



## **Nutrition Know How: Diet choices to manage hunger**

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Satiety is feeling full after eating a snack or meal.

Some foods make us feel fuller than others. When you feel full after eating, it is easier to eat less without being hungry. This is important when you are shaping up, as you will likely eat fewer calories later in the day. This handout gives you ideas to help your child feel full and less hungry between meals.



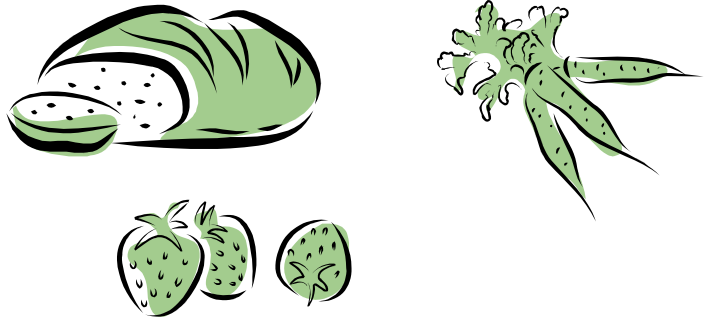
# What foods will make your child feel full?

## 1. Fibre

Fibre slows down the movement of food, which makes us feel full. Foods with fibre are an important part of our diet while shaping up!

Fibre is found in food such as:

- grain products
- vegetables
- fruits
- beans
- nuts and seeds



## How much fibre should my child have day?

The amount of fibre your child needs each day is listed in the chart:

| Age            | Boys<br>Grams of fibre<br>needed each day | Girls<br>Grams of fibre<br>needed each day |
|----------------|---|--|
| 1 to 3 years   | 19  | 19   |
| 4 to 8 years   | 25  | 25   |
| 9 to 13 years  | 31  | 26   |
| 14 to 18 years | 38  | 26   |

Check food labels in order to see how much fibre is in the foods your child eats regularly.

The chart on the next page lists high fibre foods; aim to have one of these foods at each meal!

### Common foods with fibre

| Food Serving Sizes   | 2 to 3 grams  | 4 to 6 grams   | More than 6 grams  |
|--|---|--|--|
| <b>Breads</b><br>2 slices  | <ul style="list-style-type: none"> <li>● bran muffin -1 small</li> <li>● cornbread</li> <li>● white bread</li> </ul>  | <ul style="list-style-type: none"> <li>● 100% whole wheat</li> <li>● Pumpernickel</li> <li>● Rye</li> <li>● Multigrain</li> </ul>                      | <ul style="list-style-type: none"> <li>● Dempster's, Healthy Way®</li> </ul>   |
| <b>Cereals</b><br>Portion size varies. Read Nutrition Facts table on package to see the portion size.  | <ul style="list-style-type: none"> <li>● All Bran Bran Flakes®</li> <li>● Oat bran</li> <li>● Shredded Wheat®</li> <li>● Oatmeal</li> </ul>   | <ul style="list-style-type: none"> <li>● Fruit and Fibre®</li> <li>● Raisin Bran®</li> <li>● Corn Bran Squares®</li> </ul>                             | <ul style="list-style-type: none"> <li>● 100% Bran®</li> <li>● All Bran Original®</li> <li>● All Bran Buds®</li> <li>● Kashi Go Lean®</li> </ul> |
| <b>Grains</b><br>1 cup, cooked   | <ul style="list-style-type: none"> <li>● quinoa</li> <li>● natural bran - 1 tbsp</li> <li>● wheat germ – 2 tbsp</li> <li>● whole wheat pasta</li> <li>● brown rice</li> </ul>   | <ul style="list-style-type: none"> <li>● bulgar</li> <li>● cornmeal</li> <li>● barley</li> <li>● whole wheat pasta</li> </ul>                          |  |
| <b>Crackers</b><br>Portion size varies. Read Nutrition Facts table on package to see the portion size. | <ul style="list-style-type: none"> <li>● President's Choice Swedish Crisp Toasts®</li> <li>● President's Choice 100% Wheat or Wheat Bran 'n Rye Crackers®</li> <li>● Wasa Light or Sesame Wheat Crispbreads®</li> </ul> | <ul style="list-style-type: none"> <li>● Ryvita Crisp Breads®</li> <li>● Wasa Golden Rye Crispbreads®</li> </ul>                                       |  |
| <b>Vegetables and Legumes</b><br>½ cup, cooked   | <ul style="list-style-type: none"> <li>● broccoli, brussel sprouts, carrots, cauliflower, corn, green peas, mushrooms, spinach, squash</li> <li>● 1 baked potato with skin</li> </ul>                                   | <ul style="list-style-type: none"> <li>● 1 artichoke</li> <li>● black beans, chick peas, kidney beans, lentils, northern beans, pinto beans</li> </ul> | <ul style="list-style-type: none"> <li>● black-eyed peas, navy beans, soy beans</li> </ul>   |
| <b>Fruit</b>   | <ul style="list-style-type: none"> <li>● 1 apple, banana or orange</li> <li>● 3 apricots</li> <li>● ½ cup blueberries or rhubarb</li> <li>● 1 cup strawberries</li> </ul>   | <ul style="list-style-type: none"> <li>● 1 pear with skin</li> <li>● ½ cup raspberries</li> </ul>  | <ul style="list-style-type: none"> <li>● 1 cup blackberries or raspberries</li> <li>● 10 dried dates, figs or prunes</li> </ul>                  |
| <b>Nuts and Seeds</b>  | <ul style="list-style-type: none"> <li>● ¼ hazelnuts, walnuts, pecans (dry roasted)</li> </ul>  | <ul style="list-style-type: none"> <li>● ¼ cup almonds</li> </ul>  | <ul style="list-style-type: none"> <li>● 2 tbsp flaxseed</li> </ul>  |

## 2. Protein

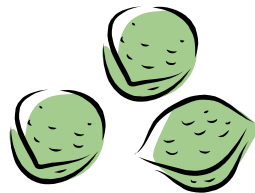
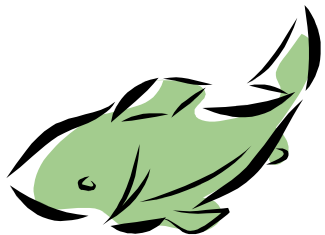
### What is protein?

Protein is a nutrient found in foods such as meats, eggs, dairy products, nuts, legumes and beans. Eating protein with every meal has been shown to make us feel full more than foods with only grains and fats. Also, getting enough protein is important for building and repairing muscles and cells in your child's body.

### How much protein does my child need?

Include 2 to 3 servings of foods with protein every day. To help your child feel full throughout the day, include protein with meals and snacks. Here are some examples of foods that have protein:

| Food                                       | Serving Size             |
|--|--------------------------|
| Cooked fish, shellfish, lean meat, poultry | The palm of your hand    |
| Egg  | 1 to 2 eggs              |
| Nuts                                       | ¼ cup (20 to 24 almonds) |
| Nut butter (peanut butter)                 | 2 tbsp                   |
| Legumes/beans (cooked)                     | ¾ cup                    |
| Tofu                                       | ¾ cup                    |



**Lunch ideas that contain foods with protein**

|   |  |
|---|--|
| <p><b>Chicken Caesar Wrap</b><br/>                 1 whole wheat wrap<br/>                 2 ½ ounces chicken breast (cut up)<br/>                 Romaine lettuce, shredded (1 cup)<br/>                 Tomato (4 slices)<br/>                 Caesar salad dressing (1 tbsp)</p> | <p><b>Rockin’ Tuna Melt</b><br/>                 2 slices of whole wheat bread<br/>                 2 ½ ounces of tuna (drain and flaked)<br/>                 1 ounce of mozzarella cheese (sliced)<br/>                 Mayonnaise (1 tsp)<br/>                 2 slices tomato<br/>                 Pepper to taste</p> |
| <p><b>Chicken Salsa Wrap</b><br/>                 1 whole wheat wrap<br/>                 2 ½ ounces chicken breast (cut up)<br/>                 Lettuce, shredded (1 cup)<br/>                 Salsa (2 tbsp)</p>   | <p><b>Peanut Butter Supreme</b><br/>                 2 slices of whole wheat bread<br/>                 2 tbsp peanut butter<br/>                 1 banana (sliced)</p>  |

**3. Milk and Milk Alternatives**

Milk and milk alternatives contain energy, protein, and important vitamins and minerals such as calcium and vitamin D. The protein in milk and milk alternatives makes us feel full. Therefore, including them on a daily basis helps keep your child’s body healthy and manage his or her weight.



**How much milk and milk alternatives should my child eat?**

| Age (boys and girls) | Number of servings a day |
|----------------------|--------------------------|
| 2 to 8 years         | 2                        |
| 9 to 18 years        | 3 to 4                   |

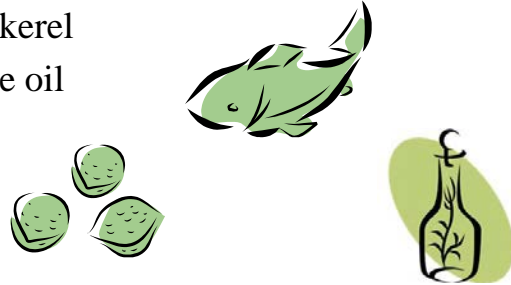
**Snack ideas to get one serving of milk and milk alternatives**

- yogurt (175 grams) with 20 almonds mixed in
- yogurt (175 grams) with ¼ cup of bran buds and ½ cup fruit
- cottage cheese (175 g) mixed with fruit (½ cup)
- ½ cup of chocolate milk mixed with ½ cup of white milk (1 cup)

## 4. Fat

Foods with fat help make us feel full after a meal. This is because fat takes longer to digest or break down than protein or carbohydrate. However, it is important to remember that fat has more calories, so it must be eaten in small amounts to keep fit. Some sources of healthy fats include the following:

- fish such as salmon, herring, or mackerel
- vegetable oils such as canola or olive oil
- oil based salad dressings
- nuts
- mayonnaise



Include 2 to 3 tablespoons of fats a day such as the ones listed above.

## What foods should my child eat less often?

The foods listed below will not fill us up, and may even make us **feel hungrier** after we eat them. Ask your dietitian how often your child can have these foods.

| Foods High in Sugar                   | Foods with Sweeteners | High Salt Foods |
|---------------------------------------|-----------------------|-----------------|
| Candy                                 | Diet Pop              | Chips           |
| Fruit juice                           | Nestea Light          | Salted nuts     |
| Some cereals, such as<br>Lucky Charms | Crystal Light         | Popcorn         |
| Cookies                               | Kool-Aid Jammers      | Pretzels        |
| Cakes                                 | Sugar free candy      | Deli meat       |
| Pop                                   | Jell-O                | French fries    |
| Hot chocolate                         | Source yogurt         |                 |

## What's the bottom line?

Give your child foods that will make him or her feel full after eating. This will help them to eat less without feeling hungry. Foods with fibre and protein, and low fat milk and milk alternatives are good choices for snacks and meals for your child. Try some of the snack ideas and recipes in this booklet to get your child on the right track to shaping up!

## Recipes that will fill you up!

### Trail Mix

- ¾ cup cereal
- 2 tbsp nuts (almonds or walnuts)
- 1 tbsp dried fruit (raisins)

Combine your favourite healthy ready-to-eat breakfast cereal with nuts and dried fruit in a small container. Shake it up and enjoy it anywhere!

### Pancake recipe

- 1 cup of whole wheat flour
- 3 tsp baking powder
- 2 whole eggs
- 1 cup cottage cheese
- 1 tsp vanilla
- 1 cup mixed berries (frozen or fresh)
- ¾ cup milk

Warm-up non-stick pan on medium heat. Combine the dry ingredients in 1 large bowl, mix, and then add the remaining ingredients. Mix the batter and use a ¼ measuring cup to pour batter into the pan.

When bubbles form on top of the pancakes, flip them to cook the other side.

Instead of maple syrup, try apple sauce or fresh fruit on your pancakes!

## Chili Recipe

|   |                                       |
|---|---------------------------------------|
| 4 ¼ cups canned tomato sauce                            | 1 large red bell pepper, chopped      |
| 1 cup canned diced tomatoes                             | 1 large green bell pepper, chopped    |
| 1 can (15 oz) canned black beans,<br>drained and rinsed | 1 ¾ cups chopped carrots              |
| 1 can (15 oz) red kidney beans,<br>drained and rinsed   | 1 ½ cups chopped portabella mushrooms |
| 1 cup sweet corn kernels, frozen or<br>canned (drained) | 1 ½ tbsp chilli powder                |
| 1 ½ cups chopped onions                                 | 2 tsp crushed garlic                  |
|   | 1 tsp Worcestershire sauce            |
|   | 1 tsp cumin                           |

Place the tomato sauce, tomatoes, chilli powder, and cumin in a large pot. Stir over low heat. Once mixture is heated, stir in the garlic and continue to cook for about 5 minutes. Add carrots and continue to cook over low heat.

Over medium heat, cook onions, peppers, and mushrooms for 3 to 5 minutes in a large pan. Add the onion, pepper and mushrooms to the large pot.

Add beans, corn and Worcestershire sauce to the pot. Mix well.

Cook over low heat for about 2 hours, stirring every 20 minutes. Cook until the carrots are soft.

## Chicken Quesadilla

|                                  |                          |
|----------------------------------|--------------------------|
| 1 whole wheat tortilla           | 1/3 cup cheese, shredded |
| 2 ½ ounces chicken breast, diced | 1/2 cup diced tomato     |

Over medium heat, set tortilla in a pan that is lightly coated with canola oil. Spread the cheese evenly on top of the tortilla, then place chicken on top of the cheese. Once the cheese begins to melt, spread the tomato on top and fold the tortilla over. Continue to cook for a minute or two. Serve with salsa.