



# wellnews

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## ASK THE EXPERT Permission to Eat

by Vanessa Mitchell, RDN



Eating is supposed to be enjoyable. Yes, your eyes read that correctly! Ellyn Satter, in her book *Secrets of Feeding a Healthy Family*, writes “Build your relationship with food on enjoyment. Feel positive about your eating, be reliable about feeding yourself, eat the food you enjoy in sufficient quantities to be satisfied, and let your body weigh what it will in accordance with your

lifestyle and genetic endowment.”<sup>1</sup> Stick with me here. Today’s messages and rules about eating are so often negative. “Don’t eat this. Don’t even think about eating that.” More time gets spent on avoiding than on providing. The question is, is this long list of rules and negativity working? Perhaps not. Is there a better way besides the wild pendulum-swinging between food restriction and excess?

Consider permission. A permission that is built on connection, self-trust, self-awareness, priority, providing and positivity. “Competent eating is made up of both permission and discipline: the permission to choose food you enjoy and eat in amounts you find satisfying, and the discipline to provide yourself with regular and reliable meals and snacks and to pay attention when you eat them.”<sup>1</sup>

If your interest is piqued by Ellyn Satter’s approach to eating, check out her book, *Secrets of Feeding a Healthy Family* or visit her website at [www.ellynsatterinstitute.org](http://www.ellynsatterinstitute.org)

<sup>1</sup>Satter, Ellyn, MS, RD, LCSW, BCD. *Secrets of Feeding a Healthy Family*. How To Eat, How To Raise Good Eaters, How To Cook. Second edition. 2008.

### Kokomo School Corporation, Employee Health & Wellness Center

#### Clinic Hours

- Monday: 6:30a – 1:00p
- Tuesday: 12noon – 6:00p
- Wednesday: closed
- Thursday: 12noon – 6:00p
- Friday: 6:30a – 1:00p

3507 S. Reed Road,  
Kokomo, IN 46902  
2nd Floor, Community Surgery Center  
765.776.5300



## FITNESS

# Promoting Activity in a Positive Way

*by: Kathleen Connelly B.A., Certified Personal Trainer, Certified Health Coach*

Have you heard the initiative *Play 60*? This is the easy way to remember that 60 minutes/day of activity is recommended for children under the age of 18 years old. Now how do we make it a reality for our children? The Ellen Satter Institute gives guidelines on how to promote activity in a positive way.

### **The Ellen Satter Institute's Division of Responsible for Activity:**

#### **Parent's responsibilities**

Provide structure, safety and opportunities.

#### **Child's responsibilities**

How, how much and whether he or she moves.

These responsibilities can be applied from infants to toddlers to adolescents. For an infant, this might look like the parent providing safe floor space and toys to promote movement; however, the infant decides how to move his/her body, kicking feet, rolling over, etc. For the toddler or adolescent, the parent provides opportunities for different types of activities like team sports, playing with friends, bike riding or others. The toddler/adolescent can try different ways to be active and find ones that are enjoyable for them.

Part of following these guidelines require parents to trust their children to manage how they choose to be active. This will allow children to grow independently in their physical capabilities, find out what activities they enjoy and build positive experiences around being active. These positive experiences as a child will help nurture a relationship with movement, which we know contributes to a healthy lifestyle.

For more information: [www.ellensatterinstitute.org/how-to-feed/the-division-of-responsibility-in-activity/](http://www.ellensatterinstitute.org/how-to-feed/the-division-of-responsibility-in-activity/)



## PITA PIZZA

### INGREDIENTS:

- 1 whole wheat pita
- ¼ cup pizza sauce
- 8 slices turkey pepperoni
- ¼ bell pepper, coarsely chopped
- ½ cup mozzarella cheese, shredded

### DIRECTIONS:

1. Pre-heat oven to 400 degrees F.
2. Sauté bell pepper and any other veggies desired in a small skillet. Do not over-cook.
3. Spread pizza sauce over pita. Layer turkey pepperoni, bell pepper and any other desired vegetables on top.
4. Place pita in the oven for approximately 5 minutes or until pepperoni slightly sizzles.
5. Sprinkle cheese on top and put pizza back in the oven for approximately 3 additional minutes or until cheese melts. An alternative method for finishing the pizza is to place it under a broiler to melt and slightly brown the cheese.

### Nutritional Information — Serves 1

Serving Size: 1 pizza  
 Calories: 307      Carbohydrate: 28g  
 Protein: 24g      Fat: 13g  
 Sodium: 966mg      Fiber: 8g

## NUTRITION

# Feeding Kids in Our Fast-Paced World

by Robin Stahl, RD, LD

When it comes to feeding kids, Ellyn Satter, MS, RDN, LCSW, BCD, a child-feeding expert and researcher, says feeding is parenting. Planning and preparing meals and snacks for your family on a predictable schedule will decrease struggles at feeding time. Ellyn says parents and kids have separate “jobs” when it comes to mealtime. Here is a condensed brief overview:



### Parents’ responsibilities

What food is served, when food is offered and where food will be eaten

### Children’s responsibilities

Whether or not they eat and how much they eat

Sometimes parents, armed with good intentions and knowledge of nutrition, try to talk kids into eating foods that they have no current interest in. Food preferences change often for small children, so offering a variety of age appropriate foods is important. Parents can trust the child to pick from the food offered. There is no single food so nutritionally important that parents need to get into a ‘war of wills’ over it. “Just one more bite for Mommy?” will persuade a child who is eager-to-please to eat (and possibly over eat) when they are no longer hungry. In the case of a child who needs more time to warm up to a new food, the pressure to eat could delay the child trying new foods.

The separate roles for parents and kids are simple in principle, but often difficult to honor. To make parenting easier at mealtime, check out Ellyn’s full discussion here: [ellynsatterinstitute.org/wp-content/uploads/2016/11/handout-dor-tasks-cap-2016.pdf](http://ellynsatterinstitute.org/wp-content/uploads/2016/11/handout-dor-tasks-cap-2016.pdf)

For much more information, read *Secrets of Feeding a Healthy Family*, by Ellyn Satter.



## STRESS AND MINDFULNESS

# Take the Stress Out of Family Meals

by Carla Ficorilli, MS, Health Coach

Dinner time can be stressful, no doubt about it. Too little time, child and adult schedules, and food preparation are the biggest barriers. Unfortunately, meal table quality has declined due to TV and electronics at the table.

However, family meal time has the potential to be one of the most important parts of the day. It provides structure for the day, children feel more secure and safe; they know what to expect. Family meals can provide insight into the emotional well-being of children's moods, behavior, and activities.

### Making Family Dinner Happen

It's not just about making dinner, it's about making dinner happen. Think about dinner in the morning, decide what you're going to make and prepare ingredients like chop an onion or set a pot of water on the stove. Make it the whole family's job. Kids can set the table or decide what side dish or fruit/veggie to have. When children take a role in dinner, they are more likely to eat the food.

### Making Meal Time Enjoyable

**Focus on "the-good-enough."** When it comes to manners, such as eating everything on the plate or staying seated, don't require perfection. Work on one or two things at a time. An enjoyable meal for everyone is the goal.

**Take a minute to feel gratitude.** At the end of a long day, take a step back and think about the positives. Let dinner time be a time for conversation and sharing.

For more information on the importance of family meals visit <https://www.fcconline.org/the-importance-of-family-mealtime/>

You can now get information from your health coach through social media!

Click the links below:

