



# Baby Got SNACK

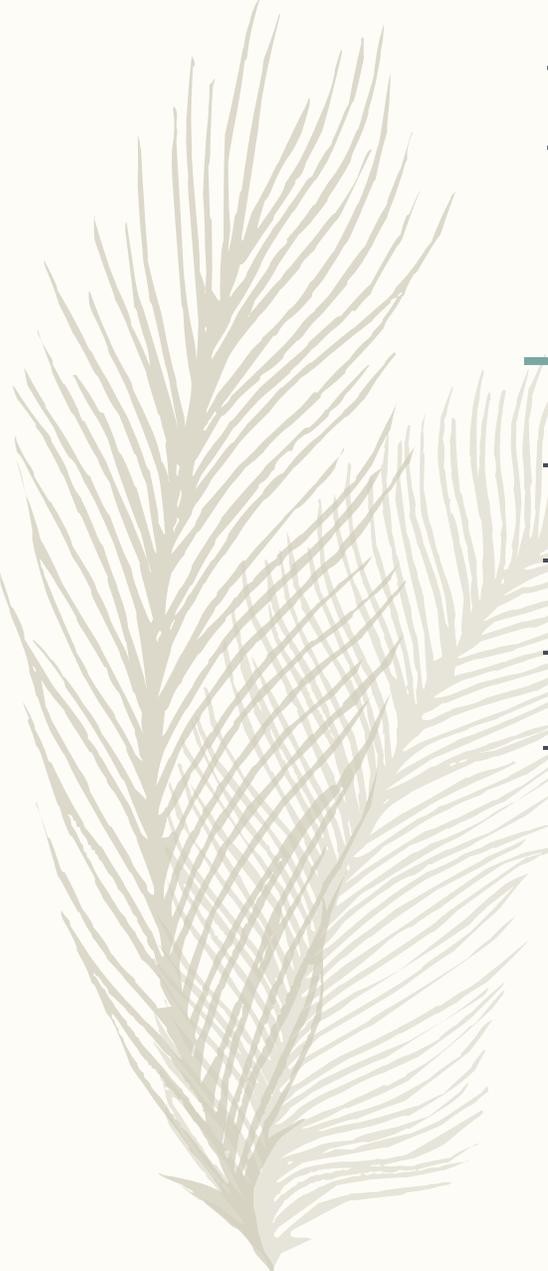
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Essence Nutrition

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# Disclosures

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- Former Miami Marlins RD
- Visiting RD: Ocean Reef Resort & Club
- Keiser University Adjunct Professor
- Amazon purchases may incur earnings from qualifying purchases 😊

# Hello, Dietitians who once upon a time... were babies

## Learning Objectives:

- basics of pediatric nutrition for babies
- learn how we speak about bodies & food for babies
- address food attitudes for babies
- spotlight best foods and introduction methods for babies
- highlight best gear, utensils, and feeding schedules/methods
- address the great purees vs. BLW debate



# Fasten Your Carseats

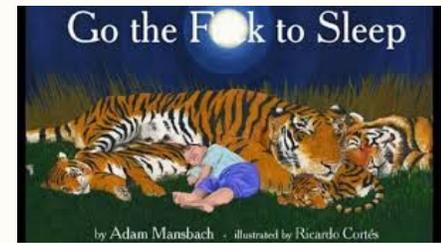


- This is NOT a rant about kids' weight / "poisonous" foods
- All foods fit + all bodies are good bodies
- This is about IMPROVING health behaviors from a baseline to optimize growth, development, food relationships, body image relationships, and raise food consciousness to create COMPETENT & CONFIDENT eaters
- You have the right to pursue positive nutrition behaviors for your small patients in a way that is feasible/meaningful/exciting for THEM in the realm of THEIR lives
- Don't forget – caregivers came first. AGE BEFORE **CUTIES**. Self-care = prioritizing the adults and dedicating time + planning to THEIR nutrition needs + THEN the bebe
- Boxed mac and cheese doesn't "happen" – the choice is MADE (and btw it's delicious and I grew up on it and it's fine once in a while!)

"Carbs are bad for you"

Me:





# A Baby's Bill of Rights + Responsibilities

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- Foster confident, competent happy eaters
- Maintain food neutrality
- Speak about food, nutrition + bodies in empowering and positive ways
- Caregiver roles: provide the food, timing what you say and how you say it, facilitate/feed, how you provide love, food exposures, and attitude
- PPP: positive, pressure-free, playful
- Caregiver NOT responsible for what they actually swallow
- Adult does the FEEDING (what.. where..when..), kid does the EATING (whether..how much)
- Adults are always in charge.

WHAT I THOUGHT FEEDING KIDS

WAS LIKE...



WHAT IT'S REALLY LIKE.

# Before They Bite



- 6 months (may be before or after)
- Good head control; independent sitting for a few minutes
- Interest in food
- Lack of tongue thrust
- Grabbing at things
- Highchair, LONG sleeve smock, glass storage + tops, baby silicone spoons / forks, baby food maker (?), food masher, oat flour for coating, crinkle cut knife, WIPES, dog, splat mat, tiny cups, silicone plates with suction, silicone bowls with suction, Grabease, Munchkin, Bebea
- Pouches (YEP) – MySerenityKids.com – promo is ESSENCE
- NURSE / FORMULA AS USUAL until 9 months / pedi recc
- Other fun apparatuses: [amazon.com/shop/essencenutrition](https://amazon.com/shop/essencenutrition)

# On Your Mark, Get Set, EAT

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- "Food before one is just for fun"? Eh
- Eating OPPORTUNITIES; not "MEALS" – can start with 1-3 opps
- Normal: 1 tsp. Also normal: 10 raspberries.
- Provide 1 "eating opp", 1 hour after nurse/formula per day to start. THEN... progress week by week to three "eating opps" ~ 1 hour after nursing. Your schedule, your rules.
- Doesn't have to be "breakfast foods"
- When baby is most awake/alert/playful
- Serve three types of foods; variety of color/texture/flavors/smells
- For the first MONTH; they literally may just sit there/play. Anything in the mouth is a victory.



# BLW “versus” Purees



- This is not a war/contest
- Hybridize both; or what you prefer. I use purees as “salsa” or sauce. Protein purees worked for me (*“Baby Moreno and the Grass—Fed Meat: A Novel”*)
- If you can pinch it, it works (nothing coin-shaped); think finger-shaped
- Sucking juices is fine.
- Be prepared to teach how to “bite” (“gum” things) appropriately
- Offer water with all meals; or formula/milk; but not with heme-iron-containing foods...

# SPEAKING OF NUTRIEN



- Most important: heme (animal) iron -- eggs, all flesh proteins, some plant sources
- Fiber, omega3s, phytochemicals (plant chemicals), calcium (largely obtained from breastmilk/formula at this point)
- You'll see some stool changes and smells
- DIVERSITY! Fruit, veg, beans (mashed; skins removed), grains, tubers, flesh, soy, dairy, oils, avocado, spices, mushrooms, bread (wet), pasta, sauces, spreads, butter (yep), nut + seed creamy BUTTERS (if no allergies)
- No Fe with Ca; (no milk + meat); Serve Fe with Vitamin C (fruit + veg)
- SOY IS FINE (whole soy foods; tempeh/tofu)
- SPICES ARE FINE (ground up so no choking on larger chunks)
- DAIRY IS FINE (more on this later)
- SALT IS FINE (just a bit)
- Added sugar: not recc'd til 2 years but a bite of yours here and there is fine

# Allergies

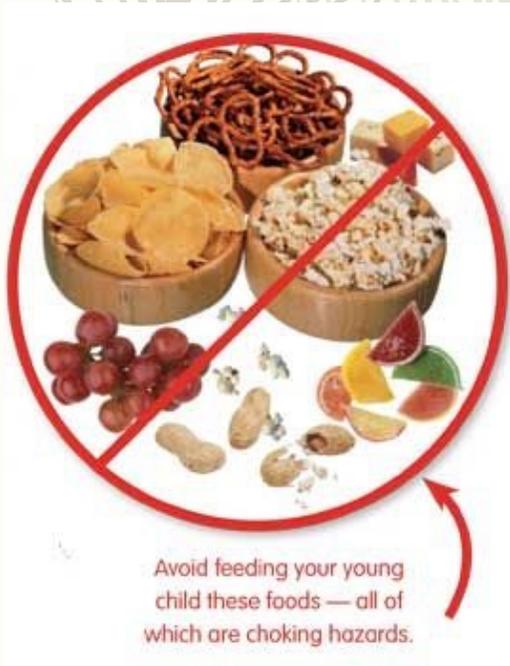


- Know your risk factors; speak to pedi (eczema, family history, asthma)
- Keep infant Zyrtec/Benadryl + infant epi (AuviQ) at home for littles + guests
- Know signs of anaphylaxis + more mild reactions
- Oral allergy syndrome; common with acidic foods
- Know the Top 9 (no longer 8) – shellfish, fish, soy, wheat, gluten, dairy, egg, tree nut, peanut, sesame. Also: legumes, strawberry, mustard, other seeds
- Introduce foods systematically, one at a time, over 2-3 days (why?)
- Know cross-contamination risks
- READ LABELS
- Know their school's policy (+ campaign for change) (lots of products out there now!!)
- Be inclusive and compassionate; never say "they will outgrow it"...
- FASTER Bill: SUPPORT! + Teal Pumpkin Project



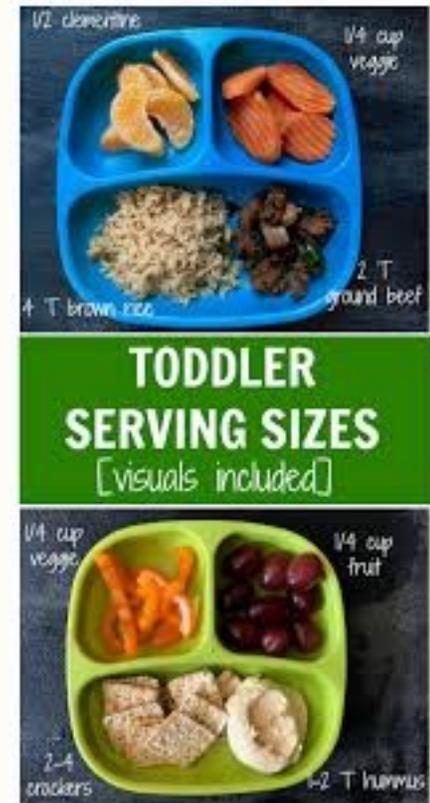
# Choking Hazards

- Squeeze test
- NO: raw grapes (unless sliced/peeled), raw nuts + seeds, nut butters that haven't been thinned out with water/milk, celery, hot dogs, popcorn, hard/gooeey/sticky candy, long noodles, too large chunks of food (like very dry meat/cheese), raisins, marshmallows, raw carrot, raw celery, potato chips, pretzels, corn chips, rice cakes, grape tomatoes, chewing gum, non-creamy nut + seed butters, string cheese, noodles not cut appropriately, granola, crackers dried fruits, stems of fruits + veg, sausage, non mashed legumes without skins removed, pie crust, non-wet bread crusts, anything flaky
- Depending on child's ability + age: may need to still peel + cook down (steam) / grate fruit + veg like pears, apples, peaches, etc. or soften breads and crackers with milk or water
- When in doubt -- make it rain (moisture) (esp. with nut butters)
- Eat off your feet
- Don't leave them alone – ever
- Temp checks



# For Toddlers

- **Serving Suggestion for 1-3 year olds (mostly for 1 year-olds dependent on ability)**
- ALL should be cooked to consistency where easily mashed with finger + index for age 1
- Egg: quartered or as egg salad (boiled) / baked into things / cut into finger-sized wedges if scrambled
- Flesh: finger wedges or mashed with Greek yogurt/avocado/mustard into "salad"
- Sweet Potato + Potato: finger wedges, peeled
- Avocado: finger wedges, peeled
- Zucchini, finger wedges, peeled + no seeds, boiled/steamed
- Broccoli; 2 inch stalks
- Beets; de-skinned
- Cauliflower: 2 inch florets
- Carrots - baby carrot sized, steamed
- Green beans; whole + cooked
- Pasta; cooked into "balls" or short pieces / mashed with sauce like a puree
- Rice; cooked into "balls" or served as a porridge
- Bread: toasted + covered in sauce; served as wedges (2 finger width)
- When in doubt -- cook, peel, de-seed, add moisture, add sauce, mash, puree



# Welcome to the (Toddler) Jungle of Tastes

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- Toddlers are striving for independence and control (they literally can only exert this at mealtimes)
- Growth rate is slower than infancy; decrease in appetite; increase in 'picky' behaviors
- Growth: 4-5#/year, 2.5 inches/year (from age 2-5)
- Rotary chew movement, hand to mouth coordination, can use utensils but also hand eating
- Not EVERYONE needs to live at 50/75%iles Ray Allen status -- look at their historic growth + your family + your friends!



# Run a Tight Taste Ship

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- Structured meal + snack times (with some flex). Discourage grazing.
- Schedule a meal opportunity (it doesn't have to be meal snack meal snack) q 2-3 hours
- You can serve 'snack foods' as part of a meal
- A "bedtime snack" is sometimes useful for kids who have nighttime waking hunger (but this may lead to poor eating at dinner).
- Know that THEY mirror YOU; so if you are freaked -- they'll capitalize on that
- Keep mealtimes calm and fun

# Run a Tight Tiny Taste Ship (cont.)

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- They can skip a meal. If they refuse the food/meal; offer a couple hours later (except no marathon munches at bedtime -- this is a delay tactic)
- Food is not a reward/punishment
- No digital distractions
- "The kitchen is closed"
- Hack: train them to know a bedtime snack is \*available\* but it's not v exciting. It's cut fruit. Some nut butter. A cheese stick (not super filling but still nourishing). Do not novelize bedtime snacks (ice cream in bed)
- Own your worth as a caregiver - you aren't a full-time chef and caregiving time is valuable
- Publish + post a weekly menu (with pictures + words)



# Government Guidelines (2+)



- 1 cup fruit
- 2 cups raw greens or 1 cup other veg
- 3 x 1/2 cup cooked grains/starches vs. 3 slices bread
- 2 oz protein (1 egg, 1 oz flesh, -.5 oz nuts/seeds, 1/4 cup beans)
- 2 cups dairy / 2 oz cheese
- Fluids: 1000 mL (base) + 50 mL per kg over 10 kg (~44 oz H<sub>2</sub>O per day for a 2 year-old) (milk + water; no juice); fruit + veg also provide hydration
- Protein: RDA = 1.1 g/kg/day (1-3) + 0.95 g/kg/day (4-8)
- Animal proteins = more bioavailable
- Iron RDA: 7 mg/day (1-3) + 10 mg/day (4-8) (try not to serve with Ca; serve with Vitamin C - fruit + veg)
- ex: 2 mg Fe in 3 oz beef
- Calcium RDA: 500 mg/day (1-3) + 800 mg/day (4-8) (try not to serve with Fe)
- Ex: 300 mg calcium in 1 glass of milk (Reccs: 2 cups of milk (or kefir, yogurt, cottage cheese) per day
- **\*\*BABIES OVER 1 DO NOT NEED GLASSES OF MILK IF THEY ARE CONSUMING OTHER SOURCES OF DAIRY\*\***

# Why Nutrition Labels Can Be Taken with a yummy salt chaser

- don't count calories , count dogs, blessings, Michelin stars
- evaluate ingredients and the story behind a food -- where it came from, how it was harvested and transported, by whom, how it was processed, how it was sold, etc.
- Nutrition Facts labels are also based on adult intake levels are inappropriate for kids' starkly different needs versus adult needs.
- . Fortified processed foods can have deceptively more synthetic vitamins and minerals - no consideration for bioavailability
- relay nothing about the quality/integrity of the ingredients, the flavors, or what has been “done” to a food from harvest to plate
- Labels can also cause food anxiety and obsession when serving sizes are disappointingly small -- we can feel restricted by serving sizes that are unrealistic, or like we are given permission to binge and disrespect our hunger if a serving size is more than we might intuitively eat.
- Putting labels on foods also would encourage children to read them and start to evaluate foods based on metrics, rather than food quality / aesthetics or respect for their own appetites. Tracking metrics truly drains the joy out of a
- A baby will eat intuitively, as he/she innately has the ability to do, in portions and amounts that satisfy his/her needs for growth
- The Division of Responsibility [<https://www.ellynsatterinstitute.org/how-to-feed/the-division-of-responsibility-in-feeding/>].

**NEW LABEL / WHAT'S DIFFERENT**

Servings: larger, bolder type

Serving sizes updated

Calories: larger type

Updated daily values

Actual amounts declared

New footnote

Now: added sugars

Change in nutrients required

Nutrition Facts	
8 servings per container	
Serving size 2 1/2 cup (65g)	
Amount per serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
Total Fat 1g	20%
Saturated Fat 1g	20%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 100mg	20%
Total Carbohydrate 10g	20%
Dietary Fiber 4g	80%
Total Protein 1g	20%
Includes 10g Added Sugars 20%	
Includes 5g	
Vitamin D 2mg	40%
Calcium 100mg	20%
Iron 10mg	20%
Potassium 200mg	40%

\*Percent Daily Values are based on a diet of other people's secrets. © 2018 Satter Institute. All rights reserved. If you found this page on a website, it may not be the most current version.

# Essence Nutrition Baby Butterfly Editorial

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- Limit deli meats/processed meats (roasted meats are fine), avoid raw/unpasteurized foods, avoid kombucha, no honey before age 1
- READ LABELS for extreme added sugars, but not as a gatekeeper to food
- Be sugar-INFORMED not FEARFUL
- Assuming 'vegan' = healthy
- Falling for 'health halo' marketing
- No powders unless ABSOLUTELY necessary and RD/MD-directed
- Surviving purely processed -- they are there for convenience and fun
- Only serving 'kid food' and then throwing a cabbage slaw salad at them when they're 12
- Bars: useful at times but can usually do better
- Creatively infusing plants (and other nutrients) into food
- Don't think in "daily" targets -- think weeks/months
- Be vigilant/informed about allergies

# Take the Parent Pressure Off

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- Caregivers are not a culinary school-trained chef / sensory food therapist
- They are more than what you/your kid eats
- A child will not starve him/herself (in the absence of psychological distress)
- They tend to grow
- Pediatrician will alarm you if needed -- that's what they're trained to do
- Remember - their portion sizes are TINY. Their intuitive appetite/fullness + subsequent growth will reflect
- Ex: 1/4 cup - 1/2 cup cereal, 2 TBSP - 1/4 cup cooked grains or starch, 3/4 cup dairy, 1.5 oz flesh, 0.5 - 1 egg, 1/4 cup fruit or veg (they may eat MORE OR LESS!), 2 TBSP flesh, 1 TBSP nut butter,
- Sometimes they will only eat one food component off their plate -- this is temporary
- Read ingredients -- not calories
- Beware of added sugars in PROCESSED FOODS but remember -- they're growing and can handle more than we can (so yes, they can have honey + maple syrup)
- Put on hater blockers on social media; you do you. Imagine what it was like to be a parent in 1994.

Are You A Chef?



# Go Fish (Go Marlins)

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- NOT SAFE: Tuna, shark, tilefish, tilapia, roughy, grouper, dolphin, BIG fish
- Safety with mercury is weight-based so as child grows, so will tolerance
- SAFE: LITTLE FISH, salmon, mackerel, sardines, anchovy, halibut, mackerel (canned is fine), trout, seafood (no shells, cut appropriately)
- REMOVE BONES!!! Mash into “salad” + avocado/yogurt/sauce or serve as “fingers”



# Moo-nica



Calcium, D, riboflavin bioavailability, protein, CLA, omega3s. What is important are NUTRIENTS and not exactly MILK

– 9 mos: 20 oz milk/day; 1 year; 16 oz/day (but can be SERVINGS of dairy, not GLASSES of milk). 2+ years: 2 servings/day dairy

Fermented foods – safely at this point in dairy-based products

No such thing as lactose intolerance in babies yet; possible in toddlers

Plenty of dairy that is low / lactose free

DAIRY IS NOT INFLAMMATORY

Plant-based dairy is fine to add sometimes, but never should be sole source of Ca UNLESS a CMPA is present (and usually co-occurs with soy; and often can be outgrown). “Best” vegan milk = unsweetened pea/unsweetened soy / unsweetened flax

Best dairy for littles: pasteurized PLAIN WHOLE MILK (!!!) kefir, Greek yogurt, cottage cheese, ricotta cheese, goat cheese, mozzarella, mascarpone. Technically any cheese is fine but the higher salt ones should be limited to portions that are smaller. Use as base in smoothies / smoothie bowls (not salty cheese, obv)

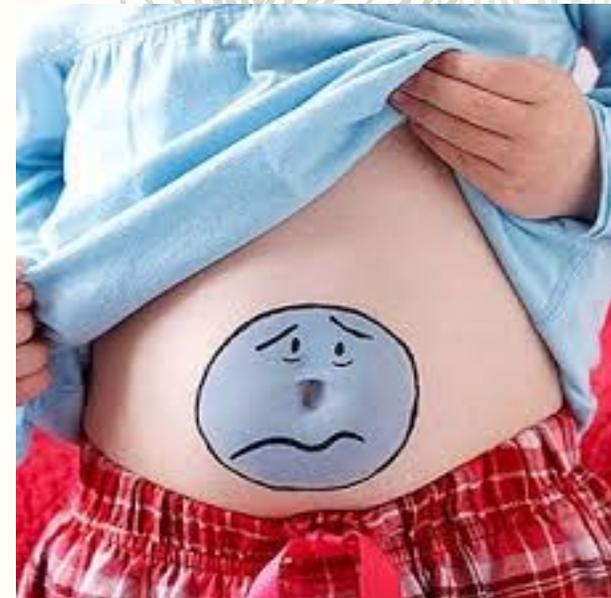
– NO “RAW” unpasteurized DAIRY

– WHOLE milk; after the age of 1. Can titrate / blend with formula/breastmilk over time. Can add in flavors like runny nut/seed butters, cacao powder, vanilla, mint, almond extract, ginger extract.

# Constipation Station

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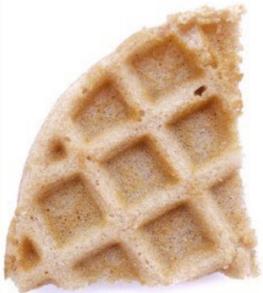
- Inadequate fluid / not enough movement / inadequate or unvaried fibers / too much dairy
- Fiber: 5 grams + age; up to 17-18 g + adequate fluid (1.3 L) mix of soluble + insoluble
- Behavioral - avoids public toilets/avoids going in public
- Try: pears, peaches, ground flaxseed, kiwi, berries, cherries, plums, apricots, kefir, beans + hummus, prunes, unsweetened coconut milk
- Speak with GI if chronic / not resolving



# Minimize Mealtime Mania - Basics

## CREATE A BITE LINE FOR CHILDREN WHO STUFF THE ENTIRE PIECE OF FOOD IN THEIR MOUTH (OR TAKE LARGE BITES)

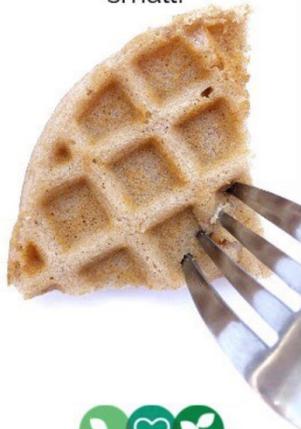
Start with a food  
your child tends to  
stuff into their  
mouth



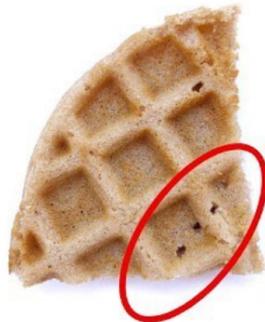
### Examples:

sandwiches, soft pear,  
pizza, meat, asparagus,  
avocado, toast, waffle,  
quesadilla

Create a bite line  
with a fork - make  
sure the bite is  
small!



Help your child  
feel the bite line  
with their front  
teeth and bite!



Encourage them to  
put down the food  
and take a sip of  
water between bites..

- Encourage self-feeding
- Fuse utensil use for them + self-feeding with assistance; also encourages sensory development
- Prevent them stuffing their face with a bite line
- Practice your poker face
- Remember – Ps – positive, pressure-free, playful (and poker face when a storm comes)

# MMM: Banishing Body Talk + Other No-No's

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- Limit risk for disordered eating patterns, stigma, shame, anxiety, and poor body image that can sear for life
- Food neutrality - no "good" or "bad"
- ...but highlight foods' superman capabilities (color, texture, shape, strength, energy, body part potential) "Carrots help your eyes see well" vs "Carrots are good for you"
- Highlight food SKILLS ("wow -- you did a great job stabbing those peas" vs. "wow, you ate all your peas.")
- + how cool it is that they came from the Earth / an animal. How cool that they give you energy.
- Don't cram nutrition information down their throat - they don't care
- Offer CHOICES for the illusion of autonomy
- Never mention weight/fat/diets/other people or children's bodies
- Confiscating food or saying "you can't have candy."
- No airplane games / sounds / crime + punishment
- Child: I WANT CANDY FOR DINNERRRRRR. You: "That's not on the menu."
- Celebrate all bodies + other non-physical attributes ("all bodies are good bodies")
- YOU avoiding certain meal groups on your plate. Redirect that to "I'm focusing on my x right now. Want me to help you with your green beans?"
- DO NOT freak if they eat something "unusual" or "unhealthy" (that's YOUR opinion -- not theirs). ONE food/meal does not a poor diet make.



# MMM: THE GIRLS HAVE GONE WILD (Toddlers + Parties)

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- Hang back. Say nothing. Do nothing. It's one meal. Observe and learn.
- Let him/her eat and explore his/her novel food situation
- Embrace if he/she overeats -- this is a valuable learning opp
- We project OUR OWN fears about birthdays/holidays onto our kids and expect THEM to go 'wild' -- a lot of times, they usually don't
- Teaching "portion control" is teaching restriction (you're going to make them want treats MORE!)
- “You’re going to let him eat that?” --> “It’s rude to comment on my kid’s food or my food”



# Intuitive Eating: Parent, Don't Kill My Vibe



- We are #blessed with this gift - preserve + protect it
- Allow them to practice and learn from them; collect data over time  
Intake meal to meal + day to day varies
- They will naturally adjust intake to meet THEIR needs.. unless...  
YOU garble their signals with
  - body talk, reward/punishment, bargaining, bribing, airplane feeds, inappropriate food talk, put-downs, comments about weight (theirs or yours), clean plate mandates
- Encourage mindful eating (sensory involvement as well)
- We need to learn to check OUR OWN biases and respect our kids to intuitively eat



# Beating “Picky Eating”

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- Normal: doesn't like food to touch, doesn't like spicy/bitter foods, prefer salt/sweet foods
- Let them be a 'farmer' at the grocery and pick their produce
- Give them tasks in the kitchen (wipe tables, hand things over, rinse produce, tear veg/fruit, garbage dumping, make "faces" with their foods, stir batters, name + count foods)
- Start a conversation about farm to plate
- Eat together; especially foods in 'jags'
- Serve new food when he/she is hungry
- One family, one meal (that means you need to eat the rice, mom)
- Offer one new food at a time (love it, like it, learning it)
- Texture modification. Eggs → boiled, scrambled, cheesy, egg salad, deviled, egg muffin quiche, omelet. Beans: falafel, hummus, with ground meat, in soup, in quesadillas, as a patty
- EXPOSURE: 30+ times! A 'taste' is a win. Even playing with the food is a win. A lifetime of healthy choices isn't decided by a bite of kale by a toddler.
- Remember what YOU ate?
- Acknowledge meal anxieties off the plate that are coming into play; seek treatment when appropriate

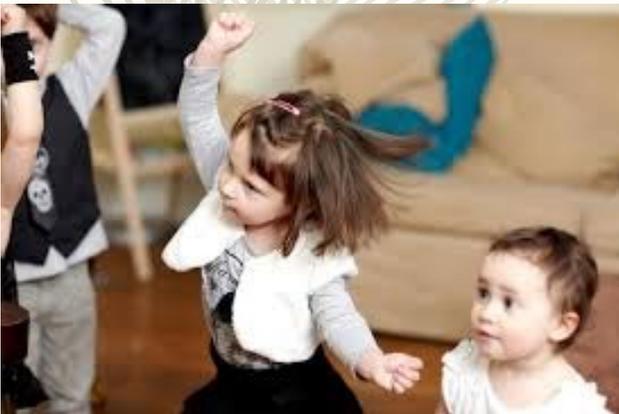


# Tiny Tushes Need to Move

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- Screen Time < 2 hours per day. Should be ENGAGING and not passive if using.
- PLAY time is both physical AND developmental
- Go OUTSIDE!!
- Allow them to see movement as fun, creative, exciting, and not "exercise"
- Movement goal: 60 minutes per day, every day

Bad weather = watch youtube movement videos, chase pets



# Prep School



Engage littles in the preparation process for each meal -- including delivery (bringing the package inside), storage, assembling, heating, eating, cutting, and cleaning. Have them combine foods in novel ways -- not just what is “usual.” For example -- have them crumble breads or muffins into yogurt. Allow them to use their hands as much as possible.

The more that a little is allowed to “prep” foods with their own hands / eyes, the more likely they are to accept and enjoy a food

Beyond our meals and in your own kitchen – allow little to help prep as much as possible, even if it just means stirring, spooning, opening a container, storing something, fetching something, wiping, etc.

# Why I Love Social Media



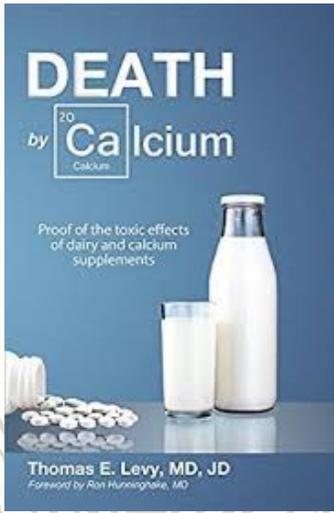
**15 Easy Bento Box  
Lunch Ideas for Your Kids**

THEEVERYMOM.COM



- made nutrition information accessible, affordable, customizable
- inspired nutrient density in amazing ways
- SO. CREATIVE.
- career opportunities for mamas/caregivers in the kitchen + beyond





# Why I Hate Social Media



APPLE FRUIT  
"DONUTS"

- ....you do not have to replicate Stonehenge in the form of broccoli tots
- ....you do not have to believe everyone who has a kid (especially if they lack the credentials to emit said words)
- CHARLATANS
- ....you have the right to pursue your toddler's nutrition in a way that is meaningful, feasible and joyous for you



# Kitchen Life Hacks

- Cheat: rotisserie chicken, pre-cooked/chopped/sliced/spiralized veg + fruit, frozen fruit + frozen cubed squash/potato veg, frozen oats / quinoa / brown rice, frozen veg, canned beans, canned Pacific/Amy's soups, canned pumpkin/sweet potato, hard-boiled eggs, single serve 'just add water' oatmeal/rice/quinoa packets
- Microwaves are FINE and actually preserve the most nutrients (+ great for yummy sauces)
- Have a sauce arsenal lined up to food an instant facelift / dips for veg/fruit
  - --guac, salsa, hummus, tahini, mustard, olive oil, tzatziki, Greek yogurt +/- "jam" (microwaved berries + lemon juice) or honey [over 2 yrs], pesto, or homemade ~creations~ like pumpkin/squash puree + olive oil + garlic, pureed spinach/parsley + olive oil + garlic + avocado, Greek yogurt + Italian seasoning + hummus/tahini, cacao powder + Greek yogurt + some honey/maple, cacao powder + hummus + some maple/honey (chocolate hummus)
- Frozen: a great theme son: pancakes, waffles, arepas, soups, entrees, egg quiches, fruit + veg
- Snacks (and meals) are not aesthetic complicated Monets. A glass of milk is FINE. (add cacao powder + honey/maple + heat for fanciness)
- Plant Infusions: bake zucchini/cauliflower/broc/carrots/kale/spinach into muffins, oatmeal, pancakes, arepas, smoothies, sauces for pasta + meats + tofu, crusts of pizza
- "All Time Favorites" menu (JUST in case; so kids feel some autonomy)
- Mise en place!!

## feedinglittles SUPER SIMPLE FAMILY DINNERS



Bean burrito, raspberries, shredded carrots + ranch



Boxed lentil soup + avocado toast



"Snack box" - hard boiled egg, bell pepper, melon, whole grain crackers + hummus



From frozen veggie pizza + orange segments

# Creative + Nourishing SuccESSENCE Snacks

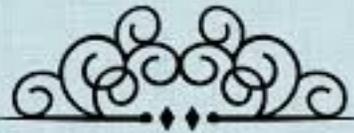
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- Most facilities are nut-free + peanut free
- Send a weight-neutral note (and lunchbox love notes!)
- Sunflower seed butter + apples (boiled/peeled if needed) + chia seeds + cinnamon
- Oat flour banana/berry/flax pancakes/waffles (batch cook + freeze)
- Cheese sticks/Bel Gioso/Baby Bel + appropriate non-choking veg
- Carrot sticks + hummus/guac/tzatziki/tahini
- Hard-boiled eggs + softened sprouted bread or Flacker's
- Snowflake balls (oats, seed butter, chia, banana, cacao chips rolled in unsweetened coconut flakes)
- Siete Foods cassava tortilla pressed SB + J (seed butter + chia "jam") + cacao chips; make into a "crepe"
- Buckwheat vanilla cinnamon crepe + mashed blueberries + chia "jam"
- Rawvocado mousse "dirt cups"
- Chia pudding
- Yogurt/Kefir Parfaits with seed "granola" ((for age appropriate; for littles; do puffed millet + seed butter + spices)
- You're much more likely to get an eater if it's even slightly more 'fun' looking. Garnish goes a LONG way.



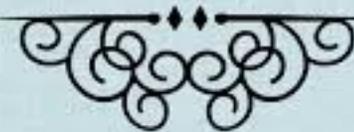
# A Day In the Life of My Bababy

- Nurse (6-8 oz); 4x/day
- Breakfast: puffed millet + rolled oats + buckwheat flakes + full fat plain kefir + cinnamon + pumpkin spice + unsweetened pumpkin seed butter + chia seed; side dish; mixed berries (fresh or frozen) + tiny cup
- Lunch: baked salmon + onion + pepper + olive oil, chickpeas with skins removed lightly blended with EVOO, unsweetened soy butter, salt, lemon, garlic, steamed spinach [baby food maker], avocado wedges sprinkled with oat flour and cut with crinkle knife, de-skinned pear topped with cinnamon. Weighted straw cup (Munchkin)
- Dinner: tofu cooked with light miso + coconut aminos and some poppy seeds, roasted mushrooms and green peppers (skinned), zucchini spears [skinned + de-seeded + cooked], quinoa macaroni; sauce as a MySerenityKids pureed sweet potato/pumpkin/beet pouch. I ate this also but it needed more salt. Smashed blueberries + banana “wedges” dipped in melted 100% cacao (tiny amount; caffeine). Tiny cup of water.



Welcome  
To the  
Spa

Take off your shoes, enjoy some  
food, we will be with you shortly.



# Table Talks



- There are so many things to talk about at the table besides BODIES/WEIGHT that can dissipate ~drama~...
- Transfer our meals to real plateware with real utensils -- or eat them straight out of the box. Add your own garnishes, lemon wedges, herbs, etc. Set the table with flowers.
- Write your child a love note with each meal to read. Write a menu for the week describing our meals to prime your child and instigate excitement and anticipation about the meals.
- Have your child sniff the food first and report what they smell. Have them list all the colors of the meal and discuss.
- Have your child experiment with eating a meal with chopstick or their non-dominant hand. Talk about what household pets eat, and which “people foods” are safe/healthy for pets. (Parsley is great for pets’ breath!)
- Talk about how it’s okay to eat some foods raw, but some foods have to always be cooked.
- Talk about the science behind cooking, heat, mixing, kneading, humidity, moisture, freezing, refrigerating, gelling, etc.
- Talk about the path of digestion and nourishment of the meal from mouth to waste. The Magic School Bus had a great episode on this -- if you’re a 90s child and recall!
- Talk about farmer’s markets, shopping local, local produce that grows in your area, why it’s important to support local markets, and the meaning of organic (legally and scientifically – LOOK IT UP!)
- Talk about the differences between food and vitamins.

# Suggested Readings + Followings –

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– @solidstarts @foodsciencebabe

[kidseatright.org](http://kidseatright.org)

– @feedinglittles

@veggiesandvirtue

[nutrition.gov/audience/toddlers](http://nutrition.gov/audience/toddlers)

– @lilynicholsrdn

<https://lml.org/food-art-ideas/>

– @pedsdoctalk

@theleangreenbean

BEST BOOK: *Born To Eat*: Leslie Schilling

– @kids.eat.in.color

– @foodfromtheheart



**THANK YOU**

*Stay in touch with me!*

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@eatlikemonica