

NUTRITION BITS AND BITES

Finding Balance with Plant-Based Eating



What Does “Plant-Based” Mean?

Plant-based eating means getting all food from plant sources (legumes, grains, vegetables, fruits, nuts and seeds). More and more people are choosing to eat this way all of the time or part of the time for many reasons, such as their health, compassion for animals, or the environment. With some planning, plant-based eating is safe for people of all ages.

Some Nutrients to Note

Calories help children grow and play. To help them get enough every day, include nuts/nut butters, seeds/seed butters, dried fruit, avocado, full fat soy products, and bean spreads.

Protein is needed for every cell in our body, so include some at each meal. We can get it from dried beans, lentils, tofu, veggie meats, tempeh, grains, nuts and seeds.

Iron carries oxygen to all parts of your body. It can be found in enriched grains, dried beans, lentils, fortified cereals, and pumpkin seeds. *{Tip: foods high in Vitamin C help your body absorb iron!}*

Calcium helps keep bones and teeth strong. We can get it from fortified plant-based milks, calcium-set tofu, calcium-fortified orange juice, tahini, kale, and almonds.

Vitamin B12 is important for your blood and your nerves. Many veggie meats and plant-based milks have it added. Taking a Vitamin B12 supplement can help you make sure you are getting enough.

Vitamin D helps your bones and your immune system. Good sources are fortified foods (plant-based milk or margarine) or a Vitamin D supplement.

Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.

Yummy Tummy Clocks

Here is a great way to teach time and enjoy a tasty snack! Let kids put together the clock and choose what time they are going to eat it up. Try this recipe with different veggies and look for a variety of delicious hummus flavours available to change up the taste. You can even try this with other favourite ingredients like bananas and other fruits to make the clock.

Preparation time: 5 minutes

Makes: 1 pita

Ingredients

- 1 small whole wheat pita
- 2 tbsp. hummus
- Quarter yellow bell pepper, sliced
- Quarter red bell pepper, sliced
- 1 carrot, cut into rounds



Instructions

Step 1: Spread the hummus evenly on the pita.

Step 2: Place the carrot rounds around the outer edge of the pita to make the clock numbers.

Step 3: Use a yellow and red pepper strip to make the hands on the clock. Serve remaining yellow and red pepper strips alongside.

Tips on getting the kids involved:

- Younger children can help by spreading the humus onto the pita bread.
- Older children can help by slicing the veggies.
- Send all the ingredients in your child's school lunch bag for them to assemble themselves at lunch time.

Recipe from: <http://www.unlockfood.ca/en/Recipes/Snacks/Yummy-Tummy-Clocks.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/>

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