



Inviting the Kids into the Kitchen by [Amy Sonnenberg, RHN](#)

There are so many reasons to invite children into the kitchen. In the nutrition world, there are countless articles and studies that suggest we are raising a generation of children who have no idea how to make real food. Sure, they are able to open the freezer and pop the frozen pizza snack in the microwave, but we all know that just isn't going to cut it for long term health and wellness. It is my goal to send my boys out of the nest knowing a thing or two about cooking and how to take care of themselves. I want them to thrive, not just survive!



Photo by Hannah Tasker on Unsplash

My top 7 reasons to Invite Kids into the Kitchen

What Your Poop Can Tell You About Your Health by [Tara Thorne, RHN](#)

There's one thing you can do on a regular basis that gives you a great clue about your health. This thing doesn't cost you any money nor does it require a time commitment. So what am I talking about? I'm talking about checking out your poop on a daily basis, (if you're going daily – which you should be). Your poop can tell you so much about your health. Let me give you some tips about what you should be looking out for, for the sake of your health:

First up, you want to be going daily. At least once a day, better if you go twice. And one of those poops should be a whopper. Yep – size really does matter

1. Monkey See, Monkey Do!

Children learn by example. Our actions speak louder than words. Want your children to appreciate real food? Let them see you in the kitchen cutting up veggies for a snack. Ask them to find the carrots in the fridge

or locate the cutting board in the cupboard. If your child sees you making healthy food choices, they will too!

2. Makes the Kitchen a Safe Place! The kitchen can be a scary place for some children as well as adults. This one room in the house has sharp knives, a hot stove, many breakable items and the potential to start a fire. The kitchen does pose some reason for concern but the rewards far **Continued on page 2...**

when it comes to your BMs. Women who poop less than once every 3 days have a five times increased risk of breast cancer. One of the reasons why is because we poop out excess estrogen from the body. Pooping is also essentially "taking out the garbage," and when you don't take out the garbage, it putrefies and toxins build up in your system, and proper detoxification is crucial for cancer prevention. So what can you do to ensure you're pooping on the daily? A few things. Increase your fibre to at least 30g /day. If you're not eating much currently then do this slowly. Do this by consuming vegetables. Ideally, you want to be eating 8 **Continued on page 3...**

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Want More Help with Kids? See a Holistic Nutrition Professional.



Extra Thick Chocolate Milkshake Smoothie by [Meg Doll, RHN](#)

Serves: 1

Ingredients

~ 2 cups frozen cauliflower florets
 ~ 6 oz. cubed, baked, and frozen sweet potato
 1 scoop vanilla protein powder of choice
 1 heaping tbsp cacao powder
 250 ml unsweetened nut milk (I prefer cashew)
Editor's Note: You could also use whole cow's milk.
 Toppings: anything you'd like, but I love chopped strawberries and cacao nibs



Instructions

Place all ingredients in a high-speed blender and blend until smooth. Remove from blender, transfer to serving bowl, and top with toppings. Enjoy immediately.

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outweigh any risks. It is up to us to discuss with our children how to hold a knife safely, to remind them to stay focused while cooking and what to do in the case of an emergency. It is our job to teach them these skills and send them out into the world well equipped to care for themselves and their families one day.

3. Contributes to Family in a Meaningful Way! Asking your child to help in the kitchen gives them a sense of empowerment, purpose and builds their confidence. It feels good to help someone else out. Children are eager to be of good service to you. All children regardless of age can help in the kitchen whether it is placing napkins on the table, finding a measuring spoon or making the whole meal independently. The earlier you begin allowing your child to help in the kitchen, the more natural it will feel for everyone.

4. Super Skill Booster! Cooking requires following directions, paying attention to details, reading, measuring, problem solving and turn taking. What family couldn't use a little more practise in this area?

5. Creates an Adventurous Eater! If a child helps prepare food, they are more likely to be an adventurous eater. It may not seem like it right away, but with more exposure comes more interest in diverse flavours. The big thing here is consistency. At our house, we've enacted the, 'One bite to be polite,' policy with much success. It is understood that there will be some flavours that aren't enjoyed by everyone. Try one bite without complaint and move on to another food on your plate. This strategy applies to adults as well.

6. It is Fun! Sure it can get a little messy but the memories that are created in the kitchen can last a lifetime. Sometimes life is messy and if we panic over a little spilled milk or eggshells in our pancakes, what is that teaching our children about handling real life problems. There is much wisdom in remembering not to cry over spilled milk! Let your hair down (just not in the food) and have a good time in the kitchen. Put on some music and dance while the pasta boils.

7. Extra Time to Connect. In a world that seems over scheduled and harried, we need to make the most of the time we have together. When we are in the kitchen making food or cleaning up, there is an enormous **Continued on right column...**

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opportunity to connect with your child. Interesting things are sometimes said while chopping cucumbers. Your child isn't feeling the pressure of the after-school questions that usually have the answers, "Nothing, good or I don't know." They have the opportunity to just let their thoughts flow in a way that is natural while they are spending time with you.

8. Adults Can Learn Something Too! I like to think of myself as a lifelong learner. I also like to think of myself as open minded enough to let my child teach me a thing or two.

An interesting thing happened a while back with the mustard bottle. One of my boys was looking at the mustard bottle and discovered that if you pushed the cap back far enough, it actually clicked out of place and no longer got in the way of the mustard as it was being squeezed out. Voila! With that one discovery, I no longer have to remove the mustard lid on a regular basis and clean it.

Children have a unique way of seeing the world, and I love it when that quality shines through.

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servings of vegetables daily (one serving is 1/2 C chopped veggies, 1/2 C cooked leafy greens, or 1 C raw leafy greens). Ensure you're drinking enough water too. You want to aim for half your body weight in pounds, in ounces of water each day. You can also take vitamin C or magnesium citrate to bowel tolerance. Simply start low and build up until you have loose poops.



Once you do, back off and see if you can keep yourself regular by drinking enough water and eating enough fibre. And if these things don't work, then you must check your thyroid. Not just TSH, T4 and T3 but also reverse T3 and your antibodies. Another thing that might be gumming up the works is that your gallbladder isn't functioning properly. This is a huge reason for constipation. If this is the case, you're going to want to consider ox bile, taurine, and phosphatidylcholine.

The next thing you want to ensure is that your poop is the right consistency. You don't want it to be too watery or diarrhea. You have no idea how many people I know who have been suffering with diarrhea for months, even a year! Yet their GPs have no clue what to do about it. If you have diarrhea then you have something going on in your gut to cause said diarrhea. The trick is to find a functional health practitioner, such as myself, who can suggest the proper testing to get to the root cause. If you have diarrhea this means you aren't absorbing your nutrients. And if you aren't absorbing your nutrients, you won't have the essential building blocks you require for health and disease prevention. You also don't want your poop to be hard and pebble-like. This is constipation. What you want to be looking for is an easy to pass bowel movement that is smooth and log-like. You want it to be relatively thick, because thin bowel movements give us a clue that your gut is constricted – usually due to stress. The worst case scenario is that you have an obstruction in your bowel causing pencil-thin poops. The best thing you can do is check out the Bristol stool chart in my Healthy Gut Guide 12 page e-book to see where your poops rate on the scale of good to bad.

You don't want your poops to float or be greasy. If your poops are floating this can mean you're not absorbing your fats. This could be due to a liver and/or gallbladder issue. You have to absorb your fats. If you don't you'll be deficient in fat-soluble vitamins such as A, D, E, and K – which are all crucial to optimal health. If you do have floating and greasy poops, then you want to work with a functional health practitioner to support your liver and gallbladder.

Foul smelling poops also aren't great news. Sure, no one's poop smells like roses but if you find yourself repulsed by your own BMs then this is an indication that something ain't right in your gut. Dysbiosis, (an imbalance of good and bad bacteria) could be a contributing factor. If your poop smells **Continued on right column...**

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like sulfur, this is usually a sign that you are molybdenum deficient.

The colour of your poop is important. If it's very dark brown or black, this could be a sign of internal bleeding higher up in the GI tract. Red stools on the other hand, may be a sign there's bleeding lower in the GI tract, (but rule out the consumption of foods such as beets before you get alarmed). White or grey poops are often a sign of a liver or gallbladder issue. Yellow stools may be an indication that you aren't digesting your fats. You want your poop to be a nice brown colour.

Finally, if you use a lot of toilet paper, this isn't a great sign either. This is often a sign of excess mucous in the intestinal tract. You may find that eating a lot of sugar or consuming alcohol will increase your mucous production. Having to use a lot of toilet paper when you wipe is a sign that things inside your gut need to be addressed.



Balsamic Strawberry Chicken Salad *by Stephanie Kay, RHN*

This Balsamic Strawberry Chicken Salad is exactly how summer meals should be; quick, easy and packed full of fresh flavours!

This recipe is about as straightforward as they come, but it is a good reminder that simpler is often better, especially in the summer months. I often find myself looking for new ways to marinate meat for the grill, but the truth is it doesn't need to be fancy or complicated. By simply making a little extra dressing for your salad, you can use it to add a punch of flavour to meat without much effort at all. Store-bought dressings will most certainly work (be sure to opt for versions made with olive oil as opposed to [vegetable oil](#)) but, in my opinion, making dressings from scratch will always be the cheapest and most flavourful option. The key to any good salad is the dressing, so once you've got a few [simple salad dressing recipes](#) in your tool kit you will be able to create endless combinations for days to come.

Ingredients

2 chicken breasts, boneless, skinless
 6 cups arugula
 1 cup strawberries, sliced
 1/4 cup red onion, thinly sliced
 1/4 cup almonds, roughly chopped
 1/4 cup goat cheese, crumbled
 3 tablespoons olive oil
 1 tablespoon balsamic vinegar
 1 teaspoon honey
 1 teaspoon Dijon mustard
 1/4 teaspoon sea salt, plus more for seasoning
 1/8 teaspoon black pepper, plus more for seasoning



Instructions

In a small bowl or jar, combine the olive oil, balsamic vinegar, honey, Dijon mustard, salt and pepper, and whisk to combine.

In a separate large bowl, add chicken breasts, season with a pinch of salt and pepper, cover with just less than half of the dressing mixture, and transfer to the fridge for 30 minutes. If time does not permit to marinate the chicken, simply ensure the chicken is well coated in the dressing before adding it to the grill.

Heat a grill or grill pan to medium-high heat. Once warm, add chicken and grill for 12-15 minutes, flipping once, until cooked through. Once the chicken is cooked, allow to cool for 2-3 minutes, and then thinly slice.

While the chicken is cooking, add arugula, strawberries, sliced onion, chopped almonds and goat cheese to a bowl, drizzle with remaining dressing and toss to combine.

Top the salad with sliced chicken, and season with extra salt, pepper and goat cheese to taste.

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