



In This Issue:

- Breaking Your Child's Unhealthy Eating Habit

Recipe:

- Frozen Yogurt Cups



The Dietitian's Desk

Welcome to "The Dietitian's Desk!" This monthly newsletter is committed to providing insightful nutritional information and facts that promote a healthy lifestyle inside and outside of Sodexo's outstanding school nutrition program.

If you have any questions or comments, feel free to contact me at:

Marissa.thorsen@sodexo.com



So Happy is an easy-to-use menu and nutrition app that allows parents and students to see nutrition information and allergens of every meal served in their school.



Delivering on Student Well-Being

Breaking Your Child's Unhealthy Eating Habit

Kids who nibble on nutrient-rich foods from a young age are more likely to maintain those good habits later in life. Although it can be easy for families to slip into unhealthy food habits, with some practice, you can steer your child toward healthier choices.

Beyond Restriction

When you're trying to break an unhealthy food habit, forbidding certain foods that already are in the home may lead to behavioral problems such as tantrums and sneaking food. Food should not be labeled as "good" or "bad," nor should it be restricted. Instead, keep less nutritious food at home so kids know it's available and they don't have to sneak it.

Focus on Nutritious Foods

Be sure to have plenty of healthful alternatives available to fill the spot of any foods you may have removed from the home. Wash and cut fresh fruits and vegetables into pieces ahead of time and place them within easy reach in the refrigerator. Children feel more independent when they have options, so try keeping a snack drawer of healthier items and let them choose a food from it every day.

Learning to Like New Foods

A carrot may not be as exciting as a cookie — at first. But take heart, stick with the plan and celebrate small victories as you make gradual changes. Eating is a learned behavior and just as kids learn how to ride a bike by falling numerous times, they learn how to eat by trying new foods at least 15 times. If they don't like it, no problem. Don't force it, but try it again!

*Adapted from eatright.org
Breaking Your Gradeschooler's Unhealthy Food Habit
By Andrea Johnson, RD, CSP, LDN
Published March 12, 2019*

Frozen Yogurt Cups

Ingredients:

- Yogurt (any flavor!)
- Small berries of your choice



Directions:

Put 12 cupcake baking cups (paper or silicone) onto a small baking sheet. Use a spoon to drop some yogurt into each cup. Put a few pieces of fruit into each cup and slightly press them into the yogurt. Freeze for 2 hours or until solid.

Pop them out of the cups and enjoy!



Sodexo Health & School Programs

Take a look at these cool Sodexo programs and find out more by scanning their corresponding QR codes

