



*Guide to*  
**HEALTHY  
EATING**

*vet  
candy*

Featuring  
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# Healthy eating made easy



**E**ach new year brings hope and motivation to make the days ahead better than those of the previous year. As the year comes to a close, many are finding their resolutions made in January have been forgotten. The result? Frustrated and hopeless feelings that achieving a healthy weight is unattainable, and intentions are being set to “try again” before bathing suit season. Why does this continue year *after year after year*? There is actually a very simple answer to this seemingly complex question: *diets do not work!*

Diet trends come and go. The real question I’d like you to ponder is “Have you ever given it a try to do things a little differently and actually listen to your body instead of a diet trend?” Now let’s be clear, this isn’t an easy task for anyone, especially not if you have a history of dieting, unsatisfied

body image, negative self-esteem, and a keen ability to ignore your body’s hunger and fullness cues. It’s also not a task best left up to your own devices and requires both education and guidance as you discover your body’s innate ability to self-regulate. This is a rather large mental shift for most people who find themselves compelled to jump on the scale daily or count the calories of every morsel that goes into their mouth.



Mindfulness is a way of life that extends to every aspect of your day. The goal is to be able to be happy and healthy without the unnecessary burdens of self-judgment and scrutiny. I invite you to look in the mirror and really see yourself today without the harsh judgment that might usually surround your physical appearance. I invite you to really enjoy your food today and savor each bite for its deliciousness rather than its caloric weight. You may be surprised by the level of satisfaction that can be achieved off a smaller portion of food when eat bite is savored. After all, isn't our goal to be able to eat whatever food we want in whatever quantity we want without guilt or worry and be healthy while doing so? Wouldn't we want our children to have a relationship with food that was as freeing as this? We must create this relationship within ourselves in order to teach and role model these behaviors in our children.





# Secrets to eating mindfully

**M**ealtimes can be quite hectic for moms as we speed around the kitchen frantically trying to figure out a seemingly balanced meal with a little one tugging at their leg or crying in the background and before long the entire process simply feels like a chore. Either they don't choose the right food, the right amount, or the right times to be eating and end up feeling as though they haven't really been satisfied all day.

Not only will this lead to eventual weight gain or prevent weight loss, it also perpetuates an unhealthy relationship with food that is being inadvertently being taught and role modeled to their child.



Here are five tips to start eating mindfully:

1. First things first, clear your minds of all the preconceived ideas you have surrounding types of foods and the associations they conjure up for us; for example, thoughts such as bread= carbs=gaining weight or cookies=unhealthy=bad.
2. Next, think about what your body is feeling in terms of hunger and how much food it might need. It might be a salad, a burger, a chicken dish, pasta or maybe even just an apple.
3. Be sure that you are free from inappropriate distractions when beginning to eat. This means no texting, TV watching, talking on the phone, doing paperwork, or

1. reading emails. Not only is this crucial for your own mindfulness practice, but it opens the awareness for you to connect with your family or friends during meals.
2. Appreciate the aroma and appearance of your food as you reflect on the tastes, textures, smells, and colors. Some will even find it useful to contemplate the origins of their food to help them connect to the taste and satisfaction gained while consuming it. When feeding children, it is always a great idea to talk about these aspects of the food and provide some education about how it was grown, made, or cooked.
3. Once you are about halfway through your meal, take a moment to pause and consider how full you are feeling and whether you need to keep eating. All too often we eat the portion in front of us rather than the amount our body really requires, which as we all know will lead to weight gain regardless of whether the food was “healthy” or “unhealthy” in our minds.





# Why You Should Be a Healthy Role Model

**D**o you want your family to have a healthier lifestyle? Do you want them to start eliminating entire food groups, obsessing over every calorie or “macro”, skipping meals, or even replacing them with liquid meals (i.e. juices/shakes)? How would you feel if they decided to hit the gym first thing in the morning every morning and made sure to jump on a scale right after to track their results? Of course, if your child is still quite young this may seem funny to imagine them doing anything even close to those things but what you might not realize is that they have been paying close attention to your actions since the day they were born. As a parent you become your child’s greatest role model in their most formative years, and as the saying goes “monkey see, monkey do” for better or worse.

Research proves that a parent who frequently diets creates disordered eating behaviors in their children. In fact, you might even be able to think back to when you were a child and what your parent may have done in regard to their own restrictive intake or perhaps their choice of words about their own body image, and how it helped shape your perspectives about the same things.

So, what should you do instead? Use this new year to create new ways of thinking about food and your relationship with food. Seek out a mental health professional that can

help you work through some psychological ties with food, a registered dietitian well versed in the principles of [Intuitive Eating](#), or even a parent coach to help you better understand the impact of your actions on your child's behaviors via [conscious parenting](#) approach.

Whatever you do, dump the diet forever!







# Three tips for packing the perfect lunch

Nothing is more deflating to your ego than opening your kids' lunchbox after school and finding it mostly full. Despite your best efforts to be that perfect mom, that makes the most envied lunches, you can expect that your kids may not be happy with your choices.

That's why I have these three simple tips to make lunch boxes more kid appealing.

- Don't pack something new they haven't tried before; a nervous child or short lunch period is not an ideal situation for trying out a new meal idea. Consider having them help you assemble it, so that there are no surprises.
- Don't pack something that will end up soggy in a few hours, consider a hard plastic or stainless-steel sandwich container; keep wet or juicy side options separate from dry ones with compartment dividers, mini silicone muffin holders, or wrapped in tinfoil.
- Don't pack "what everyone else is packing"; just because some kids might be getting juice boxes, bags of chips, or Lunchables does not mean you should follow suit. Your child's lunch should resemble the foods you serve at home. Be the positive role model for other parents instead of falling victim to peer pressure



# Secrets to healthier eating habits

In the hustle and bustle of life, it is hard to find the time to cook something healthy. If you must leave early in the morning and you are coming back late, you won't be quite motivated to begin whipping up some healthy stuff the moment you enter the house, right? But eating right and eating at the right times are extremely important things which can help you feel great and be energetic.

Time is short and there isn't much scope for cooking and other kitchen work so let us help you start small with a few inspirations:

## Quick-fix meals via microwave:

The microwave presents ore opportunities to cook healthy meals quickly rather than just being a tool to heat up frozen meals. Be it a quick quiche, a mug cake or cinnamon breakfast quinoa – the microwave can be your go-to for any proper yet healthy meal. Eat the right food while spending lesser time cooking it.

## Three ingredient meals:

It may sound a little strange, but three ingredient meals can be high on nutrition as well as great for your tight schedule which allows little time to prep extensive meals. Ample ideas are available on the internet for your quick and easy meals.

## Iron fuel-up:

We seldom pay any attention to the importance of minerals but the lack of them can produce severe symptoms of deficiency. One such mineral is iron which when deficient causes depressive symptoms and fatigue. Iron also improves muscular strength and can improve the quality of your day. munch on oatmeal, lentils, spinach and lean meats.

## Soups and stews to the rescue

Soups can be great comfort foods and also can be dense in nutrients without loading you up on excess carbs or fats. Make a batch for the week and store in freezer and you can thaw as required. The healthy soups can be made in variety and stored for emergency food situations! Microwave comes to the rescue here as well.



## Smoothie shortcut

Dump all the dry, non-liquid ingredients in a Ziploc bag and stash in the fridge. When you want a smoothie, you can simply unzip and pour milk or water and blend in the blender for instant, no-think smoothie which is great for health and tastes great too. Instead of using sugar to sweeten the smoothie, use dates or banana and make it even more healthy! Don't forget to put spinach in, for the extra iron boost.

## Don't do everything yourself

You don't have to go at it alone. If family doesn't or can't help, or you live alone, why not take assistance from apps and home delivery services that can provide your groceries at your doorstep? Maybe you can hire some help when you prep weekly meals? A slight investment now can help you get started on a healthier lifestyle.

## Prep weekday meals on weekends

Make and store as much food you can when you get your weekly off so that there is less chaos on a weekday when you are trying to get everything on time. Chop veggies, prep them, make smoothie bags, precook your quinoa and meat and rice and just keep the assembly pending for the weekday. Store in separate labeled containers and if school going kids are there in your household, have weekday wise, kid wise boxes ready and stored in the fridge to make things easier later.

## Less snacking, more meal

Snacking can easily lead to overeating, gaining weight and feeling lethargic. Too much snacking can even be bad for your sugar and electrolyte levels. There is lower satiety despite

a lot of food. Instead, limit the snack time to 2 or 3 times a day and have three nutritionally sensible meals each day.

## Mindful eating

Eating with your focus elsewhere confuses the brain as it is engaged in two activities and hence digestion becomes improper and hormone levels also fluctuate. You eat well but you don't get the benefit of you don't eat with your mind focused on the food. For those 5 minutes, turn off the computer and understand what you are eating. Pay the food respect and it will respect your body.

## Use a slow cooker

Just dump the ingredients into the pot, set timer and leave! A healthy dinner will be ready when you reach back home and it will even stay warm, thanks to this wonderful invention, which takes the number of hours you would want it to take to cook anything. Some can even be controlled via smartphone-based controls – so that there is more involvement with the cooking process even when you are not near it.





# Rules to eat by

One of my favorite principles of eating is the “Division of Responsibility”. This phrase, coined by Ellyn Satter, is essentially a simple rule to follow when feeding your children that will hopefully prevent many of the food fights and power struggles that typically show up at the table. Per this philosophy, the parent is responsible for deciding “what, when, and where” while the baby/child is responsible for “whether and how much“. Seems easy right? Well, if you are feeding an infant this is slightly easier to follow but as the child grows into a toddler and then preschooler, they begin to gain independence and think they should be able to control...well just about everything! All too often parents are stealing their child’s role and pushing them to eat more of a certain food than the child wants, or for that matter to even eat something at the meal so they don’t go hungry. Likewise, parents also fall victim to giving away their role in this feeding relationship by allowing a child to demand a snack at any given time or refuse the main course requiring the parent to make them something entirely different from the rest of the family. So how do we all regain the roles we are supposed to follow?

Just like any lifestyle change, it's best to start slow. Decide which part of this role replacement you are going to embrace first. I usually recommend my clients start by giving back the child's role first which tends to ease the tension at the dinner table. Once the child starts to feel they are in charge of eating the right amount for their body, and no longer feels pressure or coercion to "just try a bite of this" or "eat more of that to get more of this" or even "eat a good dinner in order to get dessert", the dynamic immediately shifts. The goal is to eliminate the never-ending battles around food. After a couple weeks of the child now feeling as though they can dictate the amounts of food, then slowly start working towards serving foods that YOU enjoy, even if that might not be their favorites. Of course, it is essential that you have a somewhat familiar side dish also offered so they are familiar with at least one part of the meal and can decide on their own if they want to eat just that side dish and only that side dish. Remember, that's their choice. If a parent or other caregiver is eating the same dinner at the same time, the consistent

role modeling will be enough for your child to start branching off their "safe side dish" and becoming more interested in the main courses you have chosen. It doesn't happen overnight, but it absolutely works. And I can tell you what doesn't, the bribery, coercion, and threats that can be so easy to fall into when you just want your child to eat a balanced meal. We all want what's best for our children and can all agree to the benefits of eating healthy, but often lack the know how in getting the results we want. By following this theory, you will get a few steps closer to your goal.



## Dirty Dozen

When it comes to produce, there's a dilemma that every grocery shopper faces: organic or conventional? The Environmental Working Group (EWG) suggests buying organic versions of the "Dirty Dozen" when possible.

- Strawberries
- Apples
- Pears
- Spinach
- Grapes
- Tomatoes
- Kale
- Peaches
- Celery
- Nectarines
- Cherries
- Potatoes

## Tips for Grocery Shopping

Shop the perimeter of the grocery store, where fresh foods like fruits, vegetables, dairy, meat, and fish are usually located. Avoid the center aisles where junk foods lurk. Choose "real" foods, such as 100% fruit juice or 100% whole-grain items with as little processing and as few additives as possible.



# RECIPES

## Baked Chicken with Dijon and Lime

### Ingredients:

- 8 small chicken thighs, skin removed
- 3 tbsp Dijon mustard
- 1 tbsp light mayonnaise
- 1 clove garlic, crushed
- 1 lime, squeezed, and lime zest
- 3/4 tsp pepper
- salt
- dried parsley

### Directions:

Preheat oven to 400°. Rinse the chicken and remove the skin and all fat and then pat dry. Place the chicken in a large bowl and season with salt. In a small bowl combine Dijon, mayonnaise, lime zest, lime juice, pepper and garlic and mix well. Pour this mixture over the chicken. Next, spray a large baking pan with cooking spray and then place the chicken in a single layer. Top with parsley and bake for 30-35 minutes. Next, place the chicken under the broiler until it is a golden brown. Makes four servings.



## Cookie dough hummus

### Ingredients

- 1 can of garbanzo beans, drained and rinsed well
- ¼ cup of cashews
- ¼ cup + 2 Tbsp maple syrup
- 2 tsp of vanilla extract
- 3 tbsp rolled oat
- 1/8 salt
- ¼ cup chocolate chips

### Directions:

Blend all ingredients except for the chocolate chips in a food processor. Fold in the chocolate chips. Chill the mixture for about 30 minutes. Goes great with celery or carrot sticks.

## Avocado chickpeatoast

### Ingredients

- 1 can of garbanzo beans, drained and rinsed well
- ½ avocado
- 1 tbsp. nonfat plain Greek yogurt
- ½ tsp fresh lime juice
- 1 green onion chopped
- 1 tbsp. chopped cilantro
- 4 slices whole grain baguettes

### Directions:

Use a fork to mash chickpeas and avocado together. Mix in Greek yogurt, lime juice, green onion, and cilantro. Use salt and pepper to taste and then spread over the toasted slices of baguettes. Cut into triangles before serving.

## Chocolate Hearts

### Ingredients

- 2 cups mini marshmallows
- 2 tbsp unsalted butter
- 1 tbsp. unsweetened cocoa
- 4 tsp vanilla extract
- 1/8 tsp salt
- 3 cups whole grain cereal
- ½ cup carob chips

### How to Make It

First, combine first 5 ingredients in a large microwave-safe bowl. Microwave on high for one minute. Remove bowl from microwave; stir with a large rubber spatula coated with cooking spray until smooth. Next, stir in cereal and then carob chips.

Lightly pack the cereal mixture into silicone heart shaped muffin cereal mixture. Stick in the freezer for a few minutes until firm

# Do you know the latest?

