

Welcome to Raising Good Eaters

THERESA LAURENZ MS RD LDN

Please use strips of paper to write **ONE** phrase or action for each question:

1. What do you hope to take away from today?



2. What is an inappropriate phrase or action a baby/child has done while eating?

- Use () for action and "" for phrase



3. What disciplinary action or phrase have you seen a parent use for that inappropriate behavior?

- Use () for action and "" for phrase



My Goals for You

1. Explore Your Personal Food Relationship and Family's Food Relationship
2. Learn or Relearn Nutrition Basics
3. Create Your Ideal Food/Wellness Philosophy & Ground Rules for Your Family
4. Have at Least One New Fun Meal/Snack Ideas that Fits the Mouse Plate

YOU MAKE 200 FOOD DECISIONS DAILY



© WANSINK & SOBAL (ENVIR & BEHAVIOR 2007)

SURPRISED?

Irony

Noun

An expression of one's meaning by using language that normally signifies the opposite, typically for humorous or emphatic effect.

The opposite of what is expected

A solid orange horizontal bar spanning the width of the slide at the bottom.



Replacement Instead of Elimination

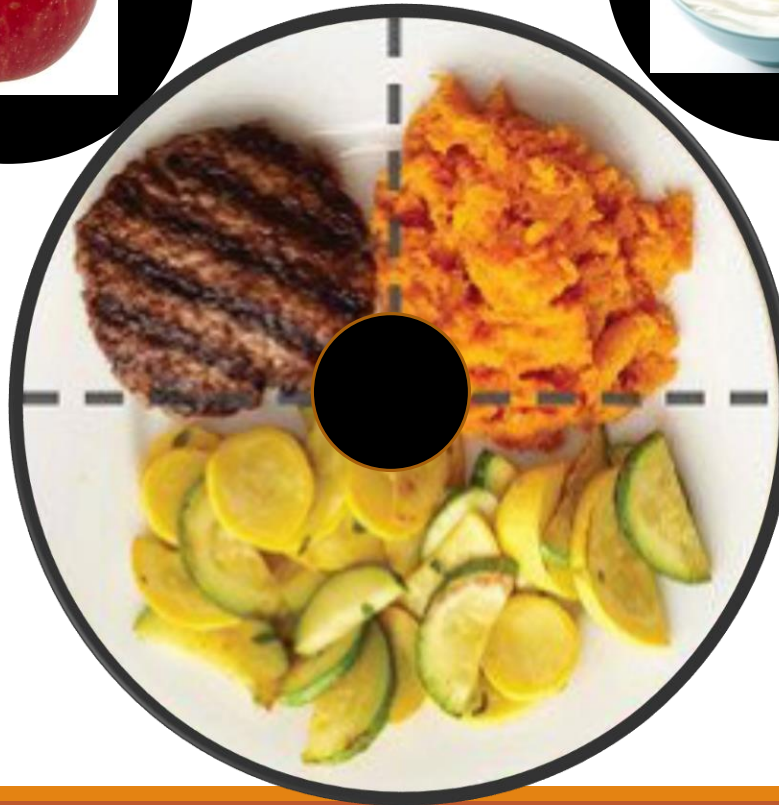
Plant the Flowers and Pull Out the Weeds



Mouse Plate



A handful of
dessert a day
keeps the
dietitian away
(eat it with meal/snack)



- **Protein Eye :**
Meat, Fish, Tofu, Beans, Lentils
- **Starch Eye :**
Grains, Potatoes, Corn, Peas, Beans
- **Watery Vegetable Smile:**
Broccoli, Carrots, Bell Peppers,
- **Fat Nose:**
Avocado, Nuts, Seeds, Oil
- **Fruit/Veggie Ear:**
Banana, Apple, Seaweed
- **Protein Ear:**
Yogurt, Beans, Cheese, Nut Butter
- **Dessert:**
Any highly processed food such as
chips, fried foods, alcohol, sweets,

Make it a Mouse Meal/Snack

Uh oh!

Your meal/snack are incomplete. How can you make it a Mouse meal/snack?

Draw your complete Mouse Meal on your group's paper.

Las Madres' Meal/Snack Ideas

Take a picture or send a link of your Mouse meal/snack idea via text or email:

Theresa.laurenz@gmail.com or 847-404-7066

Little One's Nutrition

- Stomach is size of fist
- Calcium and iron battle
- Appropriate Texture
 - Botulism and honey
- Allergens
 - Top 8:
 - Fish
 - Shellfish
 - Soy
 - Nuts
 - Peanuts
 - Wheat
 - Dairy
 - Eggs



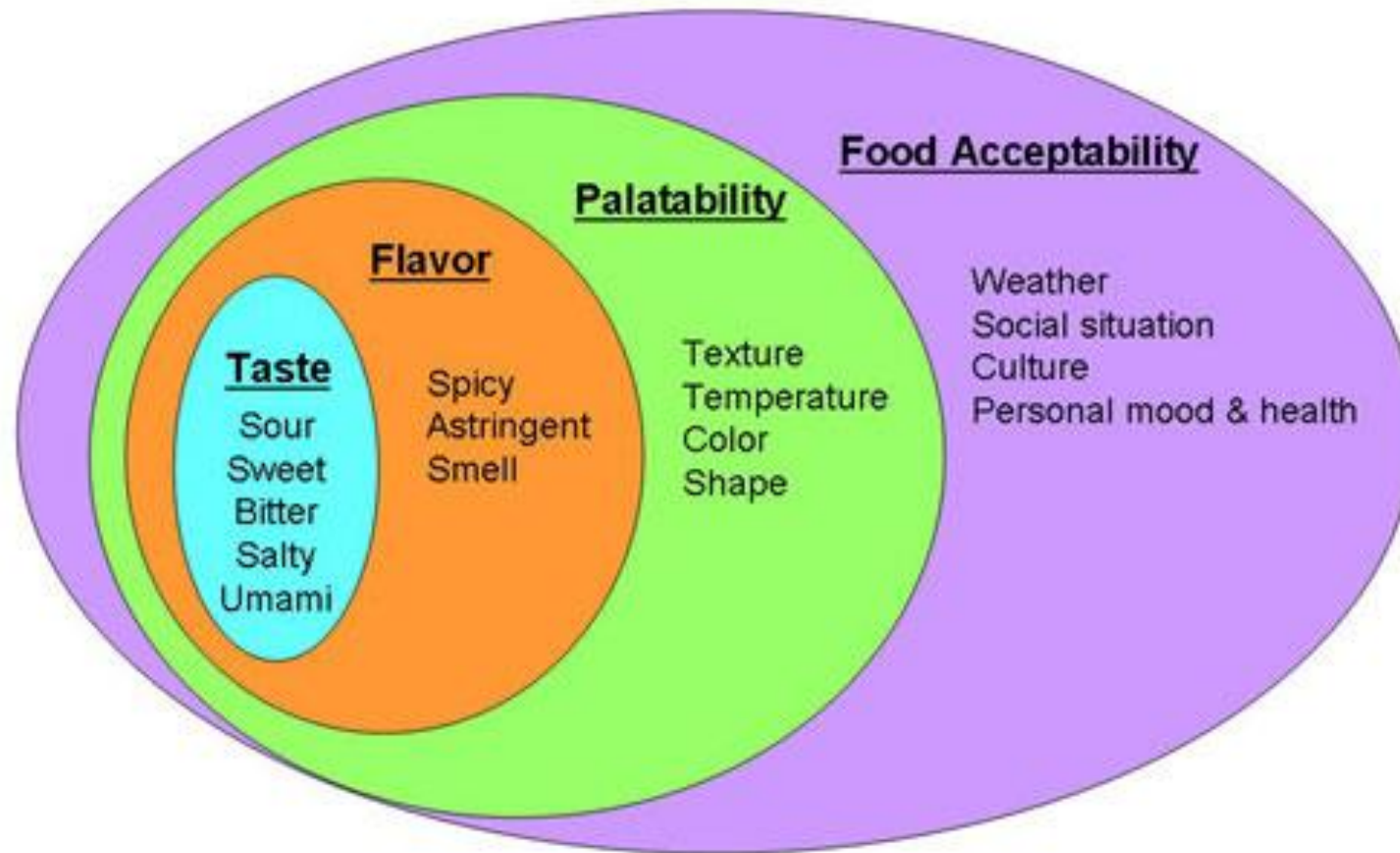
0-1 year	90-120 kcal/kg/day
1-7 years	75-90 kcal/kg/day
7-12 years	60-75 kcal/kg/day
12-18 years	30-60 kcal/kg/day

15 lbs (under 1y.o.) = 614 – 818 kcal/day
20 lbs (1 – 7 y.o.) = 682 – 818 kcal/day
30 lbs (1 – 7 y.o.) = 1022 – 1227 kcal/day
40 lbs (1 – 7 y.o.) = 1364 – 1636 kcal/day
50 lbs (1 – 7 y.o.) = 1705 – 2045 kcal/day
60 lbs (1 – 7 y.o.) = 2045 – 2455 kcal/day

Who likes the complex, dark drink?



Be a Scientific Food Taster



Use Labels Wisely

He hasn't acquired the taste for or learned to love Brussel sprouts yet.



Your kid can do and be anything, including a lover of Brussel sprouts!

Food & Control

Parents:

- Decide **what** foods to be provide
- Are not short order cooks
- Everyone eats together without distraction
- End meal calmly if food is thrown
- Offer new foods when kid is fresh (*dinnertime often is not the best time for many kids*)



Kids:

- Decide **how much** food they want to eat
- Play at food activity time (no throwing)
- Get to watch their parents eat too
- Unless a choking hazard, eat what parents eat
- May feed parents or a stuffed animal/baby
- Familiar foods offered with new foods



4 S's

1. Smiling
2. Stealing
3. Sous Chef
4. Sauce – dip it



Hunger vs. Energy

1 2 3 4 5 6 7 8 9 10

What are your non-food rewards?

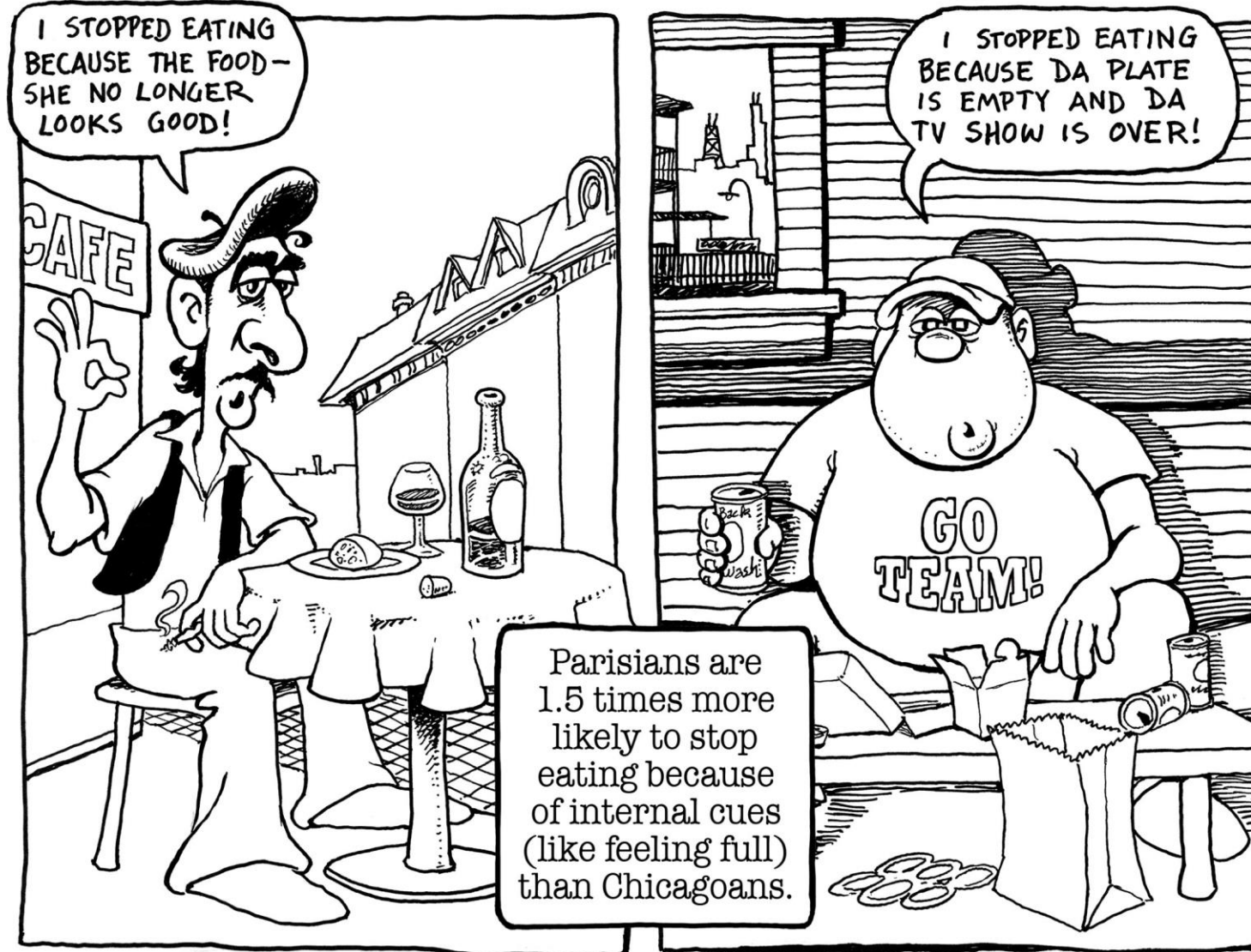


Cool Cartoons

Cartoon discussion – each are summaries of research studies performed by Cornell professor Brian Wansink

1. What is the cartoon's message
2. How do you apply the concept of the cartoon in your life

Why the French don't get fat:



© 2010 Wansink

Wansink, Payne & Chandon
Obesity Research, 2007

**A Good Nutritional Gatekeeper
Determines 70 Percent Of What
Their Family Eats.**



©2006 Wansink

Wansink, *Jrnl of the American Dietetic Assn*, 2006

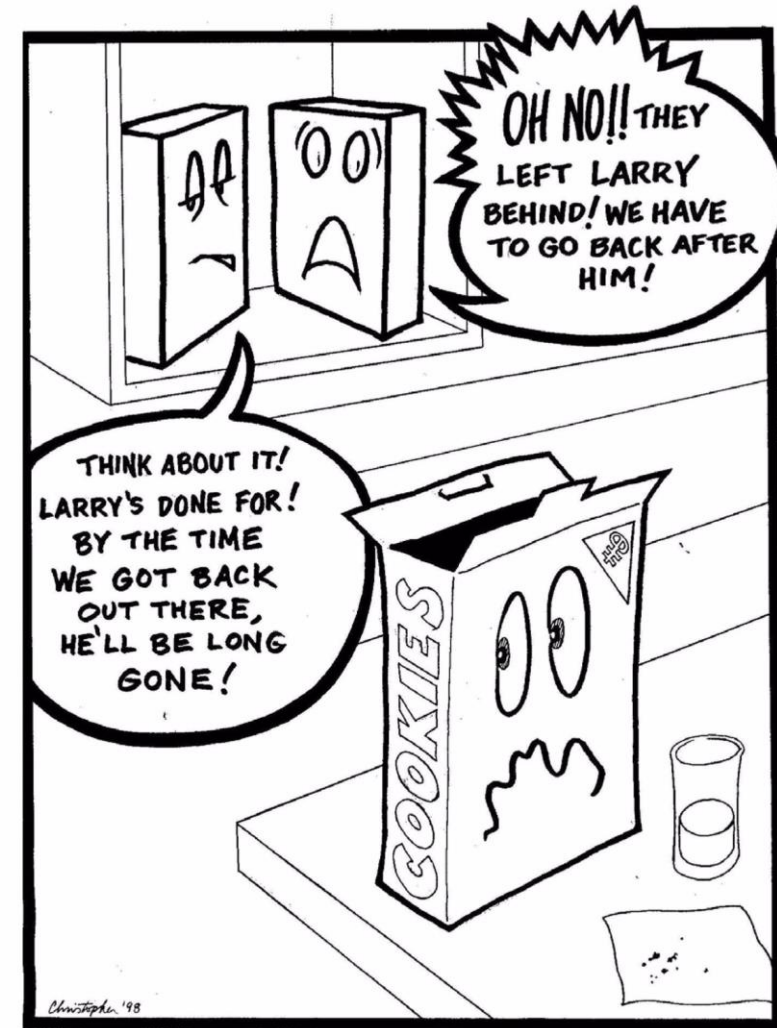
Is the first food you see the first food you eat?



© Wansink 2010

Source: Chandon & Wansink
J of Mkg Rsch 2002

Foods Left Out are Eaten Twice as Fast



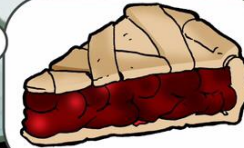
Painter, Wansink & Hieggelke, *Appetite*, 2002

IS THIS FUN OR EXERCISE?

TRY THINKING OF EXERCISE AS FUN AND
YOU WILL EAT LESS AFTERWARDS

WHAT A BEAUTIFUL
SCENIC WALK

ONLY ONE
MILE TO
GO...



© WERLE, WANSINK & PAYNE (MARKETING LETTERS 2014)

HAVING RECESS BEFORE LUNCH MEANS MORE NUTRITIOUS CHOICES

RECESS BEFORE LUNCH
INCREASES THE NUMBER
OF KIDS SELECTING
FRUITS OR VEGETABLES
BY 45%



THE AMOUNT OF FRUITS
AND VEGETABLES EATEN
INCREASES BY 54%

mood & food

The better your mood,
the better you eat.



**Food AND
Brand Lab**
Cornell University

THINK OF WHAT YOU'RE
GRATEFUL FOR AND YOU'LL
EAT UP TO 77% HEALTHIER

© GARDNER, WANSINK KIM AND PARK (JOURNAL OF CONSUMER PSYCHOLOGY 2014)

12 THINGS THAT MIGHT MAKE YOUR CHILD A SLIM ADULT

THESE ARE ALL SIGNIFICANT CROWD-SOURCED PREDICTORS OF ADULT BMI BASED ON AN INTERNATIONAL ENGLISH-SPEAKING SAMPLE OF 532 ADULTS ($P < .05$)

YOUR CHILD...

- HAS GOOD FRIENDS
- GETS ENOUGH SLEEP
- DRINKS WATER MORE OFTEN THAN SODA OR JUICE
- ISN'T BULLIED

YOU OFTEN...

- PREPARE MEALS FOR YOUR CHILD
- PREPARE MEALS FROM SCRATCH FOR YOUR CHILD
- TALK TO YOUR CHILD ABOUT NUTRITION
- PLAY OUTDOORS WITH YOUR CHILD

FOOD IS NOT USED AS...

- A REWARD, OR AS
- A PUNISHMENT

FAMILY HISTORY:

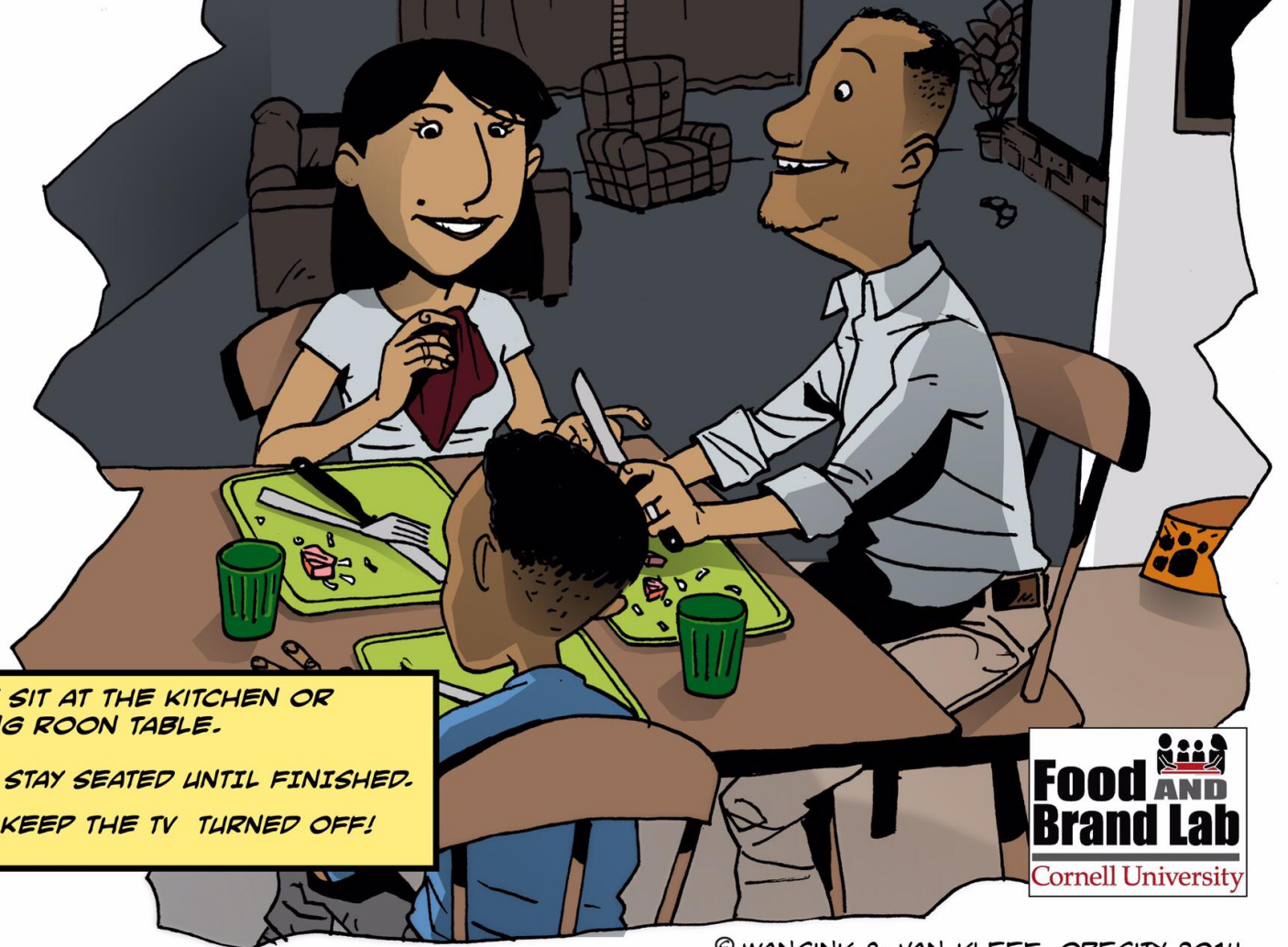
- YOU MAINTAIN A HEALTHY BODY WEIGHT
- YOUR PARENTS MAINTAINED A HEALTHY BODY WEIGHT

WHICH HEALTH MESSAGES WORK?

**EXPERTS PREFER NEGATIVE ONES BUT
THE PUBLIC FOLLOWS POSITIVE MESSAGES.**



SLIM FAMILIES HAVE SLIM DINING RITUALS



*THEY SIT AT THE KITCHEN OR
DINING ROOM TABLE.*

THEY STAY SEATED UNTIL FINISHED.

THEY KEEP THE TV TURNED OFF!



DON'T WORRY IF THEY DON'T CLEAN THEIR PLATES

CHILDREN WASTE 40% OF THEIR FOOD

WHY?

1. THEY'RE
NOT SURE
WHAT THEY
LIKE.

2. THEY'RE NOT
SURE HOW
HUNGRY THEY
ARE.

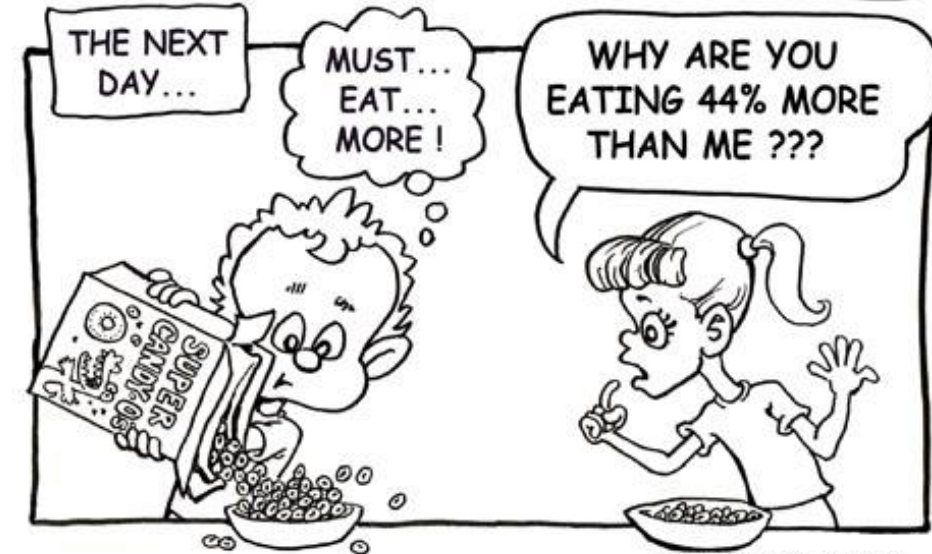
***IF YOUR CHILDREN DON'T CLEAN THEIR PLATES, DON'T FORCE THEM. THEY ARE STILL LEARNING AND IT JUST MEANS THEY'RE NORMAL!**



**Food AND
Brand Lab**
Cornell University

©WANSINK & JOHNSON (INT'L JOURNAL OF OBESITY, 2014)

Consequences of the "Clean Plate Club"



© Wansink 2010

Source: Wansink & Payne
Archives Ped & Adolesc Med 2008

THE 92% CLEAN PLATE CLUB

WE EAT ALMOST ALL OF WHAT WE SERVE OURSELVES

Smaller Plates = Smaller Appetites



© 2010 Brian Wansink

Wansink *Physiology & Behavior*, 2010



AFTER ANALYZING
1179 PEOPLE . . .

ADULTS EAT 92%
OF WHAT THEY
SERVE AT MEALS

92% EATEN

USE SMALLER PLATES
TO SERVE AND EAT LESS.

©WANSINK & JOHNSON (INT'L JOURNAL OF OBESITY, 2014)

DOWNSIZE



THIS POPCORN
IS TERRIBLE

THEN WHY DID
YOU EAT IT ALL?

**YOU'LL EAT 44% MORE STALE POPCORN
IF IT'S IN A BIG BUCKET!**

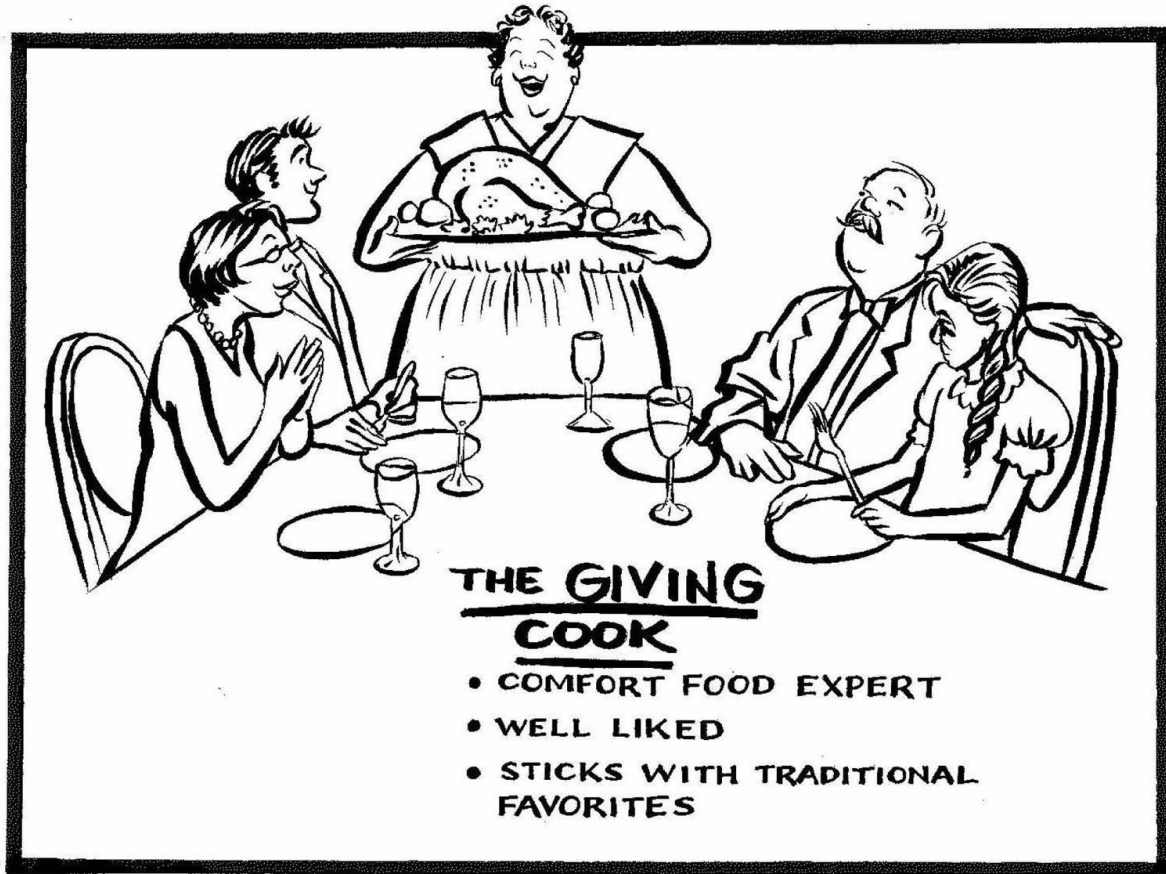




If the Buffet Costs More, You Eat up to 42% More



Giving Cooks are the Most Popular and Least Nutritional Cooks



Wansink, *Food Quality & Preference*, 2003

You Can Engineer Your Comfort Foods To Be Healthy



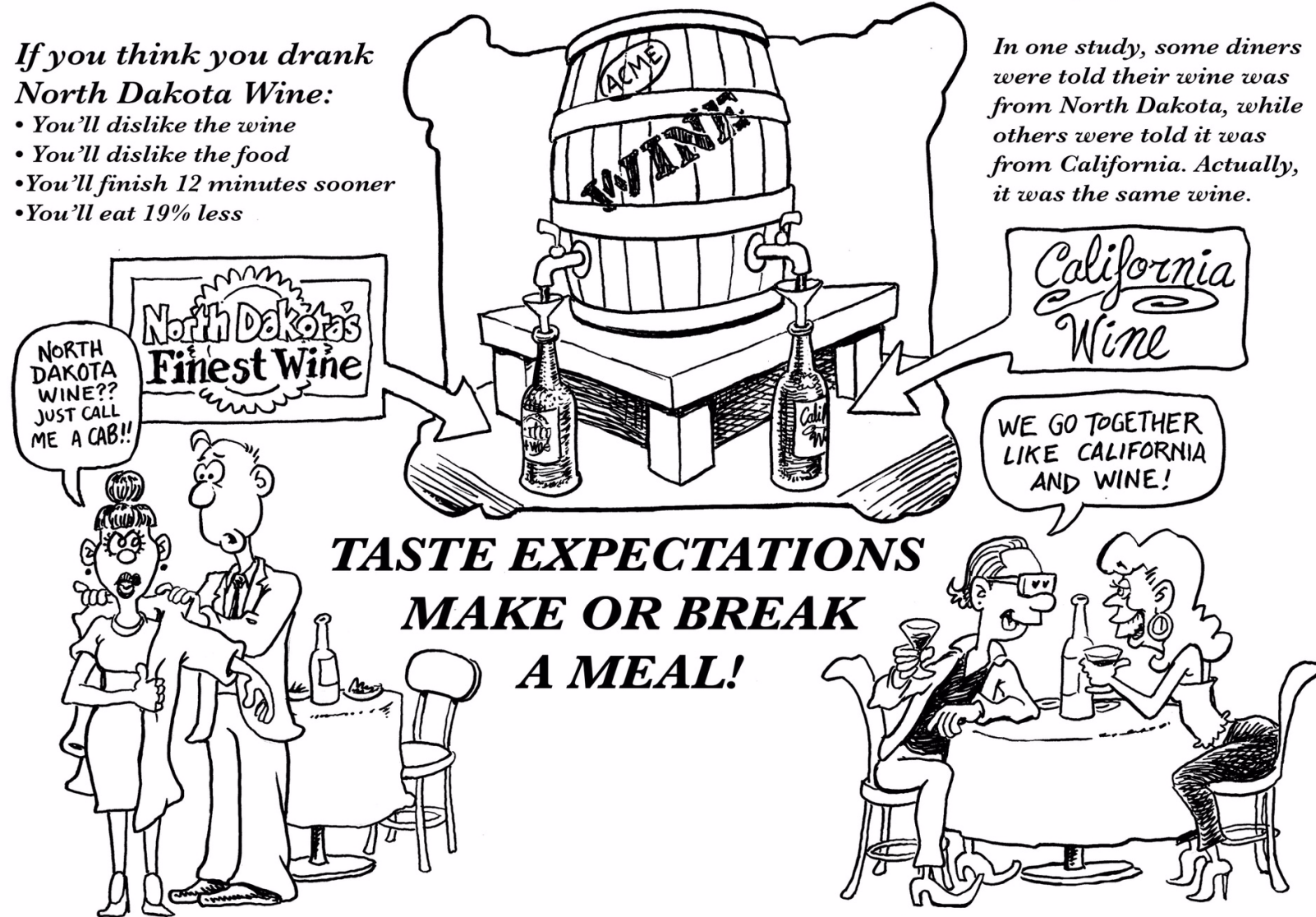
Wansink, *Mindless Eating*, 2006

Fine as North Dakota Wine

*If you think you drank
North Dakota Wine:*

- You'll dislike the wine
- You'll dislike the food
- You'll finish 12 minutes sooner
- You'll eat 19% less

*In one study, some diners
were told their wine was
from North Dakota, while
others were told it was
from California. Actually,
it was the same wine.*



Family Food Philosophy

What do you want yours to be?

Examples:

1. A handful of dessert a day keeps the dietitian away
2. Only keep one type of dessert in the house at a time
3. Always sit while eating
4. No electronics during meal/snack times

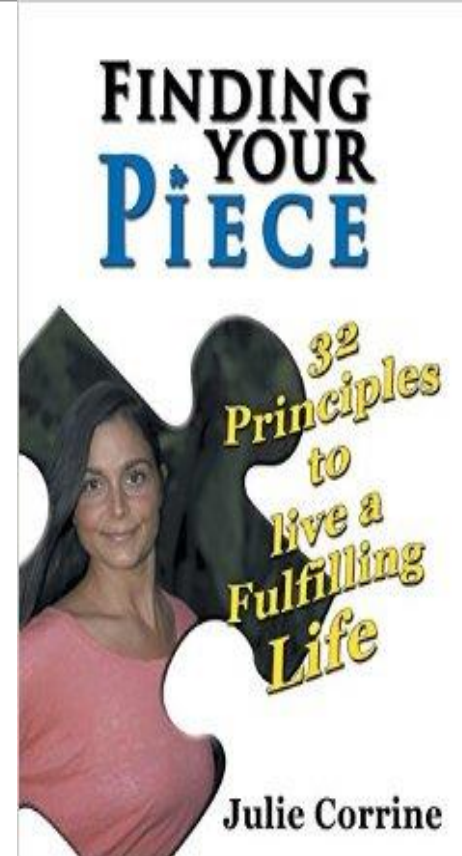
What is your one take away?



MyFitFlix & Finding Your Piece

Email me Theresa.laurenz@gmail.com for other wellness workshops:

- Improv Wellness
- Improv for Team Building
- Managing Stress
- Why Sleep Matters and How to Improve it
- Finding an Ideal Exercise Plan that Lasts
- Meal planning
- Wellness Goal Setting



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