

What's In Your Kid's Lunchbox?

Boosting Brain Food In The Diet While Reducing Sugar Intake

Cool And Fun Meals to Please Even The Fussiest of Eaters

Brought you by Peggy Kotsopoulos (RHN & Health Educator)

and

Life Choices Natural Foods

With a new year upon us, there is no better time than the present to take a good look at your family's eating habits. Chances are, they could stand to benefit from an improvement or two.

Peggy Kotsopoulos, RHN and Health Educator, will give parents helpful and easy-to-follow nutritional tips and healthful food tips the whole family can embrace. She will explain how the foods you feed your kids can have a direct and lasting impact on how well they will do academically.

The more sugar and preservatives in your growing children's diet, the greater the chance that your child could be diagnosed with ADHD and cognitive issues. **Because children are so much smaller than most adults**, the potential impact from consuming these become magnified.

Peggy discusses what to watch out for and what to include:

- 1) Excessive refined sugars can be found in soda pops, candy, many juices and processed foods. How to read product labels and what to watch out for?
Did You Know? 1 cup of juice has around 25g of sugar. That's more than half of the recommended daily consumption!
- 2) Learn how you can sweeten foods -- the natural way.
- 3) Food additives: What they mean to you and your kids. What foods to watch out for, including pesticides, antibiotics and food dyes.
Did You Know? In particular, Yellow Dye #5 has been shown to be a major cause of certain allergies and has been linked to ADHD in children. Find out which foods to watch out for.
- 4) Plus, learn a few tips from Peggy on how to:
 - a. Add more lean protein to your diet to help boost sustainable energy
 - b. Purchase organic, nitrate-free meats that are also free from antibiotics and hormones
 - c. Add omega 3's to your diet to aid in cognitive development, including wild-caught and naturally-raised fish, adding flax or ground chia to meals, and, whenever possible, opting for whole grain foods.

For Convenience, You Have Healthy Options.

Yes, you can have it all. There are healthy and delicious convenience foods that use all-organic whole grains, use meats that are organic, antibiotic-free, nitrite-free and hormone-free, and don't contain any artificial ingredients, additives or food dyes. You can use these great products as a 'base' for meals, then add your own personal healthy touch, such as incorporating your kid's favourite fruits and veggies.

Meal Ideas For Brain-Boosting Lunches And Snacks Including Some Low Sugar Options:

1. Rock N' Roll Beefy Burritos – Life Choices Meatballs

These organic meatballs are loaded in energy-boosting iron and protein, and are totally free from any antibiotics, hormones, or artificial by-products. They are delicious AND are super-easy to prepare.

Just roll these protein-packed meatballs in a sprouted grain wrap, coupled with colourful phytonutrient-rich veggies and sprouts, and bake for 10 minutes. That's it! Fresh and crisp sprouts add more nutrients than spinach, while Greek yogurt packs in more protein and less fat than sour cream. Bonus? It's a natural probiotic and that helps keep your kids' tummies and immune systems happy!

Get ready to rock and roll!

2. Funny Face Pizzas – Decorated Cheese Pizzas

Get creative, get crazy with these Funny Face Pizzas! Not only are these pizza crusts made with organic whole grains, and omega-rich, brain-boosting flax seeds, but with some creatively decorated olive eyes, sprout hair, red pepper lips, and hemp seed freckles, the sky is the limit for how funny these pizza faces can become! It's a sure way to get even the most fussy of eaters involved in meal prep and eating their veggies!

3. Fish Sticklers -- Life Choices Fish Sticks With Dipping Sauce And Sweet Potato Fried

These fish sticks are coated in whole grains for sustainable energy and flax seed for omega-rich brain-boosting power! Plus, these crunchy high-fiber favourites will be sure to keep digestive health intact and growing tummies satisfied. Perfectly paired with blood sugar-balancing sweet potato fries, also rich in antioxidant beta-carotene and immune boosting vitamin C, they're also easy-to-make, fun-to-eat finger foods. And the best part? Kids love 'em!

4. Rob The Hot-Dog-Kebob – Life Choices Hot Dogs In A Colourful Kebob

Meet Rob, the hot-dog kebob! Nope, these aren't just like any ordinary hot dogs,

which can be loaded in cancer-causing nitrates. These are WAY healthier and TOTALLY natural! These hotdogs are NITRATE-FREE, void of any artificial ingredients and use only the best beef around! Plus, Rob the hot-dog-kebob is way more fashionable. Hot-dog pieces skewered between rainbows of colour, such as cherry tomatoes, orange bell peppers and pineapple cubes, makes for a fun take on the traditional kebobs. And makes eating a rainbow of fun for kids!

5. Mini-Macs – Life Choices Mac And Cheese Baked Little Muffins

Who doesn't like mac n' cheese? This take on a kid-friendly favourite is a guaranteed hit! You can have the ease and convenience of traditional mac n' cheese without all the artificial ingredients and food dyes (in particular, yellow dye #5 which is linked to ADHD in children!). This baked mac n' cheese blends in pureed cauliflower for extra creaminess, ground chia for an even greater boost in brainpower, and a rainbow of veggies, such as red peppers, purple carrots and peas. AND they are baked right into individual portioned muffin cups, making them an easy and portable lunch-box hit!

Snacks/Desserts:

Think you can't have your cake and eat it too? Think again! These scrumptious snacks are not only SO delicious, but jammed-packed with the fiber-rich nutrients and immune and brain boost you WANT your kids to eat! And, trust me, they won't be trading these with their friends at lunchtime. Choose from:

- Baked Apple Crumble
- Chocolate Pudding Pie
- Red, White And Blue-Berry Parfait

ABOUT PEGGY KOTSOPOULOS, RHN AND CERTIFIED HEALTH EDUCATOR

Registered Holistic Nutritionist and Health Educator Peggy Kotsopoulos is passionate about empowering families to live a healthy and vibrant life - making REAL health easy and delicious! Leaving a successful investments career, she founded beVibrant to work with children and youth on the issues of food, nutrition and body image through school-based wellness programs. She successfully instills positive life-long habits in kids by making healthy eating 'cool', fun, and super tasty, even amongst the fussiest of eaters.

Peggy's reach extends to television viewers across North America as a guest Nutritionist on

CBC's Steven and Chris Show, with additional appearances on Breakfast TV. She also writes for various lifestyle and health publications.

ABOUT LIFE CHOICES NATURAL FOODS

Life Choices Natural Foods was founded in 2002 by Matthew and Jasmin von Teichman, soon after the birth of their first child. The first products included two lines of nutritious and convenient meals: organic pizzas and entrees. As their family grew, the von Teichmans recognized a need for a wider selection of these nutritious and convenient products, as well as more kid-friendly products. Today the line includes a tasty array of *organic or natural hot dogs, pizzas, breaded chicken, breaded fish, chicken burgers, meatballs, plus the all time kids and adult favourite of macaroni and cheese*. The feedback from kids and parents has been phenomenal. Leveraging their success in Canada, *Life Choices Natural Foods* launched in the US under the brand *Living Right Natural Foods*. The company's commitment to premium organic and natural ingredients contributes to a balanced diet, while delivering great taste. On an on-going basis *Life Choices Natural Foods* seeks out involvement in community programs, groups and associations that provide opportunities to give back.

Visit our website at www.lifechoicesfoods.com for more information and an article by Peggy Kotsopoulous re: **Brain Food: Receiving Top Grades**

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