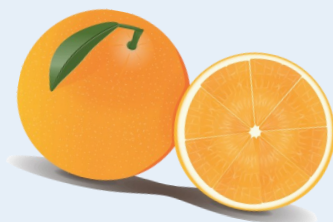




The

SQUEEZE



WHERE YOU GET THE JUICE!

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

APPLE SANDWICHES

INGREDIENTS

- I. 1 apple, sliced**
- II. 2 Tbsp. peanut butter**
- III. ¼ cup raisins**
- IV. 1 slice of cheese**

INSTRUCTIONS

- I. After slicing apple to make 6-8 chips, lay half of them flat and spread the peanut butter on one side.**
- II. Place raisins on one and cheese slice on another.**
- III. Top with another apple chip.**

Now you have 3 different kinds of apple sandwiches that you can devour!



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

There are more than 7,500 known apple varieties. Worldwide production of apples in 2014 was 84.6 million tons, with China accounting for 48% of the total For best storage, don't wash apples until ready to eat. Apples should be stored in the refrigerator. Keeping apples at room temperature will allow them to get mushy more quickly. These tasty treats are also fantastic immune boosters, improve eye sight, aid with digestion and help to prevent cancer.

Some great apple tips: Fresh apples are a great snack or dessert, eaten whole or sliced. Dip apple slices in peanut butter or serve with crackers and cheese for a quick and easy snack. Fresh apples make delicious baked fruit desserts, such as breads, muffins, cobblers, and crisps. Apples are delicious baked alongside pork or poultry or chopped into stuffing or sauces. To prevent sliced apples from browning, dip into a mix of 1 part lemon juice and 3 parts water. With so many great way to enjoy apples 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