

NUTRITION BITS AND BITES

Hydration Drinks and Food Marketing



Be Aware of Energy Drinks

Prime™ also has an energy drink that contains very high levels of caffeine that is above the upper tolerable limits for anyone under 18.

Excessive amounts of caffeine can lead to poor sleep, reduced concentration, headaches and anxiety.

These drinks are not recommended for anyone under 18.

Youth and Sports Drink Marketing

Lately there has been an uptick of sports/hydration drinks being targeted to young people. Social media platforms and YouTube have created a craze causing many kids to seek out and consume these drinks frequently. Popular brands such as Biosteel™ and Prime™ have been marketed as an easy way to get vitamins and electrolytes as well.

What To Watch Out For

Although these drinks do provide a source of hydration, they may contain high levels of certain vitamins which meet or exceed tolerable upper levels for kids. They also contain artificial sweeteners which can displace nutrient dense foods in the diet for children. Its important to note that Biosteel™ and Prime™ hydration don't contain enough carbohydrates to be suitable for intense or prolonged exercise.

Final Message:

Sports/hydration drinks are being heavily marketed to kids but can be harmful to their health. Talk to your kids about social media marketing and stick to tried and true beverages such as water, milk and 100% fruit juice.

True or False: Most kids need a sports/hydration drink for when they play after school sports
FALSE: Water is typically all that is needed. Sports drinks are only beneficial for long duration (more than 1 hour) or intense sports in hot weather

Pecan Parmesan Chicken Bites

A simple and tasty take on chicken fingers!

Ingredients:

Boneless skinless chicken breasts 3 (about 1 ¼ lb/600 g)
Maple syrup-2 Tbsp (30 mL)
Canola oil -1 Tbsp (15 mL)
Whole wheat panko breadcrumbs -½ cup
Finely chopped pecans -1/3 cup (75 mL)
Parmesan cheese, grated - 1/3 cup (75 mL)
Flax seeds, ground -¼ cup (60 mL)
Garlic powder -2 tsp (10 mL)
Dried oregano leaves -1 tsp (5 mL)
Each salt and fresh ground pepper - ¼ tsp (1 mL)



Directions

Cut chicken into cubes or strips and place in a large bowl. Drizzle with maple syrup and oil and coat evenly; set aside.

In a large resealable bag, combine breadcrumbs, pecans, cheese, flax seeds, garlic powder, oregano, salt and pepper.

Add a few chicken pieces at a time to bag and shake to coat.

Place onto parchment paper lined baking sheet and repeat with remaining chicken and coating.

Bake in preheated 475°F (246°C) oven for about 15 minutes or until golden and chicken is no longer pink inside.

TIPS:

- *These chicken bites can be re-purposed the next day and put into pita pockets, wraps, or in a salad
- *The ground flax in the recipe adds a boost of healthy fats and fibre
- *Substitute ground pecans for other nuts such as walnuts or pistachios

For more information on how to limit food marketing exposure to children scan the QR code



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/>

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