

Nutrition Newsletter



KĀSIGA SCHOOL
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4 Surprising Health Benefits of Veggies



1. Help your child get important nutrients for growth and development like potassium, folic acid, vitamin A, and vitamin C.

2. Provide dietary fibre to help your child feel full and improves digestion

3. Vegetables are naturally low in calories and high in antioxidants. Thus, it helps in maintaining weight and prevents childhood obesity

4. Help your child develop healthy eating habits that may reduce the risk of certain lifestyle diseases, like heart disease and diabetes, later in life.



HELPING CHOOSY EATERS EAT HEALTHY!

Many children tend to be “choosy” eaters during their school life. It can take a child several tries before they actually like a newly introduced food. It is advisable to keep trying and introducing the food in different forms each time, for example if your child resists eating green veggies, you could add them to soups, stuffed paranthas or add vegetable puree to sambhar. Your daily efforts will help your child develop healthier eating habits later in life.

Trust your child’s appetite. Don’t force him or her to eat everything on the plate. Making a child eat when he or she is not hungry may encourage overeating. Avoid calling your child a “picky eater.” Children believe what you say. Offer healthy choices for your child to choose from. For example, “Would you like spinach or mixed vegetable for lunch?”

Prepare and eat together. Teach your child how add vegetable toppings to pizza or make them choose their veggies to add in noodles.



Recipe of the month - Cheesy Spinach Bars

Ingredients

3 tablespoons butter
 3 eggs
 1 cup milk
 1 cup atta
 1 tsp garlic paste
 $\frac{3}{4}$ tsp baking soda
 1 tsp salt + $\frac{1}{4}$ tsp pepper
 $\frac{1}{2}$ cup chopped fresh mushrooms
 1 small onion, chopped
 1 cup grated cheese
 250g spinach finely chopped

Method

Preheat the oven to 350 degrees F (175 degrees C). Melt butter in a 9x13 inch baking dish while the oven preheats.

In a large bowl, whisk together the eggs, milk, flour, salt, pepper, baking powder and garlic until well blended. Add the mushrooms, spinach and cheese, and stir to blend evenly. Tip the baking dish to coat with melted butter, then pour the spinach mixture into the pan.

Bake for 30 minutes in the preheated oven, until firm and golden. Cut into bars, and serve warm.

WALNUTS: BRAIN FUEL FOR YOUR CHILD



Walnuts also called brain foods, are rich sources of omega-3 fats, which are the good fats essential for brain and immune function. They have a high polyunsaturated fat content (PUFA) which is important for heart health.

A handful of walnuts everyday can lower both total and 'bad' LDL cholesterol levels without affecting 'good' HDL cholesterol.

Walnuts contain a number of different antioxidants which are anti-inflammatory. They are very low in sodium and high in potassium thereby helpful against hypertension or high blood pressure.

They are a good source of plant protein and effective for weight management.

When choosing walnuts, check if the kernels have a light skin colour and are crisp without any cracks. Nuts can be refrigerated for up to 4 months and kept at room temperature before eating. It is an ideal healthy snack!

-Tanya Khanna (Nutritionist)

*To Nourish is
to Flourish!*



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