

Bloom

NUTRITION STUDIO - SUMMER NUTRITION NEWSLETTER

**HAVE YOURSELF A
HEALTHY
LITTLE
CHRISTMAS!**



Who's ready for the Christmas break?

Here at Bloom Nutrition Studio, we definitely are!

This edition of our Bloom Nutrition Studio Summer Seasonal Newsletter is all about, you guessed it, Christmas! But more specifically, how to have a happy, healthy Christmas season, for you and your family.

Hot weather, seasonal food and special drinks are some of our favourite things about an Aussie Christmas, but sometimes they can also send some challenges our way. So read on to find out more about spending happy, healthy times, and keeping up the good nutrition for you and your families, this festive season.

As a special little treat, we've also included our favourite gingerbread recipe (ever!) from Accredited Practising Dietitian, Sonja Neumann. Get your kids in the kitchen this summer holidays and try it out. We're sure you'll love it as much as we do!

We hope you enjoy this summer edition,

Angela & Julia x



What's in Season?

What's fresh in SA this Aussie summer season-
with thanks to Adelaide Farmers' Market

We love fresh seasonal fruit and vegetables here at Bloom Nutrition Studio! And we love thinking of new ways to bring them to the family table, especially over the Summer entertaining season. Remember almost half our food intake should come from fruits and veggies, so stock up on your next shop!

What's fresh here in SA in early Summer?

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.

Angela @ Bloom

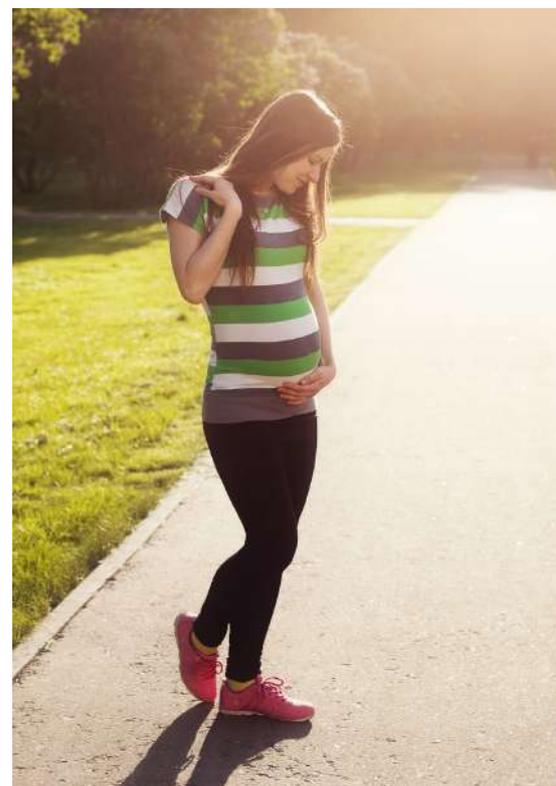
Pregnancy nutrition tips for the hot Summer!

When you're expecting, your body temperature is already a bit higher than usual - so you're excused for really feeling the heat over Christmas! With recent research finding associations between heat waves and preterm births, it's an important reminder to take care during these hot summer months.

Your health care team can give you individual advice on how to look after yourself (and your unborn bubs) in the heat, but here are a few good tips to remember...

Aim to keep cool by staying out of the heat where you can. If you're being active it's important to try to keep it to the cooler parts of the day. Often early morning, or in the evening after the sun has gone down are cooler.

Choose activities that help to keep your temperature down - like swimming, aqua aerobics, or indoor air-conditioned pregnancy safe classes like yoga and pilates. Activities lead by an exercise professional trained in working with pregnant women are an especially good idea.



Keep hydrated! Pregnant women need more water than usual, because of your expanding blood volume, amniotic fluid, and the needs of the baby. National guidelines say to aim for 2.3L of fluid each day when you're pregnant. But if you live in very hot climates or are very active you may need a little more than this, so speak to your doctor or dietitian.

Some women struggle to eat in the heat, but good nutrition is still really important. Try choosing high-fluid foods that also help to meet your nutrient needs. Fresh fruit and fruit salads, vegetable pieces with a cool greek yoghurt dip, or smoothies made from yoghurt, milk, fruit, and nuts or seeds, whizzed with some ice can be a great idea. Food safety is also really important in hot weather. So keep high risk food out of the temperature danger zone of 5-60 degrees, and follow the guidelines for nutrition in pregnancy, here.

Always remember to seek help from your doctor or midwife if you're unwell or having trouble with your nutrition, hydration or general health in the heat.

Importantly - Take it easy and rest up when you need. Hot weather can be challenging in pregnancy, so it's important not to over do it. Take the opportunity to put your feet up and relax this summer when you can, before the busyness of life with a new little one sets in!

Kids in the Kitchen

BLOOM CHATS WITH SONJA NEUMANN
FROM OFFSPRING CHILD HEALTH

As a dietitian with a special interest in children's feeding difficulties I see how important it is to look beyond the nutritional value of food - it's great if it can be a nurturing, social, shared experience that connects us and makes us feel good.

This gingerbread recipe certainly ticks those boxes for me, having been passed down from my German grandmother and baked in large quantities by my family every Christmas since before I can remember.

Sonja Neumann is an Accredited Practising Dietitian working with families experiencing feeding difficulties at Offspring Child Health in Melbourne. Visit <https://offspringhealth.com.au>



Gingerbread

- 250g honey
- 125g white sugar
- 2 eggs
- 80g butter
- 500g self-raising flour
- 1 tablespoon cinnamon
- ½ teaspoon each of cloves, nutmeg
- ¼ teaspoon each of cardamom, coriander, mace, pimento, aniseed
- 1 tablespoon lemon zest

Slowly melt the honey, sugar and butter in a big pot. Add 1 cup of the sifted flour and spices, the beaten egg, the lemon zest, then the rest of the flour. Turn out onto a floured surface and knead into a soft, slightly sticky dough (add extra self-raising flour if too sticky). Roll out on a floured surface or pastry mat and cut into shapes. Transfer onto a baking tray lined with baking paper. Leave enough room between shapes to allow for a bit of expansion. Bake shapes of similar sizes on the same tray for even cooking. Bake at 160 degrees (fan forced oven) for 5-10 minutes or until light/golden brown.





Raising Mindful Eaters

Julia @ Bloom

When we think about raising "heathy eaters" there's a tendency to think about the types of food we want our children to eat.

Without doubt a balanced diet full of plenty of fresh fruit and vegetables, wholegrains and quality protein is important, but in our efforts to get our children eating such foods, what's often overlooked is one of the most important aspects of eating: a child's ability to regulate their own appetite and to become autonomous with their food choices and eating practices.

"Mindful or intuitive" eating refers to the body's inbuilt ability to signal to us when we're hungry and when we've had enough to eat. All children are born intuitive eaters. In fact studies have shown that when very young babies are fed formula made up to contain varying amounts of energy, they will regulate their intake such that they drink less of very energy rich formulas and more when offered diluted formulas. By age 4 however, studies have shown that many children start to exhibit patterns of non hungry eating. Why is this?

One school of thought is that early feeding practices and the environment in which children eat probaly play a role. Despite meaning well, most parents interfere with their children's eating habits. "please take 3 more bites of dinner before you leave the table", "if you don't eat your dinner, you can't have any desert", "don't just eat the icing off the cake, you have to eat the whole thing" ...do any of these statements sound familiar?

When we place rules around what or how much our children should eat, we interfere with their natural ability to regulate their intake and it can also make chuidren reluctant to branch out and try new foods. These statements usually come from a good place of wanting our children to eat more vegetables for example, or not wanting food to be wasted, but in the long run they do more harm than good.

Taking a back seat when it comes to your child's eating habits and putting trust in thier natural ability to regulate their appetite and choose a healthy balanced diet is important.

Here are our top tips for raising intuitive eaters:

1. Create a division of responsibility around eating: As the parent your job is to offer a heathy balanced diet, that's it! Your child's job is to decide what they would like to eat from what's on offer and how much they would like to eat.
2. Offer meals and snacks at regular and predictable intervals: Young children will be hungry every 2-3 hours and older children around every 4-5 hours. If children are allowed to become ravenous they are more likely to eat in a hurry and not tap into their bodies natural signals that they are full. Similarly children who snack all day long also find it harder to "hear" their bodies natural signals of hunger and fullness and are more likley to over eat.
3. Treat all food as equal: Don't put dessert or sweet treats on a pedestal. When you do this you make these foods seem even more desirable and send the message that healthy foods aren't really enjoyable but you need to slog through them so that you can be rewarded with a sweet treat.





Raising Mindful Eaters

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4. Don't restrict foods: If you don't want your child to be the one that's consuming every lolly in sight at a party, then remember to include these foods sometimes in their regular diets. The more we restrict access to certain foods the more desirable these foods become to our children. When children know that they are unlikely to see that food again for a very long time, they tend to gorge themselves. Restricting food also leads children down the path of hiding and sneaking foods and ultimately an unhealthy relationship with food. A better approach is to find a strategy to include "sometimes foods" (I'm talking about foods like lollies, potato crisps, cake, chocolate, ice cream etc) in your regular diet that works for your family. If it's potato crisps your kids are after, then maybe a packet of chips after school on a Friday night, or decide how many nights a week you're going to serve dessert and stick to it. Taking an approach like this teaches children how often these types of foods should be eaten and helps them regulate their intake of these types of foods within the context of an overall healthy diet. You might like to follow the 90/10 rule, that is aim to serve up healthy foods 90% of the time to your family, allow 10% for "sometimes" foods.

5. Don't assign emotions or labels to food: If you teach your child that chocolate is "bad" for them, what they actually hear is that they should feel "bad" about themselves or their choice when they eat that food. This can also trigger feelings of guilt around eating which so many adults would be familiar with. In adults we see these types of feelings fuel a cycle of punishment and reward eating and generally food and eating are not an enjoyable experience. This is not how we want our children grow up.

6. Respect when your child tells you they're full: Only your child can truly know how hungry or full they are. Trust rather than judge their statements. It's quite common for kids to eat very little one day only to eat more on other days of the week.

Ultimately the feeding practices that we teach our children are often shaped by our own experiences of eating growing up. Often this means that we may bring some baggage with us that negatively impacts on our child's eating experience. Reflect on what you are teaching your children and ask yourself whether it's a positive or negative experience for them? As parents we are all learning on the go, and none of us are perfect. If you're struggling with how to feed your family it might be worth a consult with an Accredited Practising Dietitian.



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At
Christmas,
all roads
lead home

MARJORIE
HOLMES

Keeping alcohol in check, in the silly season

'tis the season to be jolly...

With so many festivities at this time of year, as parents we can find ourselves at event after event surrounded by plentiful amounts of food and alcohol. And if we've managed to get a night off without the kids its easy to want to relax and enjoy the fun.

If you choose to drink alcohol, remember moderation is key to enjoying a safe and healthy Christmas break.

How much is too much? The NHMRC states for healthy adults, having no more than two standard drinks on any one day reduces the lifetime risk of harm from alcohol-related disease or injury (like cancers, liver and brain disease, or cardiovascular events), and drinking no more than four standard drinks on a single occasion reduces the risk of alcohol-related injury arising from that occasion.

If you're in a high risk group, alcohol is not recommended - this includes young people, pregnant and breastfeeding women, and people with certain medical conditions or on certain medications.

In addition to the above, NHMRC recommend people who are supervising children or engaged in risky activities including driving, operating machinery, water and snow activities, young adults (aged 18-25) and older people need to take special care.

Great alcohol free choices to say cheers and celebrate the festive season include mocktails, fruit juice spritzers, flavoured waters, iced teas and sparkling water.

There's always plenty to celebrate this time of year. So have fun, take care and stay safe! Here's to a happy and healthy Christmas and New Year. x Bloom

Got questions about safe choices around alcohol? Head to the NHMRC website and check out their FAQs, [here](#). If you or a loved one has a problem with alcohol, contact your local Alcohol and Drug Information Service to get help.

Angela @ Bloom



Merry Christmas

AND A HAPPY, HEALTHY AND
PROSPEROUS NEW YEAR

x Bloom