

# NUTRITION BITS AND BITES

## Intuitive Eating



### Did you know that children are born intuitive eaters?

Intuitive eating is the way we are born to eat! Babies and young children are naturally able to regulate their appetite. They know how much food to eat.

Trust that your child knows this, too.

## Raising Intuitive Eaters

Intuitive eating is a tool that can be used to help support a positive relationship with food. Here are some tips to support growing intuitive eaters:

### Offer regular meals and snacks

- Having a peaceful relationship with food is easier when eating regularly.

### Keep food talk neutral

- All foods support our bodies in different ways. No foods are “good” or “bad.”
- Try talking about the taste, colour, texture or temperature of foods at the table.

### Trust your child to eat

- Allow your child to decide how much food they want to eat at meals and snacks.

### Promote body respect

- Bodies come in different shapes and sizes, and it is normal for bodies to change over time.

### Be a positive role model

- Children learn from their parents. Allow yourself to enjoy all foods, too!

There is no right or wrong way to eat intuitively. To learn more:

<https://www.ellynsatterinstitute.org/how-to-feed/the-division-of-responsibility-in-feeding/>

<https://www.intuitiveeating.org/10-principles-of-intuitive-eating/>

## Apple Cinnamon Baked Oatmeal Muffins

Try this recipe for a snack or serve with yogurt and fruit for a make-ahead breakfast!

### Ingredients

- 3 cups Large Flake Oats
- 2 Tbsp Ground Cinnamon
- 2 tsp Baking Powder
- ¼ tsp Salt
- 1 ½ cups Milk\*\*
- 2 Eggs\*\*
- ½ cup Unsweetened Apple Sauce
- ¼ cup Canola Oil
- ¾ cup Diced Apple
- ¼ cup Raisins



### Directions

1. In a large bowl, combine oats, cinnamon, baking powder and salt.
2. In another bowl, whisk together the milk, eggs, apple sauce and oil. Pour over the oat mixture and stir to combine. Stir in the diced apples and raisins.
3. Divide mixture among 12 lightly sprayed or oiled muffin tins. Bake in preheated 350F (180C) oven for about 30 minutes or until a toothpick inserted in the centre comes out clean.
4. Serve warm or pack as a snack!

Choose your child's favorite fruit combinations using fresh or dried fruit

### Tips on getting your child involved in the kitchen

- Invite your child to combine ingredients in a bowl, crack the eggs, or divide the mixture into muffin tins before baking.

Recipe and photo from UnlockFood.ca: <https://www.unlockfood.ca/en/Recipes/Breakfast/Apple-Cinnamon-Baked-Oatmeal.aspx>

\*\* Refer to the Allergy Newsletter (September issue) for substitution ideas.

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

Contact Dial-a-Dietitian 1-877-830-2892 Health Links 1-888-315-9257 Nutrition Services Team 1-204-856-2055

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