



B.C. First Nations Head Start Nutrition Tips and Ideas

(From the BCFNHS *Growing Together* newsletter)

SNACKS

Blueberry Yummies

Freeze blueberries. Children can pop them in their mouths frozen.

You can also offer frozen veggies at snack time. Many children enjoy the fun of eating crunchy frozen peas!

Banana-sicles

Freeze very ripe banana halves.

Dip in yogurt and sprinkle with crushed nuts or wheat germ.

Finger Salad

Spread tuna salad or peanut butter on a lettuce leaf. Roll it up and enjoy!

Fruit Dippers

Mix 1 cup of ricotta cheese, 3 tablespoons orange juice concentrate, and a dash of cinnamon.

Serve as a dip for cut-up fruits, like apple, strawberries, etc.

NUTRITION INFO

Fruity Drinks

Fruit drinks, beverages, cocktails and punches are not 100% fruit juice. These have sugar added.

Look for the words "100% fruit juice" on labels.

If you freeze juice boxes or water bottles the night before, they will be cool and defrosted by lunch. Having the frozen juice box tucked into the lunch bag will help prevent bacteria—which can cause food poisoning—from growing in the other part of the lunch (meat, eggs, past and mayonnaise items).

Did you know?

- 1 can of pepsi has 10 teaspoons of sugar?
1 glass of Kool-Aid has 9 teaspoons of sugar?
- 1 chocolate bar has up to 10 teaspoons of sugar?
- 1 Quarter Pounder Combo (with fries and drink) has 1666 calories, 51 grams of fat, and 1,450 mg of sodium. This meal uses up half the daily recommended calories, all the

maximum fat intake, and close to all the maximum sodium intake for an adult.

Take a bite out of more vegetables and fruits

- Especially the **dark green, orange, red, and yellow** ones because they are packed with nutrients.
- Let the children try a new vegetable or fruit each week. You can **make a game of it** by hiding the vegetable or fruit in a bag and asking them to guess what is inside.
- Let them touch the object, but no peeking until everyone has had a chance to guess what the food is. Then let them taste it.
- Not everyone will like the new food. That's okay! Try it again in a month or so. Children sometimes need up to 40 exposures to a food before they will taste and like it.

Calcium-rich foods

Yogurt and berries

Tofu fruit smoothies

Orange-juice-and-vanilla-yogurt popsicles

Frozen-milk-and-peaches fruit flurries

Fortified orange juice or soymilk

Baked beans

Grated cheese toppings

Dried fish, sardines, eulachons

Salmon soups and sandwiches

Sunflower seeds

Peanuts, walnuts, almonds

Dudes with brains eat food with grains

Because whole grains like whole wheat bread, whole wheat crackers, brown rice, oatmeal and cornmeal give us the energy that our brain needs to do its work. These foods also provide fiber to keep our insides clean, lower blood cholesterol and help control blood sugars.

Using traditional foods

For any meal or snack, using traditional foods provides an immediate nutritional boost. Many traditional foods provide more nutrients such as protein and iron, and less fat than store foods.

- Use wild berries or fruit in homemade muffins
- Add some wild greens to salads
- Cook a soup or stew using wild game or fish
- Use wild game as a substitute for meat in just about any recipe

Not only are the flavour and nutrients provided by traditional foods worth it, gathering and eating traditional foods is good for both body and soul.

Pick a Strong Protein

Protein is needed for many things in our bodies including growth of muscle, healthy blood, healthy immune system, etc. Protein foods often come packed with iron which is important for brain development in young children.

Protein foods to encourage:

- Meat
- Fish
- Eggs

- Beans
- Lentils
- Peanut Butter
- Wild Game

Avoid: Bologna, bacon, sausage and canned meats... they provide very little protein and iron, but lots of fat and salt.