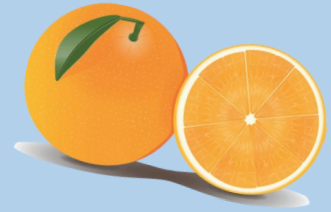




# The

# SQUEEZE



## WHERE YOU GET THE JUICE!

Volume 1 Issue 5 January 2017

### Recipe of the Month **"JUST TRY IT" HOW TO ENCOURAGE YOUR KIDS TO TRY NEW FOODS**

#### ROASTED TRI-COLORED CARROTS WITH HERBED BUTTER

**Ingredients:**

1 pound of organic, tri-colored carrots, scrubbed, sliced lengthwise.

2 teaspoons extra virgin olive oil  
kosher salt & freshly ground black pepper

1 tablespoon of unsalted butter

Small handful of fresh herbs such as Italian parsley or chives

1. Preheat oven to 450 F
2. Place carrots on baking sheet, drizzle with oil and season with salt and pepper, being sure to coat evenly.
3. Roast until desired tenderness. Test with knife to ensure carrot pierces easily - 10-15 minutes.

4. Let rest for a couple minutes before tossing with fresh herbs and serve.

5. If desired, melt 1 tablespoon of butter until foaming, add carrots and mix well until coated. Remove from heat, add herbs and turn into serving bowl.

**ENJOY**



With every new year comes new challenges. As a nutritionist I often have parent share their battles with convincing their child (and even significant others) to try new foods. In the world there are over 400 vegetables and over 2000 types of fruits! And that's not including the 1600 banana varieties and 7500 types of apples! So what's the secret?

First, don't be discouraged when they immediately hate it. Research suggests that it takes up to 16 exposures before a person will decide if they like or dislike a food (that includes adults).

Second, try not to bribe, nag or threaten. "Contingency strategies" that result in rewards or consequences such as treats, TV or having to go to bed early create a negative association with food. Be sure to keep a positive encouragement. Remind them that these food make them stronger and faster!

Last, its important to be an example. Eating the same foods that you want your child to try is a great way for them to see how enjoyable these foods can be. Also, be willing to try preparing these foods in different ways. Roasting, steaming and grilling the same vegetable can create very different flavors for the same vegetable.

**Enjoy the journey!**

#### HARVEST OF THE MONTH

Tri- Colored carrots are a fun way to enjoy this delicious health boosting vegetable. Loaded with fiber and beta-carotene, it is also an excellent source of antioxidants. Research has shown that eating 7oz of carrots a day for 3 weeks can lower cholesterol levels on an average of 11%.

These tasty treats are also fantastic immune boosters, improve eye sight, aid with digestion and help to prevent cancer.

While these crunchy snacks are not always a fan favorite, there are many ways to enjoy them. Try steaming them and adding them to your mashed potatoes, oven roasting them with a little olive oil and salt or pickling them for a salty snack.

With so many great way to enjoy carrots its easy to enjoy them often.  
**Happy New Year!**

**HOTM**

#### **EAT THIS *instead of* THAT Super Bowl**

Mashed Avocado w/Lime vs Guacamole Dip 240 Cal saving for 1/2cup serving  
2TBL Cal 50 Fat 4.5g Sugar 0g / 2TBL Cal 80 Fat 8g Sugar 1g

Traditional Wings 8 count vs Boneless Wings 8 count 352 Cal of carbs saving on a Medium order

*Traditional* Cal1000 Fat57g Carbs0 *Boneless* Cal1080 Fat 55g Carbs 88

Buffalo Sauce 2oz vs 2oz Teriyaki Sauce (for dipping) *most people average 6oz*

2oz Cal 0 Fat 0g Sugar 0g 2oz Cal 30 Fat 0g Sugar 4g

6oz Cal 0 Fat 0g Sugar 0g 6oz Cal 90 Fat 0g Sugar 12g