

**Live from your heart,
you will be most
effective.
-unknown**

In this Issue

Feature Article
Kids and Nutrition

Food Focus
Dark Chocolate

Recipe of the Month
OMG Brownies

Upcoming Events

HEALTH FAIR

Come and visit me along with other health care providers at the Vitamin Shoppe on Walnut St. in Cary this Saturday, April 4th from noon -4.

Call 919.656.2711 or visit
www.jeaninefinelli.com

- Corporate workshops
- Private sessions

Clean up your diet....
For Life!

Kids & Nutrition –Rules of Engagement!

Do you ...

- Feel guilty when you constantly give in to your kids' sugar blues?
- Put pressure on yourself to have everyone at the dinner table eating the same meal?
- Want to encourage healthier habits in your home?
- Need more time to cook and prepare a healthy meal?

If you said yes to any of these, you are not alone. I assure you that improving eating habits is a process, and that it is more about what you do 80-90% of the time, and less about obsessing about the other 10-20%. The truth is that our kids are growing up in a different world than you and I did. We have both parents working, more single parent households, after school activities and carpools. We also have food companies with marketing budgets (in a world where there is supposedly not enough money to feed every human being) that have sky rocketed in order to constantly flash “cool” commercials, and shiny product packages in front of our kids' faces...especially at peak times of the day when they know kids are watching TV. Did you know in most other countries this is not allowed? I don't tell you think to make you feel defeated, rather to call to action what you as a parent can do! Here are a few things to consider when you think about your child and proper nutrition:

Everyone is different. If you dine with a friend, will you most likely order different foods off the menu? Well, kids are individuals too. Try offering a choice – green beans, or broccoli – potato or rice. Sometimes it is just the format- small whole grain pancakes with flax opposed to normal size pancakes go over much better with my 5 year old because they are “soooooo cute!”

Encourage them to eat with the **Rainbow** and get color on their plate. Kids don't care about antioxidants and vitamins, but eating as many different colors in a day is a great way to ensure they get them. (By the way – there is no white in the rainbow, and blue corn chips don't count for blue...sorry!)

My kids eat very differently, and I learned to take pressure off myself for that. One loves sushi and a good steak once in a while, and the other is a vegetarian- always has been, with the exception of minimal amounts of dairy and eggs in baked goods. That's ok! There's organic beef and wild salmon, and organic veggies. It's all good!

Set a good example by what you are eating, and remember ...their little taste buds have gotten used to Mac Donald's, Chick Fil- A, sugar laden sodas, sports drinks and excessive sodium. Be patient and focus on progress not perfection. Perfect doesn't exist!

Beak away from conventional habits! When my daughter comes home, she is usually “starving” so what better time to make her an apple with cinnamon, and big bowl of green beans (or whatever veggie your child likes!) while she unwinds and tells me about her

Have you been to **Zely and Ritz** on Glenwood in downtown Raleigh yet? Fresh, local, organic...need I say more? They have a wonderful wine list to match! Visit www.zelyandrutz.com

day. Then she can have a few cookies or a sweet treat, but only after she eats something healthy. I also pour some Acai juice in a cup – about 1 oz, and ask her to drink it every morning as her “purple” for the day. She used to whine about it, until I reminded her that she can choose an eggplant for “purple” instead. Now she enjoys her Acai juice. We’re still struggling with the “orange” things but we’ll get there. Be creative and break free from conventional to inspire the birth of new habits!

If you do only ONE thing, begin to read the ingredients (not labels). Sugar, High Fructose Corn Syrup, Partially hydrogenated oils (trans fat) excessive sodium, and enriched flours, are things to limit or eliminate.



Chocolate

“**B**ut it’s dark chocolate, so it’s okay!” Moment of truth everyone.....

Have you ever said that while eating a dark chocolate Hershey bar, a Kit Kat, or 3 Musketeer bar? Don’t fall victim to another marketing scheme! While dark chocolate can be more pure, less processed, has less sugar, and tons of antioxidants, you need a high quality piece to guiltlessly indulge. Real, raw, natural cocoa from South America has zero sugar, and is loaded with antioxidants. When shopping for a sweet treat, the higher percentage dark chocolate is what you want. I like anything between 85-100%, but experiment and see what you like. It’s all about retraining your taste buds, and once you do, your everyday chocolate will no longer appeal to your awakened senses. Whole Foods has several kinds to choose from as do other stores. Remember, it still has calories and caffeine!



OMG Brownies

Prep time: 10 minutes

Cooking time: 25-35 minutes

Ingredients:*

1 box of any brand of brownies (I use Duncan Hines – sometimes *Life* calls for mainstream)

1 Can organic black beans (SERIOUSLY)

½ -1C choc chips optional

Directions:

1. Puree can of black beans and liquid in can
2. Combine with dry brownie mix
3. Add nothing else from the box directions...nothing
4. Mix in chocolate chips and bake at temp and time according to box

You just added in tons of protein and fiber and your kids will not know!



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