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## Picky Eaters

You've all dealt with this at some point, right? Beyond your child not liking certain veggies or fruits, they may only like to eat a small handful of foods.



This leads to a lot of frustration and creating meals that the whole family will enjoy may be a difficult task. Here is how you can approach this situation with your picky eater at home:

**1) You are in charge:** do not cater the whole meal to your kids. This will enable them to continue being picky and they won't be as open-minded to trying new things.

**2) Get them involved:** Research shows that kids who are involved in the cooking process are more likely to try foods.

**3) Be patient:** It can take up to 15 tries/exposures for children to figure out if they like certain foods, so do not give up after the first couple of times!

**4) Eat with your eyes first:** presentation matters! If it looks good, kids will be more likely to try it.

1. [16 Helpful Tips for Picky Eaters](#)

\*Check out the above link for more tips!\*

## A Happy and Healthy Holiday

The holidays are an amazing time to gather with family and friends while enjoying delicious food. Although most of us are already salivating thinking of our favorite holiday dishes, the holidays can be tough to navigate for those who are trying to eat healthy while still wanting to enjoy themselves. Here are some things that can help:

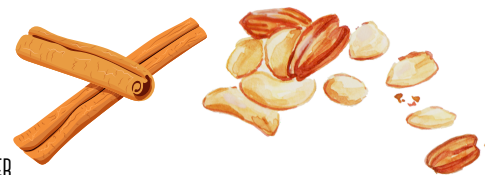
- **You Can Have It All:** All foods are meant to be enjoyed, and it all comes down to finding balance. Be mindful of portion sizes and plan out which holiday dishes you can't live without and which aren't worth the extra calories. One meal will not make or break your overall health, so don't feel guilty, and make sure you enjoy yourself!
- **Get Active:** Find ways to be active the day of your holiday party, whether it's going outside to play in the snow, going for a walk, or doing a quick workout/dance video on Youtube. This will help you burn some calories and feel less bloated by the end of the day.
- **Take Your Time:** It takes about 20 minutes for your brain to tell your stomach that you are full. Eat slowly, savor each bite, and be mindful of how you're feeling before going for that 2nd or 3rd serving. Eat until you're satisfied rather than until you're stuffed.
- **Don't Skip Meals:** If you try to save up all of your calories for the big meal by skipping, you will be a lot more likely to overeat and snack heavily. Aim for light, balanced meals earlier in the day so that you have room for the big meal but won't feel like you're starving.



## RECIPE: CINNAMON SPICED NUTS

RECIPE FROM [WYSE GUIDE](#)

- 4 CUPS MIXED NUTS
- 1/3 CUP MAPLE SYRUP
- 3 TBSP BROWN SUGAR
- 1 1/2 TBSP CINNAMON
- 1/2 TSP CLOVES
- 1/2 TSP GROUND GINGER
- 1/2 TSP CAYENNE PEPPER
- 1 1/2 TSP SALT



- 1) PREHEAT OVEN TO 375°. SPRAY THE BAKING PAN WITH NONSTICK SPRAY.
- 2) ON THE PAN, COMBINE ALL INGREDIENTS, STIR TOGETHER, AND SPREAD INTO AN EVEN LAYER.
- 3) ROAST FOR 15-20 MINUTES AND REMOVE FROM THE OVEN TO COOL. WHILE COOKING, STIR INTERMITTENTLY TO BREAK UP LARGE PIECES. STORE IN AIRTIGHT CONTAINER FOR UP TO A MONTH.

## Myth vs. Fact: Eating Late Makes You Gain Weight



**Myth:** Eating after a certain time causes you to gain weight. For example, you should not eat after 7:00 pm.

**Fact:** The most important factors are *what* and *how much* you eat. The reason why people say to avoid eating past a certain time is that the food eaten later at night is often done in excess of what your body needs (e.g. snacking after dinner while watching TV), and when you are tired later in the day, you don't have as much self-control. You may feel more bloated if you eat right before bed, but it doesn't necessarily mean you've gained weight in the long run, unless you eat more than you should. If setting a cutoff time for eating helps you to manage your overall intake for the day, then go for it! However, the time of day itself does not impact weight gain.