



Module 01:

HEALTHY EATING

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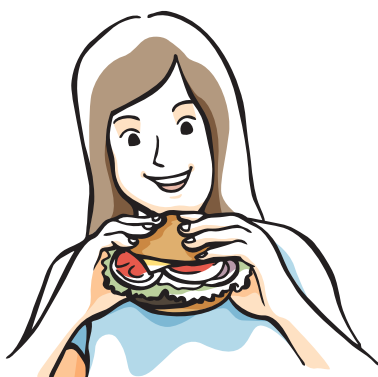
HEALTHY EATING

This module includes the following sections:

- › Key Messages
 - › An Easy Approach to Using Canada's Food Guide
 - › Effects of Medication on Appetite and Eating Habits
 - › Tips from Families for Healthy Eating
 - › Activities to Increase Healthy Eating
-

Good nutrition is important for healthy brain development and can help children and youth:

- › Do better in school
- › Feel better about themselves, their bodies, and their abilities
- › Cope with stress and manage their emotions better



Key Messages

1.

Families that eat together, eat better



Eating meals together as a family has many positive effects, such as higher nutrient intake and improved mental health.

Remember:

You are a role model – you influence the relationship your child will have with food!

2.

Eat breakfast



Children and youth who eat breakfast stay at a healthier weight. They also do better in school and have a higher intake of many nutrients, vitamins and minerals.

3.

Dieting doesn't work: Make small, achievable changes



Children and youth who diet gain more weight than those who don't. Dieting has also been shown to increase the chance of developing an eating disorder.

Take a short quiz to test your knowledge of healthy eating, and to learn about how healthy eating can impact mental health:
<http://keltymentalhealth.ca/healthy-eating-quiz>

Remember:

You can help your children make healthier choices by having fruits and veggies readily available at home

4.

Drink water, milk and only a small amount of 100% fruit juice and stay away from sugar sweetened beverages

Sugar sweetened beverages such as pop and fruit drinks contribute to obesity and the development of type 2 diabetes.

**5.**

Roles in feeding and eating: You shouldn't have to eat your vegetables to get dessert

Children are born with the ability to know how much to eat. They eat when they are hungry and stop when they are full. As a parent, try not to interfere with your child's eating. Your role is to provide food at appropriate times (i.e. 3 meals/day and 2-3 snacks/day). Your child's role is to choose what to eat from what you provide. If they don't eat, it's okay, there's always another meal or snack in 2-4 hours.



NOTE: Some children do not respond to hunger and fullness cues (for example, those on specific medications or those who have often ignored these cues). For these children, individual nutrition counselling by a dietitian may be required.

For more information:

www.ellynsatter.com/ellyn-satters-division-of-responsibility-in-feeding-i-80.html

6.

Treat with love, not sweets



When children do something well and are rewarded with food, or hurt themselves and get a cookie to make them feel better, they link these times with food. This link can continue with them through life. So later, when they are sad or anxious or even happy, they'll want to eat. Try to find other ways to reward children that don't involve food.

A link to a handout with ideas can be found in the 'Tools & Resources' section (look for 'National Heart Foundation of Australia' under 'Healthy Eating').

An Easy Approach to Using Canada's Food Guide

Using Canada's Food Guide is easy! Canada's Food Guide is a useful tool to make sure your family gets all the nutrients (carbohydrates, protein and fat), vitamins and minerals they need for their physical and mental health.

Follow the steps below to see what Canada's Food Guide recommends for your family:

Number of Food Guide Servings per Day			
Children		Teens	
4-8	9-13	14-18	
Girls and Boys		Females	Males

1.
Find your age and sex.

Food Group	Number of Food Guide Servings per Day			
	4-8	9-13	14-18 Females	14-18 Males
Grain Products	3	4	6	6
Milk and Alternatives	2	2	3-4	3

2.
Find how many servings of each food group are recommended for your age and sex.

Recommendations	Number of Food Guide Servings per Day									
	Children		Teens		Adults					
Age in Years	2-3	4-8	9-13	14-18	19-50	51+				
Sex	Girls and Boys	Females	Males	Females	Males	Females	Males			
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7	
Grain Products	3	4	6	6	7	6-7	8	6	7	
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3	
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3	

The chart above shows how many Food Guide Servings you need from each of the four food groups every day. Having the amount and type of food recommended and following the tips in Canada's Food Guide will help:

- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.

Get your copy of Canada's Food Guide:

Online: www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php

Print copy: Order free of charge by calling 1-866-225-0709

3.

Find out what a serving size is (e.g. 1 slice of bread = 1 grain serving).

NOTE: A serving size doesn't always mean a portion size. For example, a sandwich has 2 slices of bread, which is equal to 2 servings of grain.

4.

Choose foods described here most often. The type of food you eat is as important as the amount that you eat.

What's One Food Guide Serving?
Look at the examples below.

Fresh fruit 125 mL (1/2 cup)	Canned vegetables 125 mL (1/2 cup)	Leafy vegetables Cooked, 125 mL (1/2 cup) Raw, 250 mL (1 cup)	Fresh, frozen or canned fruits 1 fruit or 125 mL (1/2 cup)	100% Juice 125 mL (1/2 cup)
Bread 1 slice (35 g)	Bagel 1/2 bagel (45 g)	Flat breads 3 pits or 3 tortillas (35 g)	Cooked rice, bulgur or quinoa 125 mL (1/2 cup)	Cereal Cooked, 30 g Dry, 30 g (1/4 cup)
Milk or powdered milk (reconstituted) 250 mL (1 cup)	Canned milk (evaporated) 125 mL (1/2 cup)	Fortified soy beverage 250 mL (1 cup)	Yogurt 175 g (3/4 cup)	Kefir 175 g (3/4 cup)
Cooked fish, shellfish, poultry, lean meat 75 g (2 1/2 oz) / 125 mL (1/2 cup)	Cooked legumes 175 mL (3/4 cup)	Tofu 175 g (3/4 cup)	Eggs 2 eggs	Peanut or nut butter 30 mL (2 Tbsp)
<p>Oils and fats Include a small amount – 30 to 45 mL (2 to 3 Tbsp) – of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise. - Use vegetable oils such as canola, olive and soybean. - Choose soft margarine that are low in saturated and trans fats. - Limit butter, hard margarine, lard and shortening.</p>				

Make each Food Guide Serving count...
wherever you are – at home, at school, at work or when eating out!

- Eat at least one dark green and one orange vegetable each day.
Get a variety of colorful grains such as barley, brown rice, wild, whole and whole-grain.
- Choose vegetables and fruit prepared with little or no added fat, sugar or salt.
Prefer steamed, baked or roasted to fried or sautéed.
- Have vegetables and fruit more often than juice.
- Make at least half of your grain products whole grain each day.
Get a variety of colorful grains such as barley, brown rice, wild, whole and whole-grain.
- Choose grain products that are lower in fat, sugar or salt.
Read the Nutrition Facts table on labels to make sure.
- Drink skim, 1%, or 2% milk each day.
Have 500 mL (2 cups) of milk every day for added calcium and vitamin D.
- Select lower fat milk alternatives.
Compare the Nutrition Facts table on labels to make sure.
- Have meat alternatives such as beans, lentils and tofu often.
Choose fish and lean meats, poultry, eggs, tofu, soy and nut products.
- Select lean meat and alternatives prepared with little or no added fat or salt.
Use cooking methods such as broiling, baking or poaching that require little or no added fat.
If you eat between meals, choose or prepare snacks, choose those lower in salt, sodium and fat.
- Enjoy a variety of foods from the four food groups.
- Satisfy your thirst with water!
Drink water regularly. It's a calorie-free way to quench your thirst. Drink more water in hot weather or when you are very active.

* Health Canada provides advice for eating together to ensure everyone gets their share. Refer to www.healthcanada.gc.ca for the latest information.

Have trouble thinking of meal ideas? Check out the *Meal Planning* activity sheet in the 'Tools & Resources' section of the toolkit.

Note: Recently the recommended intakes for vitamin D for children, teens and adults were increased to a level seldom met through diet alone. Discuss with your dietitian, or a dietitian with Health Link BC (call 811 toll free in B.C.).

Effects of Medication on Appetite and Eating Habits

Some medications can affect your child's eating habits. This means your child might feel less hungry or more hungry. With some medications, weight gain is a particular concern. These medications include mood stabilizing medications (e.g. Lithium) and second generation antipsychotics (SGAs) (e.g. Olanzapine, Risperidone, Quetiapine).

NOTE: SGAs are also sometimes known as atypical antipsychotics (AAPs).

It is important to talk to your family doctor or dietitian if you feel your child is not getting the nutrients he or she needs. Also, monitoring by your family doctor is extremely important when your child is on medications. Your doctor should take baseline measurements, such as height and weight, before your child starts the medication. Your child should then be monitored on a regular basis. In addition to medical monitoring by your doctor, as a family you can also observe and note any changes that you find concerning.

Tips for addressing appetite

challenges due to medications that some families have found helpful can be found in the 'Tips from Families' section of this module.

More information on medications can be found at:
<http://keltymentalhealth.ca/treatment/medications>



Tips from Families for Healthy Eating

These tips have been developed by families, for families through a series of focus groups across B.C. Keep in mind that not all tips are appropriate for all families – if you have questions about a specific concern, talk to your family doctor or other health care professional.

General strategies

- › Model healthy eating. Demonstrate a positive attitude to trying new foods and provide choices of healthy foods
- › Introduce a wide variety of foods early on
- › Build on your child's strengths. For example, if your child is creative, allow them to help decorate a dish you have made

Getting them involved and interested in food

- › Involve your child in the grocery shopping
- › Let your child make the menus for the week or plan a meal (see the 'Tools & Resources' section of this toolkit for a *Meal Planning* activity sheet)
- › Let your child choose a few items to go into their lunch or meal

Maximizing healthy foods

- › Have nutritious snacks easily available – for example, have veggies precut in the fridge
- › Allow your child to have one treat a day (e.g. a small bag of potato chips)

ALTERNATIVES TO SOFT DRINKS

- › Mixing sparkling water with a small amount of juice
- › Mixing Club Soda and lemon juice
- › Using fancy ice cubes and a straw can make drinks seem more special



Introducing new foods

- › Let your child read food magazines
- › Try something new every week
- › Ask your child to try a food more than once; if they don't like it, they don't have to eat it. Explain to your child that "taste buds grow up" – this may encourage them to try again another time
- › Use plates that have separated sections
- › Let your child know that it's okay not to finish everything on their plate
- › Have a friend come over who isn't fussy; your child or youth may be more likely to eat foods they normally would not

Textures and foods

Some children and youth with mental health challenges may have trouble eating foods with certain textures, colours, smells or temperatures. Here are some strategies families have found helpful:

- › Build on what your child knows and accepts. Make a list of the foods and liquids that your child currently likes. Organize these into categories such as taste, texture, colour, or smell. For example, does your child eat mostly foods that are crisp or crunchy? Foods that have a strong taste?
- › Use your child's likes as a way to introduce other healthy foods. For example, if your child likes crunchy food, try finding other healthy foods that are crunchy (e.g. a salad with nuts, crunchy noodles, or raw vegetables)

NOTE: Children with sensory issues around the texture of foods, or who have severe food aversions would benefit from seeing an occupational therapist, behavioural therapist, or speech language pathologist if it is impacting their ability to eat a healthy diet.

Encouraging healthy eating outside the home

- › Suggest going somewhere where your child or youth can choose what goes into their food (e.g. Subway™)
- › Don't stress about what your child eats outside the home. Everything is okay in moderation
- › Pack healthy snacks when on the go.

Appetite Challenges Due to Medications

Little or no appetite:

- › Some medications used for ADHD may decrease appetite. Make sure that your child eats regularly. Small meals or snacks every few hours may be helpful for some children
- › If your child needs to eat more, take them grocery shopping with you – it might help stimulate their appetite
- › Have your child try not drinking before or during a meal. This way they will fill up on food instead of liquids

NOTE: Sometimes meal replacements like Ensure, Pediasure, or Instant Breakfast might be useful. These meal replacements should only be used under the guidance of your health care professional. If you feel these might benefit your child, speak to your health care professional.

Increased appetite:

- › If your child is on a second generation antipsychotic (SGA) medication, give them grains that are high in fibre. These will allow your child to feel more full. For example, Mini Wheats™ with 5g fibre/serving will help your child feel more full than a bowl of Cheerios™ with 2g fibre/serving
- › Give your child a glass of water before meals to fill up their stomach
- › Play with your child to take their mind off food
- › One parent found that it was helpful to explain to their child that, “this medicine doesn’t let you know when you’re full, so we have to be your stomach until you can tell for yourself”



HAVE A HEALTHY EATING QUESTION?

Call 8-1-1 (HealthLink BC)
to speak with a Registered Dietitian

Activities to Increase Healthy Eating

A good way to get children and youth to eat healthy is by getting them involved in the process. Your child can get involved in any or all aspects of the family meals, such as choosing recipes, shopping, growing some of the ingredients, or helping prepare the food. Here are some ideas for activities that you can do as a family:

1. Make a Recipe Together

This might be done in an afternoon or it might take a couple weeks to complete – have fun!

1. Start by looking at pictures in recipe books and magazines. See where the ingredients fit in Canada's Food Guide
2. Have your child choose a recipe that you can make together
3. Check the kitchen together to gather the ingredients. Have fun playing detectives as you search the fridge and cupboards. Ask your child to write a grocery list for the missing items
4. Go together to the grocery store. Give your child as much independence as possible by pushing the cart, finding food on the list, picking up the new items, and paying for them
5. Let your child help prepare the recipe as much as they are comfortable
6. Share the dish with the family – celebrate!

HOW CHILDREN OR YOUTH CAN HELP WITH MEALS

- › Writing the grocery list
- › Reading recipes
- › Judging pan sizes
- › Dividing up even portions for serving
- › Measuring dry and liquid ingredients
- › Programming the microwave
- › Rinsing bottles for recycling

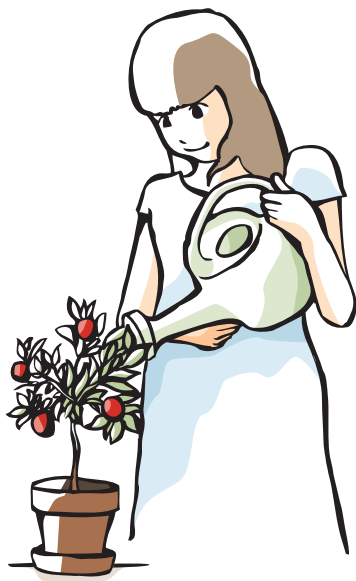
2. Grow Your Own Food

Start a veggie or fruit garden at home. Even apartments can have a small potted vegetable garden (e.g. tomatoes or a herb garden).

Let your child have a say in what is planted. Also, give them some gardening responsibilities like watering, weeding or planting seeds. Let them help you take care of the garden. Finally, let your child help decide how to use the fruits and veggies that are grown. They might be more likely to try vegetables that they grew themselves than vegetables bought from the store. This is also a great way to fit some activity into your day and to get outside!

3. Introduce a New 'Food of the Week'

Introduce a new 'food of the week' so that there is variety in your food choices. Your whole family can go to the grocery store or farmer's market and choose one new fruit or vegetable to try. Have fun taste testing at home!



Notes: