



## The Nibble Tray...

Here is an idea from Dr. Sears... and don't think it is just for small children – my 15 year old and even my husband love a good nibble tray! It is perfect for after school, or before dinner. We use a muffin tin, and fill each compartment with something different. Some of our favorites include: carrot sticks, celery, cucumber, radish, cauliflower, grape tomato, red pepper, broccoli, apple, strawberry, cantaloupe, pineapple, banana, watermelon, mandarin orange, grapes, blueberries, blackberries, raspberries, raisins, nuts. Save the last couple of compartments for dips: salad dressing, yogurt, peanut butter or even salt. Leave the nibble tray out where young ones can reach it. They will take some, go play a bit, and come back for more. Children are natural grazers. If you are starting with a finicky eater, find one food that he likes. Then make a game out of trying just one nibble of a new food. If he doesn't like it, fine, don't push. But every day he should try something. When he finds something he likes, make a big deal out of it. Soon, your picky eater will be eating a nibble tray of his own!

## Eat Healthy, Feel Great!

Dr. William Sears is one of the top pediatricians in America, who writes for Parenting magazine and has the popular web site AskDrSears.com. He has written a children's book called Eat Healthy, Feel Great, in which he teaches children to choose healthy foods in order to run faster, jump higher, think smarter. This book comes with my highest recommendation, as I've seen it work beyond my greatest expectations. Dr. Sears teaches children that there are three types of food: green light (anytime foods), yellow light (sometimes foods), and red light (stop – can I make a better choice?). Kids catch on to this concept

very quickly. Even very young children start to ask for green light foods, and tell their parents when a food is red light and should be avoided! I have seen dramatic changes in children when they know they are giving their bodies the right kind of foods that will make them healthy and strong, and keep the "bad guys", like germs, away. They also are encouraged to try new foods, and with your encouragement, the game of trying new foods can become one they are enthusiastic about. If your local bookstore does not carry Eat Healthy, Feel Great, you can find it at Amazon.com for \$9.95.

Do you know somebody who would enjoy receiving this newsletter? Send an email to [kathywillow@comcast.net](mailto:kathywillow@comcast.net) with their name and email address, asking to be put on the newsletter mailing list.

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