

# January Newsletter

K.I.D.S. Therapy

January, 2013

## Nutrition in the New Year

Contributing Therapists: Lori Lester-Brown, OTR/L, Emily Tolstad, M.A., CCC-SLP

With the new year upon us, many of us make resolutions to eat better and to help our children eat better too, but that can be tricky if you have a picky eater or a child with food allergies or sensitivities. In June of 2011, the USDA replaced the familiar Food Pyramid with a Food Plate which more easily translates to the kitchen table. They recommend that half of your daily diet be composed of fruits and vegetables and the other half be grains protein and dairy.



### Inside this issue:

USDA daily Recommendations by Age

What to do With Picky Eaters

Tips for Special Diet Modifications

### MyPlate Kids' Place



Check out MyPlate Kids' Place at ChooseMyPlate.gov for songs, games, and activity pages that you can share with your family to help them learn about what you put into your body.

USDA daily Recommendations by Age				
	2-3 years	4-8 years	9-13 years	14-18 years
<b>Fruits</b> <i>May be fresh, canned, frozen, dried, cut-up, or pureed.</i>	1 cup	1-1.5 cups	1.5 cups	1.5-2 cups
<b>Vegetables</b> <i>Try to get a variety of dark green, starchy, red and orange, beans and peas and other vegetables</i>	1 cup	1.5 cups	2-2.5 cups	2.5-3 cups
<b>Grains</b> <i>Make at least half of your grains whole grains</i>	3 oz	5 oz	5-6 oz	6-8 oz
<b>Protein Foods</b> <i>Includes meats, poultry, eggs, beans and peas, nuts and seeds, processed soy products, and seafood</i>	2 oz	4 oz	5 oz	5-6.5 oz
<b>Dairy</b> <i>Includes Milk and milk based foods and calcium fortified soymilk</i>	2 cups	2.5 cups	3 cups	3 cups
<b>Oils</b> <i>Use sparingly. The amounts here are considered a daily allowance.</i>	3 tsp	4 tsp	5 tsp	5-6 tsp

*\*This information is summarized from www.ChooseMyPlate.gov. The range presented varies by gender. These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.*



**Website:**  
www.kidstherapyassociates.com

**Address:**  
11838 Bernardo Plaza Court,  
Suite 110,  
San Diego, CA 92128

## Picky Eaters

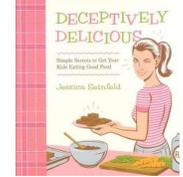
We usually perceive eating as a simple process but it is actually a very complex process requiring coordination of our senses, motor skills, and emotions. Addressing the needs of resistive eaters often requires a collaborative effort between the therapist, child, and all adults who care for the child across all environments where the child participates. Solving mealtime dilemmas is not a quick fix but here are a few things that you can do at home to help your child with positive exposure to new foods that increase their nutrition:

1. **Baby Steps!** Keep food exploration relaxed. Praise your child for touching, smelling or licking the new food. Do not force him to put food into his mouth or finish all the food on their plate.
2. **Play with your food!** Playing with food and eating with fingers is often the first step to learning about the texture, look and smell of new foods. It is sometimes helpful to set up opportunities to play with food during non-mealtime parts of the day and away from the dinner table.
3. **Combine preferred and non-preferred foods.** For example, allow the child to non-preferred veggies into a preferred dip. By doing this, the child has the opportunity to touch the non-preferred food, bring it to their mouth, and possibly lick or bite it.
4. **Present needed nutrients in creative ways.** While your child learns to accept new foods, get them nutrition through vitamins (gummy vitamins are often a hit), or foods they will eat, for example smoothies or squeeze ouches. There are a number of cook books that give hints on how to incorporate vegetables into food that many kids enjoy; 2 parent favorites are Deceptively Delicious by Jessica Seinfeld and Sneaky Chef by Missy Chase Lapine.

## Recommended Cook Books:

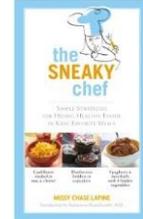
*Deceptively Delicious*

By Jessica Seinfeld



*The Sneaky Chef*

By Missy Chase Lapine



## Special Diet Modifications

Ideally, offer one protein, starch, and vegetable/fruit per meal, but we know when working with children, especially those with special dietary needs, it may be difficult to incorporate all food groups into one meal. Don't worry if one meal is heavier in vegetables and another in proteins. Look at nutrition over the course of the day or even the week to make sure they are getting a well-balanced diet.

**Vegans and Vegetarians:** Vegetarians can easily get all the nutrients they need. When considering a vegetarian diet, make sure to incorporate sources of the following nutrients: Protein (beans, nuts, nut butters, peas, and soy products (tofu, tempeh, veggie burgers), milk products, and eggs), Iron (fortified cereals, spinach, kidney beans, black-eyed peas, lentils, turnip greens, molasses, whole wheat breads, peas, dried apricots), Calcium (fortified soymilk cereals and juice, tofu, and dark-green leafy vegetables, and of course milk), Zinc (beans fortified breakfast cereals, wheat germ, pumpkin seeds, and milk), Vitamin B<sub>12</sub> (milk products, eggs, fortified foods and nutritional yeast).

**Other Special Diets:** Some children benefit from gluten free/dairy free diets or have allergies that require them to avoid common ingredients in premade foods. With awareness of these needs growing in the general population there are increasing resources to help you and your children enjoy foods that meet their nutritional needs. Here are just a few:

- **San Diego Gluten Free Dining options:** Bandar Persian Restaurant downtown, Boll Weevil in Santee, Cheesecake Factory, Bencotto Italian Kitchen, Mission Café in Mission Beach, Naked Pizza, Healthy Creations in Encinitas and 2Good2B Bakery and Café all offer gluten free menus and most offer dedicated gluten free prep space.
- **Allergy Aware Cookbooks:** There are a number of cookbooks for children that take allergies into account. [Allergy Proof Recipes for Kids](#) by Leslie Hammond avoids dairy, wheat, gluten nuts, and eggs and most recipes do not call for corn. The [Ultimate Allergy-Free Snack Cookbook](#) by Judi Zucker offers 100 kid friendly recipes without dairy eggs, wheat, soy, peanuts and tree nuts.
- **Allergy Support Groups:** A great way to meet other families to share ideas and offer encouragement. The San Diego Food Allergy Support Group ([sandiegofoodallergy.org](http://sandiegofoodallergy.org)) offers an online forum as well as in person meetings and events. Raising Our Celiac Kids (R.O.C.K.) offers gluten free parents a place to support their children together. In addition to supporting families affected by Celiac disease, their founder states that they welcome families who are using a gluten/casein free diet for children on the autism spectrum or any other reason. They can be contacted through their website at [sandiegorock.org](http://sandiegorock.org).

## Make Feeding FUN!

- Only use positive reinforcement.
- Change the shape, size and color of the food.
- Build things with food.
- Use cookie cutters with food.
- Use blunt end tooth picks to pick up.
- Use fruits and vegetables for spoons.

## Toddlers 2 Years and Up Should.....

- Eat 2 - 3 snacks and 3 meals a day, every 2 ½ - 3 hours.
- Be offered 3 tastes/3 textures: Introduce foods one at a time, not all at once.
- Be offered 1 protein, 1 starch, 1 fruit/vegetable, and drink at every meal/snack.

## Remember....

- The goal is to eat 150 – 250 calories per meal/snack.
- Rule of thumb: 1 tablespoon per year of age of each of three foods.