



SIMPLE TIPS FOR RAISING HEALTHY KIDS

Follow the basics of "9-5-2-1-0" to improve the health of your children:

- 9 - They need at least nine hours of sleep per day
- 5 - Feed them five servings of fruits and vegetables per day
- 2 - Limit their screen time to 2 hours or less outside of school
- 1 - Provide them an outlet to get at least 1 hour of physical activity per day
- 0 - Eliminate sugar-added beverages

9: They need at least nine hours of sleep per day

- Depending on the age of your child explain to them why the routine is healthy
- Know when your child is sleeping enough
- Anticipate what your child might ask for to avoid going to bed and include that into routine (water, small snacks, book, etc.)
- Introduce calming wind down activities
 - Gaze at stars once they are all ready for bed
 - Encourage school aged kids to journal
 - Thinking puzzles or games
 - Add lavender essential oil bath or on their pillow
 - Add lavender oil to homemade play dough
 - Check out modernparentsmessykids.com for more ideas!

5: Fruits and vegetables lay a blue print of good health for your child

- The brighter the color the more health benefits
- Try to include one at each meal and 2 snacks per day (an easy way to make sure you get 5)
- Calculate how much produce you need each week and make sure it's not wasted
- Include your kids in selecting and preparing the produce

****As long as your kids get 5 fruits and veggies, it doesn't matter how!**

- Add a serving of fruit or vegetables to every meal or snack
- Try a banana, berries or dried fruit on your cereal or yogurt
- Add spinach, tomatoes or cucumbers to your sandwich
- Order vegetable soup or eat baby carrots instead of chips with your sandwich
- Eat more salads rich with leafy greens and vegetables
- Add zucchini and peppers to your tomato sauce
- Mix broccoli or peas into your rice or pasta dishes
- For snacks, enjoy apples, pears, citrus or raw vegetables with low fat dip
- Make fruit and vegetables easy to access and convenient to grab
- Make it a personal or family goal to try a new vegetable or fruit every week



2: Limit screen time to less than 2 hours of “outside of classroom time” per day

Tips to decrease screen time

- Charge ALL electronics in central location in house (not in bedroom)
 - Keep TV, phones and other electronics off during meal time
 - Have an electronic free play zone in the house to encourage creativity
 - Substitute screen time with learning games, and reading
- outside time

1: Provide them an outlet to get at least 1 hour of physical activity per day

Tips for physically fit kids

- Set an example- have family fitness time and make time for your own workouts
- Call it “play” instead of “exercise”, which can sound like a chore
- Accomplish the 60 minutes per day in small bursts of time
- Exercise doesn't have to be fancy

****As long as their arms and legs are moving, the exercise counts!**

0: Eliminate sugar added beverages

Where Sugar is Hiding

- Soda, flavored milk, fruit juice/punch, pre made smoothies, sports drinks
- Other: condiments, cereals, bread, crackers,
- Sugar...AKA cane/date/beet/organic cane sugar, high fructose corn syrup
- Use 100% maple syrup, real honey, coconut sugar in moderation

Some “staple” meal ideas:

Breakfast

- Greek yogurt parfaits
- “Leftovers” egg frittata
- Homemade frozen breakfast burritos

Lunch

- Leftover soup or chili
- Salads you made on Sunday

Dinner

- Chicken veggie stir fry and brown rice
- Crock pot meals
- Breakfast for dinner (omelettes and whole wheat pancakes!)



How to Build a Healthy Snack:

Start with a fruit or veggie	Add some lean protein and healthy fat (whole grain optional)
Carrot or celery sticks	Peanut/almond/sunflower seed butter and raisins
Fresh berries	Greek yogurt or a low fat mozzarella stick
Apple slices	Peanut/almond/sunflower seed butter or hardboiled egg
Small orange	Handful of nuts or low sugar protein bar
Cucumber slices	Hummus or tuna salad

Mindfulness: deliberately paying attention to the present moment

Ways to increase mindful eating:

- Have children help with meal prep, set the table and turn off electronics during meal time
- Discuss the flavors and health benefits /spices you are eating
- Encourage waiting a few minutes before reaching for seconds
- Say a blessing or prayer over the food; discuss things you are grateful for or positive things about the day

Simple Recipes for Better Health that the Whole Family Will Love:

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Kid Friendly Greek Yogurt Parfait

Source: www.kidscooking.com

Yields: 2 servings

Ingredients:

- 1/2 cup frozen mixed berries
- 1/2 tsp. sugar
- 1 cup non-fat, low-fat or regular plain Greek yogurt (unsweetened)
- 1 tsp. honey (or more if you prefer a sweeter yogurt parfait)
- 1/3 cup sweetened granola, such as Trader Joe's praline pecan granola, or Udi's brand

Directions:

1. Toss frozen berries with sugar in a microwave-safe container. Heat on high 30-60 seconds, until berries are no longer frozen. They should be soft and juicy. Divide berries and their juices among two glasses or cups.
2. Top each with 1/2 cup of Greek yogurt. Drizzle 1/2 tsp. of honey (or more if you prefer a sweeter yogurt parfait) over yogurt.
3. Top with granola.

"Leftovers" Egg Frittata

Source: www.kidscooking.com

Yields: 2 servings

This frittata is great any time of the day. It creatively incorporates leftover meats, veggies, or grains into a delicious, high protein and satisfying meal.

Ingredients

- 4 eggs
- 1/4 cup milk
- 1/4 tsp dried thyme OR herb of your choice
- 1 cup filling (use leftover meat, cooked grain/paste, cheese or veggies; make sure all fillings are cooked)
- 2 tsp. butter



Directions

1. BEAT eggs, liquid, herb and salt and pepper in medium bowl until blended. ADD filling; mix well.
2. HEAT butter in 6 to 8-inch nonstick omelet pan or skillet over medium heat until melted. POUR IN egg mixture; cook over low to medium heat until eggs are almost set, about 8 to 10 minutes.
3. REMOVE from heat. COVER and LET STAND until eggs are completely set and no visible liquid egg remains, 5 to 10 minutes. CUT into wedges.

30 Minute Chili

Source: www.practicalnutrition.com

Yields: 6-8 servings

Be creative when eating your chili. You can literally add chili to anything. Sometimes we make omelets or scrambled eggs with some chili mixed in. It is similar to adding salsa and mixes up your breakfast.

Ingredients

- 3lb Organic/Grassfed Ground Beef or Turkey (You can also use a combination of beef, turkey, chicken)
- 1 28oz can Organic Diced Tomatoes
- 1 6oz can Organic Tomato Paste
- 1 red onion, chopped
- 1 Tbsp Olive Oil
- 3 Tbsp Chili Powder
- 2 Tbsp Cumin
- 1 Tbsp Garlic Powder
- 1 Tbsp Cocoa or Cacao Powder (Don't question it... it makes a HUGE difference ☺)
- 1 tsp Sea Salt
- 1/2 tsp Cayenne Pepper

**Optional: For a deliciously spicy deep pepper flavor buy a small can of chipotle peppers in adobo sauce and chop up 1-2 peppers and add them into the chili.*



Directions:

1. Heat a large pot over medium heat. Add olive oil and onion and let cook for about 2 minutes.
2. Add in ground meat and cook until no longer pink.
3. Add in diced tomatoes and tomato paste. Mix well until everything is combined.
4. Now you can add all of your spices and whatever else you like to have in your chili.
5. Store in the fridge. You may want to put half in the freezer if you are also making other food or do not want to eat chili every day.

Frozen Healthy Breakfast Burritos

Source: www.tonandtigheten.com

Yields: 10 burrritos

Ingredients:

- 12 eggs (6 with yolks, 6 without (just the egg whites)- you could substitute all egg whites if you would like)
- 1/4 cup skim milk
- 1 green pepper, diced
- 1 onion, diced
- 3/4 lb nitrate free turkey sausage
- 1 cup reduced fat cheddar cheese, shredded
- 10 whole wheat tortillas

Directions:

1. In a bowl, crack the eggs one at a time, add the milk, and beat together with a whisk or a fork until they are fully incorporated.
2. In a large skillet over medium high heat, brown the sausage, peppers, and onions until the sausage is no longer pink and the vegetables are tender. Turn the heat down to medium and add the eggs. Let the eggs cook for a minute or two. You can then scrape the eggs from the edge of the pan to the center and continue doing this until the eggs are just about set.
3. Sprinkle the cheese on top and let rest for 20-30 seconds while the cheese melts. Spoon some of the sausage and egg filling in the center of a tortilla. Wrap up each tortilla burrito-style, with the sides folded in. Place each burrito seam side down and allow to cool for a couple of minutes.
4. Wrap each burrito in plastic wrap and then either wrap in foil or place in a plastic freezer bag. When ready to eat, remove wrap and place in the microwave for 90 seconds.



Breakfast Muffins—grab and go!

Source: www.practicalnutrition.com

Yields: 8 muffins

Prep these delicious muffins ahead of time and grab them on your way out in the morning or for a mid-day snack.

Ingredients

- 8 eggs
- 8oz cooked chicken tossed with salsa or any hot sauce you like
- 1 cup diced red bell peppers
- 1 cup diced onion
- $\frac{1}{4}$ tsp sea salt
- $\frac{1}{4}$ tsp ground black pepper
- 2 tbsp water

Directions:

1. Preheat oven to 425 degrees. Use silicone muffin cups or grease muffin tins with coconut oil.
2. Beat eggs together in large bowl. Mix in the rest of the ingredients then spread evenly over the 8 muffin cups.
3. Bake in oven for 20 minutes or until muffins are set in the middle.

Chocolate Banana Smoothie

Source: www.practicalnutrition.com

Yields: 1-2 smoothies

Ingredients:

- 1 cup coconut milk
- 1-2 cups ice
- $\frac{1}{2}$ avocado
- 1 banana



- 2-3 tbsp unsweetened cocoa powder or cacao powder
- 1 scoop whey protein

Directions:

Blend in blender and add water until desired consistency.

Banana-nola

Source: www.practicalnutrition.com

Yields: 1-2 smoothies

Ingredients:

- 2 cups whole or halved nuts of choice (pecans, walnuts, macadamias, almonds)
- 1 cup slivered or sliced almonds
- $\frac{1}{2}$ cup pumpkin or sunflower seeds
- $\frac{1}{2}$ cup almond meal
- 2 green tipped bananas (about 1 cup pureed)
- 1 egg
- 1 tbsp vanilla extract
- 2 tbsp raw cacao powder
- $\frac{1}{4}$ tsp sea salt

Directions:

1. Preheat oven to 350 degrees.
2. In a food processor, pulse the whole or halved nuts until they are in small chunks. Pour nuts into large mixed bowl then stir in slivered almonds, seeds, and almond meal
3. Place bananas, eggs, vanilla extract, and spiced in food processor and process for about 20 seconds. Pour banana mixture into the nut mixture and stir until nuts are all coated.
4. Pour nut mixture onto parchment paper on cookie sheet.
5. Bake for 30-35 minutes. Check every 10 minutes and turn the chunks of granola with a large spoon to help break them up. This allows it to dry out and become granola. Remove from oven and let cool or turn off oven and let it dehydrate further inside.
6. Store in air tight container for up to 1 week.



Taco Ground Beef

Source: www.practicalnutrition.com

Yields: 4-6 servings

Ingredients:

- 2lb Organic Ground Beef or other ground meat
- 1 tbsp Cumin
- 1 tbsp Chili powder
- 1 tsp garlic powder
- 1 tsp onion powder
- $\frac{1}{4}$ tsp cayenne pepper

Directions:

1. Heat a pan over medium heat and add ground beef.
2. Once ground beef is almost all the way cooked (very little pink left) add in your seasonings and mix well.
3. Cook until no longer pink.
4. Place inside corn tortillas or top a salad with salsa and guacamole for a taco salad.

Mashed Cauliflower

Source: www.practicalnutrition.com

Yields: 4 servings

Ingredients:

- 1 head cauliflower
- 2 tbsp organic grassfed butter
- $\frac{1}{2}$ cup coconut milk unsweetened
- salt and pepper to taste



Directions:

- Steam cauliflower until soft.
- In two batches, (one batch in a large blender or food processor) add cauliflower, 1 tbsp butter, $\frac{1}{4}$ cup coconut milk, salt and pepper. Blend for about 30 seconds then pour in container. Then do the second batch and add remaining ingredients. Blend for another 30 seconds until smooth.

Savory Salmon Cakes

Source: www.practicalnutrition.com

Yields: 3-4 servings

Ingredients:

- 3 tablespoons melted coconut oil divided
- 10 ounces canned wild caught salmon, drained
- 3 scallions, thinly sliced (about $\frac{1}{3}$ cup)
- 2 tablespoons finely minced fresh cilantro
- $\frac{1}{3}$ cup mashed baked sweet potato
- finely grated zest from $\frac{1}{2}$ medium lemon
- 1 tablespoon minced jalapeño pepper
- $\frac{1}{2}$ teaspoon red pepper flakes
- Kosher salt
- Freshly ground black pepper
- Lemon zest of 1 lemon.

Directions:

1. Preheat the oven to 350°F, and use a brush to grease a 12-cup regular sized muffin tin with one tablespoon of melted ghee or butter or coconut oil.
2. In a large bowl, mix together the salmon, scallions, and cilantro. Add the mashed sweet potato to the salmon mixture, and gently combine.
3. Then, mix in the lemon zest, jalapeño, the remaining two tablespoons of ghee, and red pepper flakes. Season with salt and pepper to taste.
4. I use my hands to mix everything together because that way I can make sure that the fish chunks aren't overly broken up.
5. Scoop a quarter cup of the mixture into each greased muffin tin cup and flatten out with the back of a spoon.
6. Bake for 20-25 minutes or until toothpick comes out clean.