- **WHAT** kids need to eat.
- **HOW to** feed kids.
- Handle picky eaters
- fool proof method for feeding your family with confidence.

Children need a variety of nutritious foods for proper growth and development.





Important time for development of **food preferences** and **food acceptance**.



Natural ability to **self-regulate** exactly how much they need to eat and drink.





The **challenge** in feeding young children is....

- small appetite
- short attention span

Offer nutritious meals throughout the day.



Morning

Afternoon

Evening

## Snack Time

Think of snacks not as a treat, but a **mini meal**.



**What** should kids be eating?

**Have plenty of  
vegetables and fruits**



As adults,  
about half of  
everything we eat  
should be fruits and  
veggies.



- quinoa.
- **whole grain** pasta.
- **whole grain** bread.
- **whole** oats or oatmeal.
- **whole grain** brown or wild rice



WHOLE GRAINS

**PROTEIN**  
Needed for growth, repair  
and immunity.



- Beans, lentils, legumes
- Soy
- Nuts and seeds
- Fish
- Eggs
- Cheese, yogurt, milk
- Soy
- Poultry and meat

# Balanced Plate



Most children do **not** eat in this way.

Is my child getting everything they need?



Look at an entire week, not just one meal or day of eating.

# Nutritional Balance

Achieved over a period of time—it does not have to be at each and every meal.

Your body does not punch a time clock.



Our bodies are incredibly adaptable.

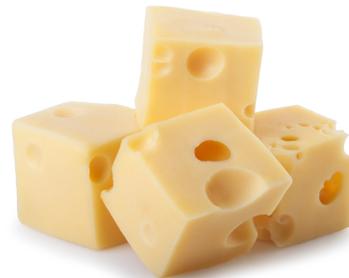
## Key nutrients during childhood and beyond ...

Calcium

Vit D

?

## Variety of **CALCIUM** rich foods daily



**Richest Food Sources:** Milk or fortified milk alternatives

Age 2-8 years - **2 servings** per day.

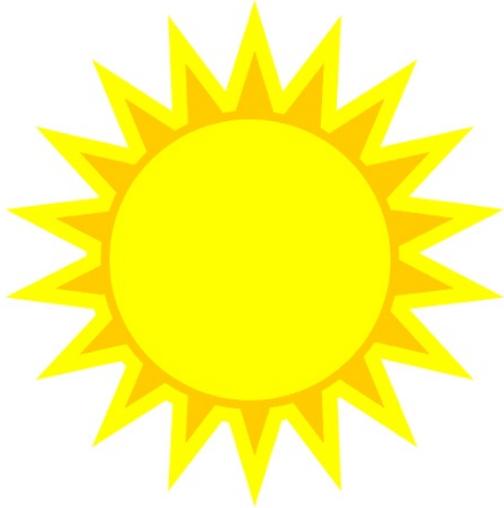
Age 9-13 years - **3-4 servings** per day.

In order to absorb **CALCIUM** we need  
Vitamin D

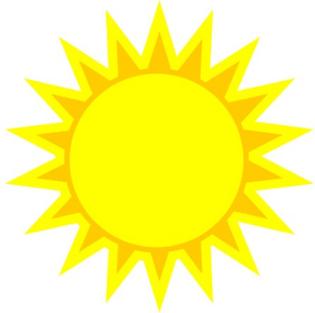


# Vitamin D

Tripled calcium absorption.



One of the only vitamins our bodies can make through sun exposure.



# Vitamin D

Triples calcium absorption.

## Few Natural Food Sources

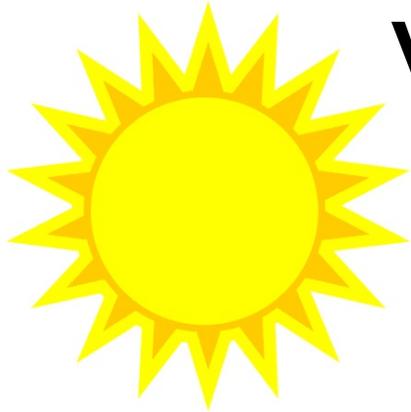


### Fatty fish

Salmon, Herring, Sardines and  
Tuna



### Egg yolk



# Vitamin D

## Fortified Food Sources



Plant-based milks



Cow's Milk



Cereal

# Supplement



Kids need **15 mcg** (600 IU) of **vitamin D** per day, especially during winter months.

## Key nutrients ...

Calcium

Vit D

IRON

# IRON



Supports healthy growth and development

Iron helps move **oxygen** through the body .

## Iron deficiency

can affect growth and may lead to learning and behavioral problems.

AGE	mg IRON per day
1–3 years	7 mg
4–8 years	10 mg
9–13 years	8 mg

## Non- Heme IRON



beans & lentils



Dark green vegetables



dried fruit



Seeds



Tofu



Iron fortified cereals & bread

## Heme IRON

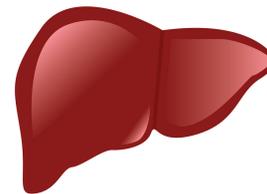
easily absorbed

red meat



Fish

poultry



organ meat

## Parents' Role



Help your child develop a healthy relationship with food and their body.

Kids needs **2 key things** from their parents.



# Consistency and Trust



Your goal is to raise a child who is **eating competent**.  
This takes time...



# An eating competent child...

- feels good about eating
- recognizes their hunger and fullness cues.
- has autonomy over their body.



A child who is a **competent eater**, may not willingly eat your green pea popsicles



**How** do we help kids become  
competent eaters?

fool proof method....

# Division of Responsibility

**GOLD** standard of feeding.



Evidence based approach to raising children who are  
**competent eaters.**

# Division of Responsibility

- Empowering for parents
- Emphasizes ...
  - **Competency** deficiency.
  - **Providing** depriving.
  - **Trusting** controlling.

# Division of Responsibility

Toddler through adolescents



**Parents/ Caregivers**



**Children**

# Parents and caregivers are responsible for



**WHAT**



**WHEN**



**WHERE**

Children are responsible for



**HOW MUCH** and  
**WHETHER** they  
eat.

Children rely on their parents to ...

- Offer a variety of nutritious foods
- Provide some structure around eating times.



What your child learns from you, will have a life long impact on their relationship with food and their body.



# Eating Competence

Based on a **positive** feeding relationship.



starts at birth



continues throughout  
childhood

As adults, **competent eaters** are...



- confident, comfortable, and flexible with eating.
- matter-of-fact and reliable about getting enough to eat.

## An **eating competent** child...

- Feels good about eating.
- Will learn to like unfamiliar food.
- Goes by feelings of hunger and fullness to know how much to eat.
- Enjoys family meal time.



For children to be competent eaters, adults must be competent feeders

What does it mean to be a  
“Competent Feeder”?

# Competent Feeders



**Consistently** choose and prepare food for their family.

# Competent Feeders



Offer regular nutritious meals and snacks throughout the day.

# Competent Feeders



Do **not** let children graze on food or beverages between meals and snacks.

# Competent Feeders



Make eating time  
pleasant.

# Competent Feeders



Let children grow into the bodies that are right for them.

Competent feeders **TRUST** their child to ...

- eat when hungry.
- know how much to eat.
- learn to eat foods their parents eat.
- grow at their own pace.





If parents consistently do their job well with feeding, children will do their jobs with eating.

How do you create a **positive**  
eating experience for children?

# Minimize distractions



Eating time is just for eating.

# Family Style Meals



Allow children to choose what they will eat.



Allow them to **serve** themselves.

Children with regular **family meals** do better



- Nutritionally
- Socially
- Emotionally
- Academically

Also with respect to resisting overweight, drug & alcohol abuse and, early sexual behaviour.

# Creating a Positive Environment



Enough Time to Eat

# Creating a Positive Environment



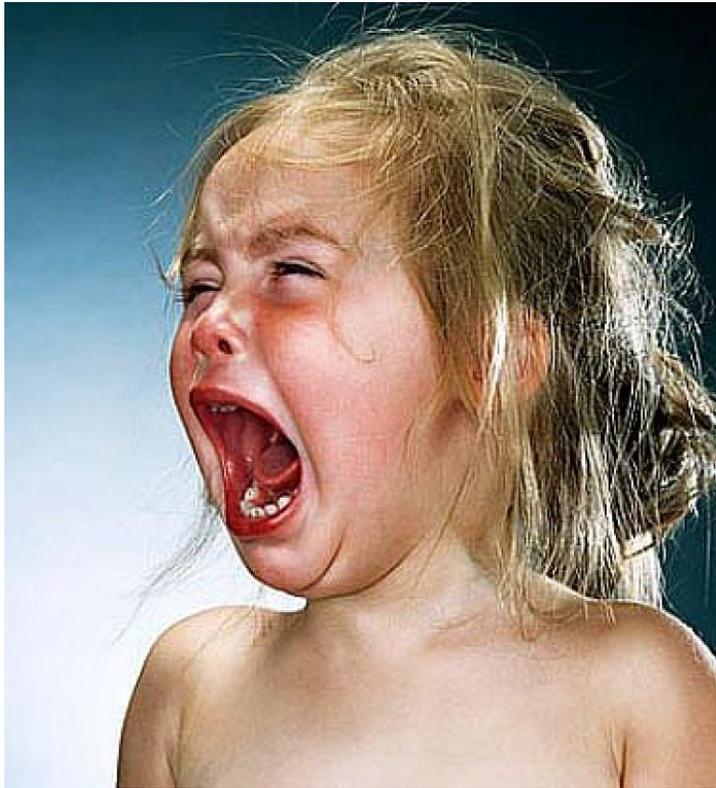
No pressure to eat.

Gently reminder ok  
***“nothing else to eat until  
next meal or snack time”***.

# What is feeding pressure?

- Forcing
- Bribing
- Coercing
- Nudging
- Applauding
- Rewarding
- Explaining
- Restricting

Feeding pressure may seem like “good” parenting.



Never use food as  
a reward,  
punishment or  
pacifier.

Undermines child's  
innate ability to self-  
regulate food intake.

Teaches child to eat in  
the absence of  
hunger.





Children who are pressured to eat, eat less well and behave badly at mealtime.

# What about Picky Eaters?

Should you cater to food preferences?

# Common Feeding Error



Parents endorse good nutrition but bribe, pressure and cater.

When parents cater to picky eaters, this produces poor food acceptance.



Children are **erratic** about food acceptance, especially new foods.



- require many **neutral** exposures.
- Typically eat only 1 or 2 food items at a meal.

# Food Acceptance

- Offer a variety of good tasting food.
- Eat with your child.
- Stay calm.
- Relax and enjoy your own meal.



# Food Acceptance



Do **not** limit the menu to only foods children readily accept.

## Strategies to Help with Food Acceptance

- Pair familiar foods with unfamiliar.
- favourite foods with not-so- favourite.



# New Foods



Introduces new foods  
in a fun way.

Involve children

- Washing
- Chopping
- Peeling

What happens when parents place eating restrictions of children?

- Type of food
- Quantity

# Food Restriction Backfires

Creates bigger problems.

Leads children to eat when they are not hungry.

- sneaking food
- eating in secret
- overeating when they have the chance.



Food restriction has powerful influence on future disordered eating and body image.

Include sweets and other treats  
as part of normal eating.

Remain neutral.  
Stay cool.  
No big deal.



If we do our job well as competent feeders, children will grow into the bodies that are right for them.



## Raising competent eaters

- Family style meals
- Do not pressure children to eat.
- Use meal time as an opportunity share and learn
- Get kids involved.
- **Most importantly.....**



# Be a Good Role Model

