



Nutrition Bits and Bites!

Myths and Facts

Debunking the Myths

- **Myth:** Nutella is nutritionally similar to peanut butter.
- **Fact:** Nutella contains more sugar and palm oil than hazelnuts and cocoa. The advertising slogan is “Hazelnut Spread with Cocoa”, but in reality, two thirds of Nutella is made up of sugar. When using Nutella, think of it as an added sugar not a nut butter.

- **Myth:** Vitamin gummies are necessary.
- **Fact:** Eating a balanced diet is the best way to ensure proper nutrition. Choose whole foods first and supplement with vitamins if your doctor has told you that you have a deficiency.
 - **Tip:** Make your plate colourful to get your vitamins from the best source – food!

- **Myth:** 100% Fruit juice is always the best choice.
- **Fact:** Although 100% fruit juices can be part of a healthy diet, they are still very high in sugars. The sugar in juice lacks a very important ingredient that fruit has – fibre!
 - **Tip:** Have real fruit instead of juice.

But my kids won't like it!

It may take up to 15-40 tastes of a new food before kids learn to like it!

Kids feel free to try new foods if they know they have the freedom to decline it. Allow children to look, smell, touch, and taste a new food within your boundaries of a respectful family meal time.

Try serving the same food in a variety of ways and serve a new food with familiar foods to help boost confidence.



Cook and Enjoy! Cooking Tips!

The World Health Organization says that limiting added sugars to less than 5% of our total daily energy intake does not increase our risk for cavities, diabetes, heart disease, or obesity. Sugar is not toxic in small amounts and it can be useful to help us eat healthy food that we otherwise wouldn't eat.

5% is about 6 teaspoons per day for the average adult, and 4-5 teaspoons per day for most school-aged kids. One teaspoon of sugar is 4 grams. Aim for no more than 8 grams of added sugar per meal (ie that's only two teaspoons of Nutella!) or a total of 24 grams per day.

Sugar can be useful to help you eat healthy foods. For example, if you don't like to eat plain oatmeal by itself, you can try mixing in a little Nutella (no more than 2 teaspoons) instead of adding brown sugar. Or for an added boost, add blueberries for a natural sweetener with vitamins and antioxidants!

RECIPE

No Bake Nutella Energy Bites

Ingredients

- 1 cup old fashioned, rolled oats
- ½ cup crispy rice cereal (or shredded coconut)
- 1/3 cup Nutella (or honey)
- ½ cup peanut butter or (No Nut butter)
- ½ cup ground flaxseed
- 1 tablespoon coconut oil
- 1 teaspoon vanilla
- ½ cup chocolate chips

Instructions

Mix together rolled oats, crispy rice cereal or coconut, Nutella, peanut butter, ground flaxseed, vanilla, coconut oil, and mini chocolate chips.

Scoop the mixture into small balls about 1 tablespoon each. Place the balls on a piece of parchment paper.

Use your hands to roll them into tightly packed balls. Place in the fridge to set.



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

For more nutrition topics, go to the news and events section of www.southernhealth.ca or

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