

# Veggies made simple, Episode 89



## Power of Moms A Gathering Place for Deliberate Mothers

With April Perry and Saren Loosli

We all know we should eat more vegetables, but how do we actually do it? Simple changes can go a long way towards increasing general health and energy while potentially protecting our family from obesity, diabetes, and heart disease.

April and Saren discuss exactly how to eat more vegetables and apply SANE eating to our families. Applying these relatively simple suggestions will make a big difference in our long term health.

April wanted to lose 10 pounds and was listening to several podcasts about healthy eating, but was most struck by a podcast where Jonathan Bailor was a guest discussing SANE eating. She read the book, *The Calorie Myth*, and applied some of the techniques to her own family. She was so impressed with the results that she did a Power of Mom podcast with Bailor and a program is in the works to apply these SANE solutions to families through Power of Moms.

### **Starting point – eat more vegetables.**

Every single diet out there (vegan, paleo, etc.) says that vegetables are important and we need to eat more of them, especially green, non-starchy vegetables. Those do the most for our bodies. Typical “kid food” and “convenient foods” (pre-packaged foods) are really not that good for our children. Diabetes is skyrocketing and obesity has become the norm. Fast food, sugar, junk are normal for our society. Vegetables are usually served with some meals but Saren and April are talking about how to go from eating a few vegetables a day to eating mostly vegetables. Focus on the vegetables and add the protein around it.

April and Saren are together for a planning meeting and had the opportunity to go to Costco together and shop for vegetables.

Among other items, here is their shopping list:

Spinach (for smoothies and salads)

Kale salad bag

Romaine lettuce

Eggs

### **Push outside the comfort zone a little.**

If food is sitting out, a child will eat it; kids eat what is available. Always start with the veggie option. Instead of milk and cookies, chop a veggie tray for an after school snack. Have smoothies ready when they get home.

As the moms who shop, we need to buy what we want our children to eat. Sometimes we get disheartened the first time our kids try something and don't like it; we cater to their likes and stop buying the item they disliked. Keep trying!

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Be creative. April's kids surprised her by not only eating tuna sandwiches but also having second helpings of the kale salad.

### **Positive peer pressure.**

April's boys are eating more vegetables after seeing Saren's boys eat them. There will be an uncomfortable period, almost like withdrawals; continue to bring in good food. There might be some adjustments, but your kids are not going to starve.

People think in order to get the most out of vegetables that they should be raw and whole. Though there are more nutrients in raw vegetables, just eating vegetables (prepared whichever way) is better than eating non-veggie foods. April's kids really like to eat raw broccoli and cauliflower; Saren's kids prefer them steamed. Both are good!

Our focus should be **progress, not perfection**. Introducing vegetables should be built on the concept of trying something new, experimentation. Don't give up the first time. Each child will have a different preference and it will take adjusting to get it right. Saren likes lots of spinach with her eggs and served the same dish to her children. One child in particular struggled with the texture and Saren realized that she had used too much for the preference of this child. She didn't stop serving the spinach and eggs, she modified the amount of spinach for that child.

### **Laugh!**

It's ok to say when something fails, like April's brown spinach smoothie that no one wanted to look at let alone eat. Keep trying! Appreciate the little successes! The first time April served salmon, almost all her kids ate it and *liked* it.

We are going to feed our kids anyway. Food is on your mind every day. How can we improve, just a little at a time? We can eat vegetables of breakfast! Add carrots or cucumber with eggs. Add vegetables to smoothies. If spinach has passed its prime for salads toss it in a smoothie with some berries. Change your mind set.

### **Start with the produce section.**

If things are on sale, grab extra. Involve your kids in the choosing and the preparation. Fill up half your cart with vegetables.

### **Take baby steps.**

Challenge: Pick one new thing to add veggies to: breakfast, lunch, snack, dinner. Don't deprive your kids completely of cookies or potato chips but make an exchange. "You can have a cookie, but let's eat some of these veggies first." Give your body the stuff it needs the most first.

Sign up at [powerofmoms.com/sane](http://powerofmoms.com/sane) or go to [saneresolution.com/powerofmoms](http://saneresolution.com/powerofmoms) for more tangible ideas to eat 10+ servings of vegetables each day. More program resources will be available in January so sign up and get on the SANE eating list!

*Transcript by Rosie Liljenquist*