

Bloom

NUTRITION STUDIO | NUTRITION NEWSLETTER

SUMMER TIME VIBES

Warm weather. Good food. Family fun.
Bring it on!

DECEMBER 2018 | FREE!



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Summer's here!

Break out the hats and sunglasses, Summer has arrived!

And it's not just the sunshine and warm weather we've got to smile about.

Summer in Australia brings many favourite things; barbecues, outdoor living, family gatherings, Christmas time celebrations, and a whole lot of gorgeous fresh fruit and vegetable produce to hero at your family table.

So what are you waiting for? Get reading, get cooking, start eating!

Enjoy!

Angela & Julia

IN THIS ISSUE

- 03** Yummy fruit and veg in season for Summer
- 04** Your guide to keeping active on super hot summer days
- 05** Protein for kids - How much do they really need?
- 08** Choc mint smoothies - perfect for summer days
- 09** Healthy dinners for busy families - eating well on even the busiest of nights!
- 10** Julia's family friendly vego lasagne recipe



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TO MARKET, TO MARKET.

What's in season around Adelaide

WITH THANKS TO ADELAIDE FARMERS MARKET

Eating seasonally and locally tastes great.

But it has other great benefits too. Like less food miles & environmental impact, better prices, and it supports farmers and producers in your local area.

Here at Bloom we are based in sunny Adelaide, Australia. But we know our lovely readers come from far and wide! So for those of you who live locally, here's a little guide for what's in season right now. And for everyone else, don't forget to check what's fresh near you now!

Early Summer - December/January

Summer fruits:

Avocados, apricots, blackberries, blueberries, cherries, honeydew, loquats, oranges, peaches, plums, peacherines, raspberries, rhubarb, rockmelons, strawberries, watermelons.

Summer vegetables:

asian greens (bok choy & choy sum), beans, beetroot, carrots, corn, cos lettuce, garlic, leeks, olives, onions, spring onions, parsnip, peas, potato, rocket, silverbeet, spinach.

What to make to get your daily 2&5?

GET GOOGLING FOR A GREAT NEW RECIPE IDEA!
WHY NOT TRY...

- sensational summer desserts: mixed berry summer pudding, fruit filled pavlova or trifle, or a free form stone fruit tart
- salad heroes: like avocado guacamole with veggie salsa (think corn, capsicum, tomato, cucumber)
- seasonal favourite veggie sides - pesto beans, honey sesame carrots, bbq corn 'mamasita style', or quick stir fried asian greens with honey, soy and sesame oil
- smoothie and fresh juice stars - pick and mix using family favourites and seasonal specials!



KEEPING ACTIVE ON SUPER HOT SUMMER DAYS

with Bloom Nutrition Studio

The thought of an Aussie summer often conjures up images of whole days spent outside being active in the sunshine. The reality with little children however can end up being quite different!

So how do you keep your young family safe, active and sane during the super hot Aussie summer holidays? Here are some tips to try to keep those little bodies moving...

* Schedule activity for early morning or late afternoon, when the weather is cooler and the UV index away from its peak.

* Try water based activities - swimming, sprinkler fun, slip n slide, or hit the beach!

* If it's really hot, indoor activities like air-conditioned play cafes or dance classes can be a great way to burn up kids energy!

* For something a little more zen, try learning something new, like a family yoga class.

* For a little DIY family fitness, try your own YouTube guided in home fun like Cosmic Kids yoga, or Go-Noodle yoga, dance and fitness videos. If you're anything like my crew, you'll all be laughing and moving at the same time!

When getting active in the warmer weather, don't forget:

Keep up the fluids!

Water is the best drink for kids. Don't forget to fill your drink bottle before heading out. If you're hanging at home, have fun with fruit and herb flavoured waters, ice blocks or slushies, or home-made iced fruit teas etc. Drinks big on added sugars like juice drinks, sports drinks and soft drinks aren't needed for kids.

Pack a snack.

Active kids are hungry kids, so if you're heading out, fill the cooler bag with an ice brick and a stack of healthy snacks. Head to our website for some great ideas!

Be sun safe.

Vitamin D is an important nutrient in our bodies, which we get both from our diet and when it is synthesised by our skin. While a little sun exposure is healthy, but too much puts skin at risk. Stay out of the sun at peak sun exposure times, wear a hat, sun safe clothing, and sunscreen where it's needed. Visit the Cancer Council website for guidelines in your area about healthy exposure and sun protection

... and most of all, don't forget to join in, and have fun!



Julia @ Bloom

PROTEIN FOR KIDS

An issue that is frequently misunderstood by parents is exactly how much protein children need everyday and where they can get it from. One of the most common concerns I hear from parents of fussy or picky eaters is that they're not getting enough protein. As we go through their child's diet, they are often surprised to find that their protein intake is fine.

One of the reasons for this is that our bodies actually don't need that much protein. Even in children that are growing rapidly, it's not hard to meet their requirements. We also get protein from sources other than meat which many people are unaware of. For example breads and cereals, whilst usually recognised as a source of carbohydrate, also contain protein. Whilst some of these sources do not contain a complete range of amino acids (the building blocks of protein) when eaten as part of a balanced diet, overall protein intake will be sufficient. Dairy is a very significant source of protein for young children. I always ensure there are adequate alternative sources if we need to avoid dairy for some reason (eg the child has an allergy).

So how much protein do children actually need and where can they get it from? Below I've included a pictorial to give you an example of how easily a child's protein requirements are met.

Toddlers 1 - 3 yrs (between 10 - 15kg): 11g - 16g protein per day



8g
1 small cup of
milk (200ml)



2g
1 shredded wheat
biscuit without milk



2g
1/2 cob of corn



4g
1 slice of cheese



Julia @ Bloom

Children 4 - 8yrs (16 - 26kg): 15 - 24g protein per day



12g
Cheese sandwich



6g
small tub of yoghurt

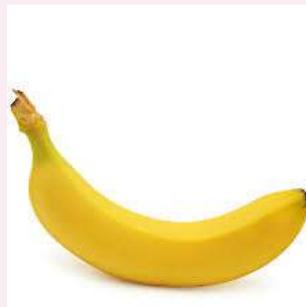


4g
1/2 cup broccoli

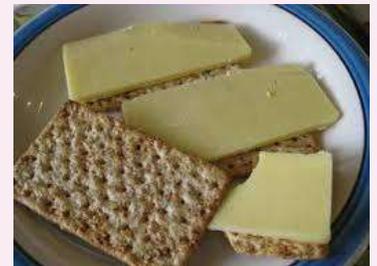
Children 9 - 13yrs (29kg - 46k): 29 - 46g protein per day



14g
3 weetbix with milk



1.5 g
banana



7g
4 vita wheat crisp bread and cheese



16g
1 small 95g tin of tuna



The typical Australian diet usually provides most children with more protein than their bodies require. This is not generally a problem. Occasionally we see children whose growth is faltering and part of our management plan is to try a high protein and energy diet to get them moving again. In these situations we will use these diets on a short term basis until a medically agreed upon target is achieved.

What is concerning me as a paediatric dietitian is a trend I've noticed on social media to use protein powders and shakes in children, that have been designed for use by adults. As our obesity rates have risen and as a nation we have become more focused on health, there has been an explosion of supplements many of them protein based drinks, powders and bars.

There is evidence that in adults a diet higher in protein can be beneficial for weight loss, particularly in promoting satiety after a meal. We do not have this same evidence in children. The by products of protein break down are filtered out by our kidneys. The more protein we eat, the harder our kidneys work getting rid of the waste. The concern here is that if our kidneys are placed under long term strain, then the chance of developing chronic kidney disease later in life might be increased. Research in adults has suggested that high protein diets are probably fine if your kidney function is normal. We don't have this data for children. If children are fed these exceedingly high protein intakes for years as their kidney function develops and matures, what is the long term effect? Most of these protein based shakes, powders etc provide around 20g of protein per serve. For your average 10 - 15kg toddler, that means they are receiving 1.3 g - 2g protein/kg/day before you've even factored in any food. When we treat children whose growth is faltering or are malnourished, as dietitians, we don't usually exceed 2g protein/kg/day and this is on a short term basis only. My feeling is that it would be quite possible for children to be receiving as much as 3g protein/kg/day if they are regularly using adult based protein supplements. The other issue here is that many of these protein based shakes will also be high in added vitamins and minerals and there is the real possibility of exceeding the upper safe limit for these nutrients as well.



If you are concerned about your child's diet, a children's based supplement will always be a wiser choice than something designed for adults (note - even when a product claims to be made of all natural sources as many of these protein powders and alike do, it does not mean it's safe for children). As a dietitian I always prefer to look for food based ways to address any nutritional concerns, but sometimes we do have to use supplements. At these times I prefer to use a multivitamin and mineral supplement as most shake type supplements usually take the child's appetite away and can hinder the progress of expanding a child's diet.

I've written more about this here. If you just want to provide a little boost to your child's nutrition, a simple smoothie made with your preferred milk fortified with a handful of nuts (I like using raw cashews) or chia seeds and some fruit or steamed vegetables, will go long way to not only adding extra protein but also iron, zinc, phosphorus, vitamin C and fibre.

Why not try my choc mint smoothie if you're looking for something to boost your child's nutrition?

Choc Mint Smoothie

- 1 banana
- 2 medjool dates
- 1 tablespoon coco powder
- 1.5 Tablespoons maple syrup
- 1/2 teaspoon peppermint essence
- ice
- Milk of choice (I use reduced fat cows milk) upto the 700ml mark on your nutribullet or similar high speed blender.

Blend and Enjoy!

This smoothie make enough for 4 small smoothies and contains around 2g of fibre per serve to help maintain gut health. You can boost fibre further by adding some chia seeds to the mix. This smoothie is also a great source of potassium, calcium, phosphorus, zinc and heart healthy unsaturated fats.



BUSY LIFE? HEALTHY DINNER? EASY!

Your guide to eating well when you're short on time.

Busy lives call for time savers. There's no doubt about it.

But taking short cuts need not mean missing out on fuelling your family with the good stuff!

A few sneaky strategies can help you get ahead with your families nutrition, so you don't feel like you are falling behind when the business of life gets in the way!

COOK ONCE, EAT TWICE

It can be hard to get into the kitchen with enough time to make a full meal every night - so don't! Call on those meal items that can be made into a dinner on multiple nights of the week! Quickly store extras safely in the fridge if you plan to use them in the next night or two, or tuck them away into the freezer to defrost for a later date.

Roasting a chicken? Pop in 2 or 3! Left overs are perfect for chicken noodle salad, noodle soup, chicken salad wraps, pulled chicken tacos, chicken and vegetable fried rice.... the list goes on!

Like salmon? Rather than panfrying a few fillets for dinner, think about oven baking a whole side of salmon. Leftovers can be used in things like homemade sushi, soba noodle and asian vegetable salad, in a rice poke bowl, added to a pasta with pesto and peas, or with a quick slaw to top jacket potatoes.

Got a great recipe for bolognese or a veg pumped napolitana sauce? Grab your biggest pot and make a double or triple quantity. Use it for meals like lasagne, scrolls, mini pizzas, pasta, even a quick jaffle! Check out Julia's great vegetarian lasagne on page 10 for inspiration.



SPEEDY SUPPERS

Don't forget it's totally ok to go pre-prepared when you are short on time. And not every dinner needs to be a gastronomic affair!

There are lots of nutritious quick options available these days. Aim for items that are minimally processed, and big on real, fresh ingredients. Check the nutrition panel for the ingredient list, and to watch the salt, fat and sugar content too.

If you know your week ahead includes some busy or late nights, think about adding these to your shopping trolley...

Proteins: Canned tuna, smoked salmon, frozen marinated chicken breasts or fish fillets, hummus dip or canned legumes of your choice!

Grains: Microwave rice and quinoa, flat breads, pizza bases, whole sourdough loaves, quick cook fresh pasta.

Veg: No prep veg like avocados, mini cucumbers, cherry tomatoes and baby spinach, pre-made salad bags, pre-cut roasting veggies, antipasto vegetable mix, or even pre-made fresh vegetable soups. Don't forget frozen veggies like edamame, chopped spinach or kale that can be quickly heated and added to your speedy meal... anything you like to get you to your 2&5!

Vegetarian Lasagne

As a family of 6 people, meal planning has been an essential tool these past few years to help minimise the chaos in our household, and ensure I'm able to put a healthy dinner on the table each night. I know some people find the whole process of meal planning a chore in itself and therefore never quite embrace it. Having meal planned now for the past 5 years, I can tell you that the little bit of effort that is required at the beginning of the week is well worth it! One of the ways I make it less of a chore is by dividing the week up into "types" of meals. For example I make sure that we have at least one vegetarian meal, one fish meal and a few red meat meals. From there I might break them down further and label one night "Italian" and another "Mexican" etc... to try and spark some ideas and inspiration. Of course getting the kids involved and asking them to make a suggestion each is another good way to fill up the week and also contributes to their own understanding and appreciation of what is required to put food on the table each week. Below you'll find my recipe for vegetarian lasagne which is a frequent choice for our "vegetarian" option on my meal plans.

1 red onion, finely diced	2 Tablespoons tomato paste
1 carrot grated,	1/2 cup red wine
2 sticks of celery finely diced	salt and pepper
1 red capsicum cut into strips	olive oil
1 zucchini diced	lasagne sheets
1 small eggplant diced	Béchamel Sauce
2 cloves of garlic	50g butter
1 tin of brown lentils	1/4 cup plain flour
700ml passata	2 1/2 cups reduced fat milk
	1/2 cup grated mozzarella cheese

Begin by tossing your diced eggplant, zucchini and strips of capsicum in olive oil and season. Cook in a moderate oven (180 degrees celsius) for around 20mins or until cooked through and golden (this will depend on how big you've cut the vegetables). Meanwhile heat 1 Tbs of olive oil in a large pan. Cook onion, garlic and celery until translucent. Add grated carrot and cook for a further 2 mins. Add passata, brown lentils, wine and tomato paste. When oven vegetables have cooked through add them to the mix as well. Reduce to a simmer and cook for about 20mins or until sauce has thickened and reduced slightly. Meanwhile make the béchamel sauce by melting butter in a small saucepan. Whisk in flour until roux forms. Reduce heat to low and slowly stir in the milk (it helps to avoid lumps by preheating the milk in the microwave first). keep stirring until sauce thickens. Add grated mozzarella.

Assemble lasagne by layering vegetable sauce, béchamel and lasagne sheets. Top with more grated mozzarella. Cook at 180 degrees covered for around 45mins. Remove foil cover for the last 10 mins so that the top browns.

SUNSHINE STATE *of* MIND

- BLOOM NUTRITION STUDIO -

We hope this Summer makes your feel good!

Enjoy good food, fun, and laughter with the people you love.

Celebrate all the great things you achieved this year.

And make big plans for all the possibilities that lie ahead.

Merry Christmas, Happy New Year,
and
HAPPY SUMMER,

X BLOOM.