

**HOW TO ENCOURAGE HEALTHY FOOD CHOICES IN YOUR CHILD'S DIET**

A healthy, well-balanced diet should include a variety of foods from all food groups including grains, fruits and vegetables, dairy, meat, poultry, fish and fats.

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**Whole Grains**

- Are Rich In
  - B vitamins
  - Minerals
  - Fiber
- Include
  - Brown rice
  - Oatmeal
  - Popcorn
  - Whole Wheat Pasta
  - Whole Wheat Tortillas
  - Other Whole Grains
  - Whole Grain Breakfast Cereals

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**Fruits and Vegetables**

- Are Rich In
  - Water
  - Fiber
  - Iron
  - Calcium
  - Folate
  - Potassium
  - Magnesium
  - Vitamin A
  - Vitamin C
- Choose a variety of Fruits and Vegetables
  - Choose fruits and vegetables rich in color
  - Beans
  - Greens
  - Corn
  - Berries
  - Potatoes
  - Carrots
  - Apples
  - Tomatoes
  - Kiwi
  - Bananas
  - Peas
  - Oranges

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### Omega 3-s Are Found In

- Walnuts
- Cold Water Fish
  - Herring
  - Mackerel
  - Sturgeon
  - Anchovies

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### Omega 6-s Are Found In

- Some fruits and vegetables
- Eggs
- Poultry
- Cereals
- Vegetable Oils
- Flaxseed

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### Fun and Healthy Snack Choices

- Cheese
- Peanut Butter
- Hummus
- Whole Grain Cereals, Breads, Waffles, Etc.
- Quesadillas
- Yogurt and Smoothies
- Eggs
- Sweet Potatoe Chips
- Pasta

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**Energy Needs Of Preschool Children**

- Estimated Calorie Requirements
  - 1300 – 2300 kilocalories per day
  - About 40 calories per pound of body weight
- Energy Needs are Dependent on
  - Activity level
  - Growth rate

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**How Many Servings Each Day**

- Grains (one ounce serving size)
  - 4 to 5 servings
    - ½ from whole grains
- Vegetables (1/2 cup serving size)
  - 1 to 2 servings
- Fruits (1/2 cup serving size)
  - 1 to 2 servings
- Milk/Dairy (one cup serving size or equivalent)
  - 2 to 2 1/2 servings
- Meat/Beans (one ounce serving size)
  - 3 to 4 servings

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**Ensuring My Child's Nutrition**

- Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) to ensure your child's diet is adequate.

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**Feeding/Oral Motor Tidbits:**

**--Most all children/adults that come to the clinic have an underlying sensory processing disorder; in thirty years of doing feeding therapy there was only one child who truly was behavior based with symptoms of pre-anorexia and referred to a psychologist along with the feeding therapy.**

**--Most all children/adults that come to the clinic have a history of reflux either earlier in life or currently.**

**--Most all children/adults that come to the clinic have an underlying anxiety and rigidity that pervades their feeding disorder.**

**--Most all children/adults that come to the clinic have an underlying oral motor problem with accompanying hypersensitive gag reflex.**

**--It takes a strong, tenured Speech-Language Pathologist to “push with love” and to provide the confidence that the family needs to be strong in implementing a home program for consistent carryover: together we can do it.**

**--The feeding disorder is a family disorder!**

**--[www.autismspot.com](http://www.autismspot.com)**

**--[sallybober.com](http://sallybober.com)**

## Carrot Cake Cupcakes

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Prep Time: 30 min    Level: Intermediate    Serves: 22 cupcakes  
Inactive Prep Time: --  
Cook Time: 45 min



### Ingredients

2 cups sugar  
1 1/3 cups vegetable oil  
1 teaspoon pure vanilla extract  
3 extra-large eggs  
2 cups all-purpose flour  
2 teaspoons ground cinnamon  
2 teaspoons baking soda  
1 1/2 teaspoons kosher salt  
3 cups grated carrots (less than 1 pound)  
1 cup raisins  
1 cup chopped walnuts

### For the frosting:

3/4 pound cream cheese, at room temperature  
1/2 pound unsalted butter, at room temperature  
1 teaspoon pure vanilla extract  
1 pound confectioners' sugar

### Directions

Preheat the oven to 350 degrees F.

Beat the sugar, oil, and vanilla together in the bowl of an electric mixer fitted with a paddle attachment. Add the eggs, 1 at a time. In another bowl, sift together the flour, cinnamon, baking soda, and salt. With the mixer on low speed, add 1/2 of the dry ingredients to the wet ingredients. Add the grated carrots, raisins, and walnuts to the remaining flour, mix well, and add to the batter. Mix until just combined.

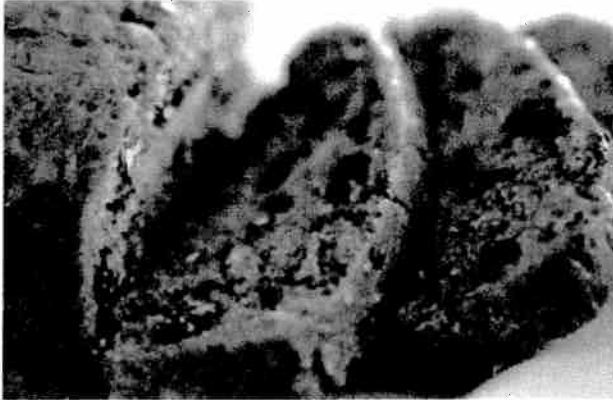
Line muffin pans with paper liners. Scoop the batter into 22 muffin cups until each is 3/4 full. Bake at 400 degrees F for 10 minutes then reduce oven temperature to 350 degrees F and cook for a further 35 minutes, until a toothpick comes out clean. Cool on a rack.

For the frosting, cream the cream cheese, butter, and vanilla in the bowl of an electric mixer fitted with a paddle attachment. Add the sugar and beat until smooth.

When the cupcakes are cool, frost them generously and serve.



## Zucchini Bread



### INGREDIENTS

- 2 eggs, beaten
- 1 1/3 cup sugar
- 2 teaspoons vanilla
- 3 cups grated fresh zucchini
- 2/3 cup melted unsalted butter
- 2 teaspoons baking soda
- Pinch salt
- 3 cups all-purpose flour
- 1/2 teaspoon nutmeg
- 2 teaspoons cinnamon
- 1 cup chopped pecans or walnuts (optional)
- 1 cup dried cranberries or raisins (optional)

### METHOD

**1** Preheat the oven to 350°F (175°C). In a large bowl, mix together the sugar, eggs, and vanilla. Mix in the grated zucchini and then the melted butter. Sprinkle baking soda and salt over the mixture and mix in. Add the flour, a third at a time. Sprinkle in the cinnamon and nutmeg and mix. Fold in the nuts and dried cranberries or raisins if using.

**2** Divide the batter equally between 2 buttered 5 by 9 inch loaf pans. Bake for 1 hour (check for doneness at 50 minutes) or until a wooden pick inserted in to the center comes out clean. Cool in pans for 10 minutes. Turn out onto wire racks to cool thoroughly.

Makes 2 loaves.

## Zucchini Bread with Pineapple

### INGREDIENTS

- 3 eggs
- 1 cup olive oil
- 2 cups sugar
- 2 teaspoons vanilla

- 2 cups coarsely grated zucchini
- 1 can (8oz) crushed pineapple, drained
- 3 cups all purpose flour
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1/2 teaspoon baking powder
- 1 1/2 teaspoon cinnamon
- 3/4 teaspoon nutmeg
- 1 cup chopped walnuts
- 1 cup raisins

#### METHOD

**1** Preheat oven to 350°F. In a mixer, beat eggs. Add oil, sugar, and vanilla; continue beating mixture until thick and foamy. With a spoon, stir in the zucchini and pineapple.

**2** In a separate bowl, combine flour, baking soda, salt, baking powder, cinnamon, and nutmeg. A third at a time, add dry ingredients into wet and gently stir (by hand) after each addition. Add the walnuts and raisins, blend gently.

**3** Divide the batter equally between 2 greased and flour-dusted 5 by 9 inch loaf pans. Bake for 1 hour or until a wooden pick inserted in to the center comes out clean. Cool in pans for 10 minutes. Turn out onto wire racks to cool thoroughly.

Makes 2 loaves.

*Adapted from a 1974 Sunset Magazine recipe*

Simply Recipes <http://simplyrecipes.com>





## Blueberry-Maple Muffins

[http://www.eatingwell.com/recipes/blueberry\\_maple\\_muffins.html](http://www.eatingwell.com/recipes/blueberry_maple_muffins.html)

From *EatingWell: Summer 2004, The Essential EatingWell Cookbook (2004)*

Whole-wheat flour and flaxseeds give these maple syrup-sweetened blueberry muffins a delicious, nutty flavor. Compared to a traditional version of the recipe, they have four times the dietary fiber and substitute healthful monounsaturated fat (canola oil) for saturated fat (butter).

**12 muffins** | **Active Time:** 30 minutes | **Total Time:** 1 hour

### Ingredients

- 1/5 cup whole flaxseeds
- 1 cup whole-wheat flour
- 3/4 cup plus 2 tablespoons all-purpose flour
- 1 1/2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 2 large eggs
- 1/2 cup pure maple syrup
- 1 cup nonfat buttermilk, (see Tip)
- 1/4 cup canola oil
- 2 teaspoons freshly grated orange zest
- 1 tablespoon orange juice
- 1 teaspoon vanilla extract
- 1 1/2 cups fresh blueberries
- 1 tablespoon sugar

### Preparation

1. Preheat oven to 400°F. Coat 12 muffin cups with cooking spray.
2. Grind flaxseeds in a spice mill (such as a clean coffee grinder) or dry blender. Transfer to a large bowl. Add whole-wheat flour, all-purpose flour, baking powder, cinnamon, baking soda and salt; whisk to blend. Whisk eggs and maple syrup in a medium bowl until smooth. Add buttermilk, oil, orange zest, orange juice and vanilla; whisk until blended.
3. Make a well in the dry ingredients and stir in the wet ingredients with a rubber spatula just until moistened. Fold in blueberries. Scoop the batter into the prepared muffin cups. Sprinkle the tops with sugar.
4. Bake the muffins until the tops are golden brown and spring back when touched lightly, 15 to 25 minutes. Let cool in the pan for 5 minutes. Loosen edges and turn muffins out onto a wire rack to cool slightly.

### Nutrition

**Per muffin :** 208 Calories; 8 g Fat; 1 g Sat; 4 g Mono; 36 mg Cholesterol; 31 g Carbohydrates; 6 g Protein; 3 g Fiber; 184 mg Sodium; 149 mg Potassium

2 Carbohydrate Serving

**Exchanges:** 1 starch, 1/2 other carbohydrate, 1 1/2 fat

### Tips & Notes

- **Tip:** No buttermilk? You can use buttermilk powder prepared according to package directions. Or make "sour milk": mix 1 tablespoon lemon juice or vinegar to 1 cup milk.

# Healthy Oatmeal Cookies (with Honey)

## **Ingredients:**

### Dry ingredients

- 1 cup whole wheat flour (a pinch more depending on the moisture of the mix)
- 1 1/2 cups of Large Flake Rolled Oats (smaller flake is ok too)
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1 Tbsp Cinnamon (I actually use about 3 Tbsp--got to love cinnamon)
- 1/2 tsp Nutmeg (optional)

### Wet ingredients

- 1/2 cup honey
- 1/2 cup oil (corn, grapeseed or olive) \* you can also use some applesauce to replace some of the oil if you wish\*
- 1 Tablespoon Molasses
- 1 egg (beat with 1 Tbsp Water)
- 1 tsp Vanilla

### Yummy ingredients

- 1/2 cup raisins (1 cup for my Dad's batch)
- 1/2 cup walnuts (more for my Dad's)!!

## **Preparation:**

1. In a large bowl, mix all the dry ingredients together.
2. In a medium bowl, mix all the wet ingredients together. Hint: when measuring out the honey, spray the measuring cup with oil or baking spray--your honey won't stick).
3. Mix the wet stuff with the dry stuff. Add the raisins and walnuts and mix. If the mixture seems too wet, add a bit of flour. If it isn't binding together very well, you may wish to add an egg white.
4. COOL the mix for 20 minutes in the fridge.
5. Preheat the oven to 335 degrees (lower temperature due to the honey in the recipe which will burn more easily).
6. Drop by teaspoonfuls onto your baking sheet (I recommend lining the baking sheet with parchment paper). Press down with a fork to ensure even cooking.
7. Bake for about 15 - 20 minutes or until golden on the bottom of the cookie. The cookies freeze very well and make a great snack! Enjoy.

# Healthy Eating Guidelines for Families

**1. Take Responsibility:** Parents are the nutritional gatekeepers for their child or children. Parents have responsibility for:

**What** a child eats: Primarily whole grains, fruits, vegetables, lean meats, low-fat or skim dairy foods, healthy fats and beverages

**Where** a child eats: Establish designated places where eating is allowed

**When** a child eats: Establish time guidelines for when meals and snacks will be served and eaten; adhere to these guidelines!

**2. Be Accepting of your child's responsibilities, which include:**

How Much to Eat

Whether to Eat or NOT to Eat

Must Eat from the Foods Offered: serve a favorite food with a "new" food; begin with only a bite of a "new" food only

**3. Be Persistent:**

Research shows it may take 12 to 15 exposures before a child will accept a new food. If your child refuses to eat a particular food, offer it in a different way. For example, if your child does not like cooked carrots; try raw carrots with Ranch dip. Enhance recipes; for example, add fat-free refried beans to spaghetti sauce or taco meat, try adding shredded zucchini or carrots to muffins.

**4. Be a Positive Role-Model:**

Set a good example for your children; let them see you eating and enjoying healthy foods and trying new foods. Sit down with your family to eat; make family meal a priority.

**5. Eat without Distractions:**

Eat without distractions like the TV; limit TV watching to 2 hours or less per day. Children with sensory issues can be overwhelmed with the smell of food, the diversity of textures, and the loud sounds from the TV can intensify their stress.

**6. Mind Your Portions:**

Pay attention to portion sizes; never eat right out of a bag or box, rather portion out an appropriate serving. Do not allow "grazing;" toddlers and preschool portions are about 1 Tbsp per year of age, but begin with 1 teaspoon of "less favorite" foods and gradually increase to 1 tablespoon.

**7. Be Respectful**

Respect your child's eating quirks or wishes within reason. For example respect that your child likes his/her sandwich cut diagonally or that they eat one food at a time, etc.

**8. Make Food Preparation a Family Affair:**

Involve your child or children in menu planning and preparation. It's important to expose picky eaters to a variety of foods. Allow children to wash, handle, and even play with foods! Children that help prepare a dish are more likely to try the new food.

**9. Have Fun and Remain Calm:**

Avoid engaging in bribes or battles over food; invite, rather than command, your child to try a new food. Encourage your child to "explore" the new food; never force feed a child. Again, be persistent and do not give up.

**10. Be Purposeful/Intentional:**

Keep the atmosphere light and happy; avoid confrontational family discussions; share something good or funny that happened during their day.

Taken from Carol Ann Brannon – The Family Feeding Guide

# Picky Eaters versus Problem Feeders

**Written By Carol Ann Brannon, MS, RD, LD**

Eating skills and food preferences evolve and develop along a continuum throughout childhood. While we assume eating comes naturally, for many special needs children it can be an overwhelming experience. Eating is a complex process that involves all five senses, as well as the mechanics of chewing and swallowing. For many children with special needs, especially children with sensory integration challenges, eating may be problematic resulting in mealtime conflicts and parental concerns regarding nutritional status and the possible negative effect on growth and development.

Parents can help their children become healthier eaters. First, assess your child's eating habits and determine where they are on the eating continuum. At one end of the continuum are problem feeders, in the middle are picky eaters, and at the opposite end of the continuum are healthy eaters. The chart below outlines and compares the 3 categories of eaters along the eating skills and food preference continuum.

If your child has one or more characteristics of a problem feeder, then you may want to seek the assistance of a multidisciplinary feeding team. There is hope and help for children that struggle to eat! Consider it a success when your child allows a new food to be placed on their plate; celebrate the first bite of a new food (even if that first bite is spit out!). Remember, developing healthy eater is a process. Will success be worth your efforts? Yes, without a doubt, a healthy diet is essential to optimal wellness, cognitive development, and performance.

## Characteristics of Problem, Picky, Healthy Eaters

**Problem Feeders**

Food intake limited to 10-15 foods or less  
Limited food groups and/or avoidance of one or more food groups  
Limits/avoids certain food textures, smells, colors  
Typically love carbohydrate foods

### Experiences:

- Food Neophobia\*
- Gagging
- Food Jags\*
- May have special needs, medical impairments, and/or developmental delays
- At risk for nutritional deficiencies; may have experience delayed growth

### Picky Eaters

- Selective food intake, but with persistence will try new foods
- May refuse a certain food one day, but will eat it on another day
- Food jags are temporary stages
- Consumes a variety of foods over the course of a week
- Enjoys a few number of colorful foods and textures
- Nutritional status may be adequate
- Normal growth and development
- Food refusal associated with demonstration of independence; with increasing age becomes less picky

### Healthy Eaters

- Enjoys a variety of foods
- Adventurous: willing to try new foods
- Eats a rainbow of colorful foods and variety of textures
- Experience normal growth and development

**\*Terminology**

**Food Neophobia**

Fear of new foods; strong reactions to new foods: gags, becomes ill; overcome with anxiety and/or tantrums; occurs about age 2, but decreases around age 5

**Food Jag**

Occurs when a child will only eat one food item meal after meal, then one day refuses a food that has been their "staple" food; extremely limited food choices

**Resources and References for Parents and Professionals:**

Ernsperger, L and Stegen-Hanson, T. Just Take a Bite Easy, Effective Answers to Food Aversions and Eating Challenges! 2004

Piette, Linda. Just Two More Bites: Helping Picky Eaters Say Yes to Food. Three Rivers Publishing, 2006.

Slatter, Ellyn. "Child of Mine, Feeding with Love and Good Sense" 2000.

Slatter, Ellyn. Secrets of Feeding a Healthy Family: Orchestrating and Enjoying the Family Meal. Kelcy Press 2nd Edition, 2008.

[The American Dietetic Association](#)