



# Building a Healthy Foundation: Nutrition for Families

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*Healthy People, Healthy Saskatchewan*

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.



[saskhealthauthority.ca](https://saskhealthauthority.ca)

# Vision, Mission, Values and Philosophy of Care

## VISION

*Healthy People, Healthy Saskatchewan*

## MISSION

We work together to improve health and well-being. Every day. For everyone.

## VALUES

- **SAFETY: *Be aware.*** Commit to physical, psychological, social, cultural and environmental safety. Every day. For everyone.
- **ACCOUNTABILITY: *Be responsible.*** Own each action and decision. Be transparent and have courage to speak up.
- **RESPECT: *Be kind.*** Honour diversity with dignity and empathy. Value each person as an individual.
- **COLLABORATION: *Be better together.*** Include and acknowledge the contributions of employees, physicians, patients, families and partners.
- **COMPASSION: *Be caring.*** Practice empathy. Listen actively to understand each other's experiences.

**PHILOSOPHY OF CARE:** Our commitment to a philosophy of Patient and Family Centred Care is at the heart of everything we do and provides the foundation of our values.



# SHA Treaty Land Acknowledgement

## Honouring Relationships with Indigenous People

We acknowledge that we are gathering on **Treaties 2, 4, 5, 6, 8 and 10 (Cree, Dené, Assiniboine/Nakota and Saulteaux) territories and the Homeland of the Dakota, Lakota and Métis.**

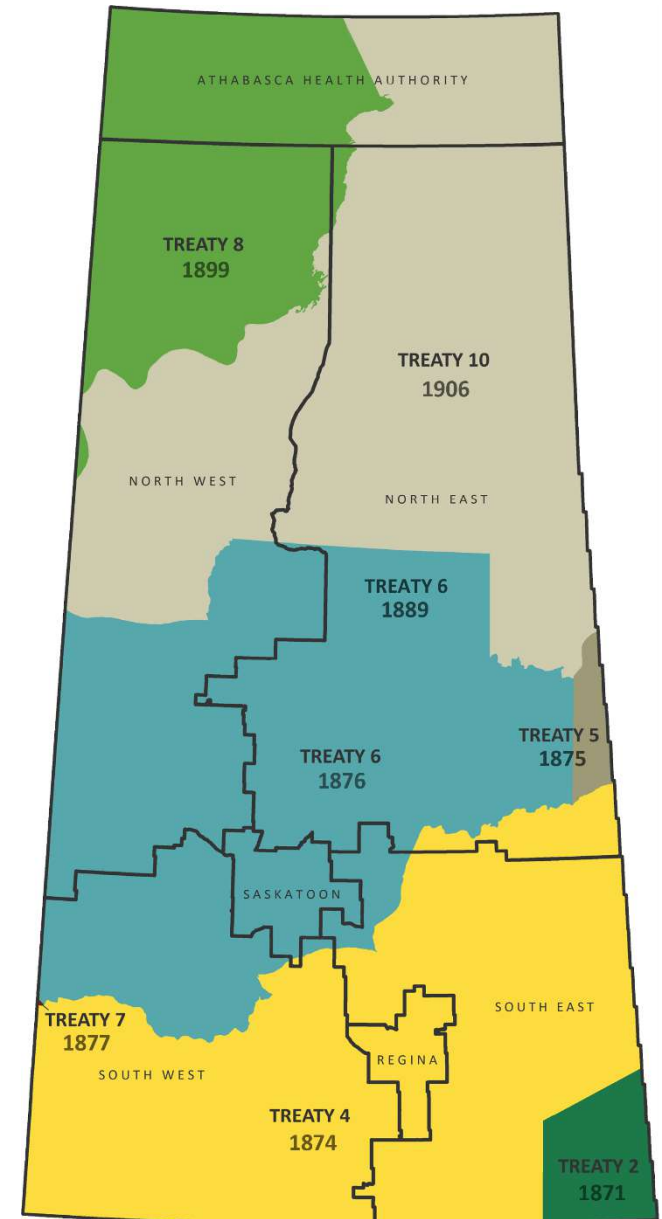
Recognizing this history is important to our future and our efforts to close the gap in health outcomes between Indigenous and non-Indigenous peoples by knowing what the land and the traditional people of the land offer us.

[www.saskhealthauthority.ca/trc](http://www.saskhealthauthority.ca/trc)

## Treaty Territories and Saskatchewan Health Authority Areas

Depictions of Treaty boundaries are subject to variation. These boundaries are usually not surveyed and are estimated based on written descriptions.

This map displays the Pre-1975 Treaties (Historic Treaties) in colour, as provided by Crown-Indigenous Relations and Northern Affairs Canada.



# Objectives

- Nutrition During Pregnancy
- Division of Responsibility
- Managing Picky Eating
- Getting Kids Involved
- Healthy Eating for the Family
- What is Mindful Eating

# Nutrition in Pregnancy

# Nutrition in Pregnancy

## Key Messages:

- Eat a variety of healthy foods each day
- Eat a little more food each day than you normally would have (before pregnancy) in your second and third trimesters
- Take a daily prenatal multivitamin

## Key Nutrients for a Healthy Pregnancy

- Folate
- Calcium
- Vitamin D
- Iron
- Omega-3 Fats
- Protein
- Fibre

# Nutrition in Pregnancy

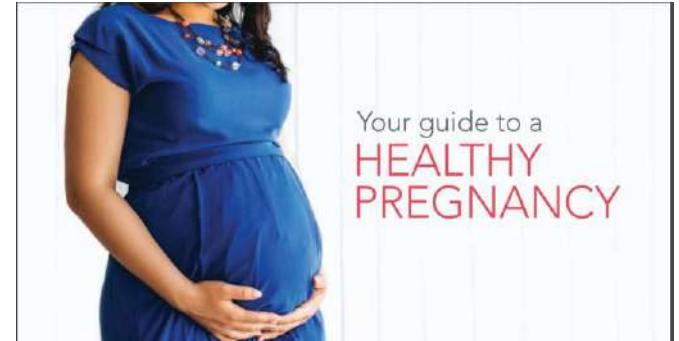
## Key Messages:

- Gain a healthy amount of weight during pregnancy. Talk to your healthcare provider to find out how much you should gain
- Be extra food safe and avoid foods that are high risk for causing a food-borne illness

# Nutrition in Pregnancy

## Key Messages:

- **Limit:**
  - Caffeine, artificial sweeteners
- **Avoid:**
  - Energy drinks, some herbal teas, & fish high in mercury
  - Alcohol, tobacco, marijuana, & vaping
- **For more information visit:** <https://www.canada.ca/en/public-health/services/health-promotion/healthy-pregnancy/healthy-pregnancy-guide.html>





# Division of Responsibility

An approach developed by Ellyn Satter. This approach addresses the feeding relationship between a child and parent/caregiver.

# Caregiver's Role

**What is served:** Aim to have one meal for the whole family. Avoid preparing a separate meal if your child refuses.

**When it is served:** Have a meal and snack routine. Allow time for your child to build some hunger between meals and snacks

**Where it is served:** Aim to eat meals together as a family when you can. Limit distractions like toys, screens and pets.

# Child's Role

**If they are going to eat what is offered:** Most children will eat if they are hungry (there are exceptions). Children sometimes refuse meals or snacks.

**How much they are going to eat:** Children know when they are hungry and full. Avoid using pressure, praise, reward or punishment.

# Managing Picky Eating

When your child refuses or restricts new and/or familiar foods

# When is it normal?

## Normal

Becoming less adventurous with food between 12 and 18 months

Love a food one day and refuse the next

Eat lots of food some days and little food others

Eating well at daycare, but not at home

Eats less at one meal in the day

# Common Parent Concerns

## “My child does not eat X foods”

- Can take 10-20 **neutral** exposures
- Make food interesting: Add dips and sauces, cut into interesting shapes, use fun utensils
- Offer a small amount of a new food with familiar foods
- Get children involved in shopping and preparing
- Remember you are in charge of what is served at meal times. Avoid preparing something different if child refuses what is offered

# Common Parent Concerns

“My child won’t eat at meals” or “is my child eating enough”

- Eliminate distractions
- Avoid pressure, praise, reward, punishment
- Offer at least one familiar and accepted food
- Ensure there is time between meals and snacks for hunger to build
- Is your child sick, tired or constipated? They might not eat as well.
- Is your child growing normally?

# Getting Kids Involved



# Kitchen tasks for toddlers (1-3 years)

- Help wash fruits and vegetables
- Wipe counters and table tops
- Stir ingredients (with help)
- Cut food using cookie cutters or toddler knives (often wooden or plastic)

# Kitchen tasks for preschoolers (3-5 years)

- All the same tasks as toddlers plus:
- Break eggs into a bowl
- Mash cooked food
- Gather ingredients
- Pour ingredients into a bowl

# Grocery Shopping and Meal Planning

## Toddlers:

- Choose between two fruits/vegetables in the store
- Count the items in the grocery cart with you
- Narrate what you are putting into the shopping cart

## Preschoolers:

- All the same tasks as toddlers plus:
- Look through cupboards to see what is needed
- Choose between two meals options for the menu
- Choose a new food to add to the shopping cart

# Activity

- Break into groups of 2-3
- Choose a meal your family eats regularly
- How could you involve each member of your family in the shopping and making of this meal?
- Assign roles to each person in your family
- Talk about your meal and roles with your group

# What is Mindful Eating?

# Healthy Eating

Have plenty of  
vegetables and fruits

Eat protein foods

Make water  
your drink  
of choice



Choose  
whole grain  
foods

# Mindful Eating

## Mindful eating means being aware of:

- What you eat
- Why you eat
- How you eat
- Where you eat
- When you eat
- How much you eat

## Benefits:

- More conscious of food and eating habits
- More aware of emotions, thoughts, and behaviours
- More likely to choose healthier foods often
- Helps form healthier eating habits for you and your family

# Mindful Eating

## How to eat mindfully

- Create a healthy eating environment
- Pay attention to your five senses
- Eat slowly
- Learn and listen to your hunger and fullness cues
- Incorporate foods and traditions from your culture
- Think about your eating habits



# Mindful Eating

## Activity:

Consider the last meal or snack that you had. Can you describe:

- What you eat
- Why you eat
- How you eat
- Where you eat
- When you eat
- How much you eat



<https://food-guide.canada.ca/en/>

# References

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