

The Healthy Outlook

Newsletter of The Naturopathic Care Centre
Volume 14, September 2011

the **naturopathic**
care centre 

288 Wellington Street
Stratford, ON, N5A 5S9
519-271-2440

*Greetings from
Carrie & Marilyn!*

Our fall newsletter has exciting information about our open house, school lunch ideas, and some great recipes.



We appreciate your feedback. Call or email us to let us know what you think of our newsletter.

To subscribe to (or unsubscribe from) this newsletter, email Marilyn at reception@carriemeszarosnd.ca with your request.

Coming September 28th: The Naturopathic Care Centre Open House!

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Open House
Wednesday, September 28
2:30pm-6:30pm



Carrie Meszaros, B.Sc. (Hons.), N.D.



Carrie and Marilyn welcome you to a friendly, fun open house at the Naturopathic Care Centre.



Whether you are a current patient or have been thinking about booking an appointment, we encourage you to drop in during our open house to learn more about naturopathic medicine.



There will be demonstrations, healthful snacks, and the opportunity to ask questions in an informal setting.



RSVP requested but all are welcome.

We are now located at the
Stratford Chiropractic & Wellness Centre
288 Wellington Street (lower level)
Stratford, ON N5A 2L9
(519) 271-2440

www.carriemeszarosnd.ca



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Expanded Clinic Hours

To better meet our patients' needs, we are pleased to announce that the Naturopathic Care Centre will now be open *every* Monday from now on.

To book your appointment or coordinate your supplements, please contact Marilyn at 519-271-2440 or reception@carriemeszarosnd.ca.

Clinic hours are as follows:

Mondays	9:00 am - noon	2:00 pm - 5:00 pm
Tuesdays	9:00 am - noon	(closed)
Wednesdays	9:00 am - noon	2:00 pm - 6:00 pm
Thursdays	(closed)	2:00 pm - 6:00 pm

Healthy School Lunches

by Carrie Meszaros, ND

Every September, many parents have mixed emotions about Back-To-School. At this time of year, I often see parents feeling considerable stress about having to pack lunches for their school-aged children.

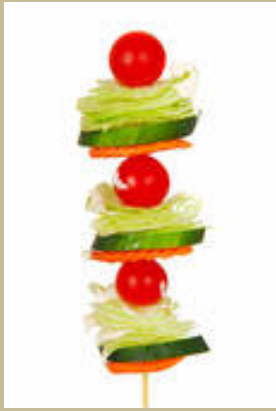


I find that, when packing school lunches, it is helpful to think in terms of food categories. Lunch should offer whole grains to provide the carbohydrates that fuel an active child; protein to help slow digestion and keep kids feeling full longer; fruits and vegetables for fibre and vitamins; and a drink for hydration. Regardless of their age, children are more likely to actually eat their lunch if they are involved in making food choices. Younger children can be asked to select a preference from several options in each category, and may enjoy helping mom or dad by putting the food in containers. Older kids or teens can do quite a bit of the planning and packing the food themselves, making their own sandwiches or pitas. Using attractive containers that keep food hot/cold, and are reusable (garbage-less), may also add to positive feelings about lunch.



Kids who participate in the grocery shopping will be more open to trying new options for lunches. Your child's taste may change from one day to the next, so try new foods regularly, and don't be afraid to try them more than once. You may have to offer new foods many times before your children learn to like them!

(continued...)



The Naturopathic Care Centre
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Stratford 519-271-2240
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Protein Ideas:

- ✓ leftover chicken/turkey/beef or pork
- ✓ hardboiled (or any other style) eggs
- ✓ pepperettes, kielbasa, lunch meat (ideally preservative free)
- ✓ tuna or salmon salad
- ✓ hummus, chick peas, refried beans, steamed soy beans (Edamame)
- ✓ tofu, cheese, cottage cheese, soy nut butter or protein shakes
- ✓ bean salads
- ✓ bean/lentil or meat based soup, curry or chilli can be protein rich hot option

Brains need protein to fuel learning and physical activity. For optimum learning, try to include some protein in breakfasts too.

Veggie Ideas:

- ✓ cucumber, carrots, celery, radishes, pepper slices
- ✓ cauliflower, broccoli, sugar snap peas, turnip, kohlrabi, zucchini, mushroom slices
- ✓ cherry tomatoes or tomato slices
- ✓ avocado (provides lots of good fat for developing brains)
- ✓ numerous variations in salad, green salads, coleslaw, broccoli slaw, shredded carrot salad, cucumber salad, and many more.
- ✓ kids love to dip, consider sending salad dressing, hummus and guacamole.

Try to offer variety and colour. You can make lunch fun with creature-shaped vegetables: <http://archive.blisstree.com/live/back-to-school-snack-veggie-critters/>

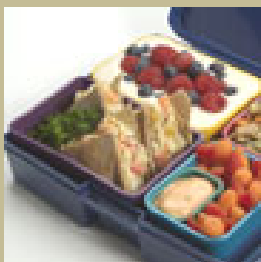
Fruit Ideas:

- ✓ fresh apples, pears, bananas, orange slices, clementines, etc.
- ✓ peaches, plums, berries, melon balls, cherries, watermelon slices
- ✓ fruit cups packed in juice or applesauce cups (a yummy option to keep on hand, they are fantastic when you're running low on fresh fruit between grocery shops)
- ✓ frozen mango often will thaw just in time for lunchtime and will keep the rest of the lunch cool. Fruit smoothies can be sent in a thermos to keep it cool
- ✓ dried fruit can also be a great snack

Grain Ideas:

There are many great options for lunches aside from just plain bread:

- ✓ tortilla chips, flatbread, naan, pitas
- ✓ crackers, granola, cereal, English muffins, wraps, tea biscuits, scones, muffins
- ✓ rice cakes, bread sticks, quinoa, brown rice, sticky rice and pasta
- ✓ hot cereal in a thermos can be a great idea for kids that like breakfast foods for lunch
- ✓ cold pizza can provide a serving of whole grains, protein and veggies, depending on the ingredients used to make the pizza
- ✓ for kids who cannot or will not eat bread, leftover pancakes are a good alternative



Snack Ideas:

- ✓ homemade granola bars
- ✓ 100% fruit snacks, nut-free trail mix (sunflower seeds, dried cranberries, raisins), homemade nut-free granola, muffins and bars
- ✓ air-popped popcorn sprinkled with parmesan or herbs
- ✓ protein-rich snack options include toasted soy nuts, sunflower seeds, pumpkin seeds, cheese, toasted chick peas or yogurt

Drink Ideas:

- ✓ pack water and whole fruit instead of fruit juice (adds fibre to your child's diet)
- ✓ avoid sugary drink boxes and opt instead for 100% fruit juice and limit your child's intake to one cup per day
- ✓ send diluted 100% juice in a reusable container or add fresh lemon or lime to water, if your kids aren't big water drinkers.
- ✓ Milk or soy milk

Sandwich Ideas:

Children experience food using their senses of taste, touch and sight. Make lunch exciting by including a variety of shapes, colours and textures. Some ideas to spice up sandwiches:

- ✓ use a cookie cutter to make star or heart shaped sandwiches
- ✓ use soy nut butter to make a peanut free "PB&J" sandwich
- ✓ instead of bread, use wraps or pitas. Large lettuce leaves can be used as a grain-free sandwich option - works great with tuna or chicken salad

Sandwich Alternatives:

- ✓ use wraps and spread with a protein filling like cream cheese, salmon, soy nut butter or guacamole. Roll and then cut into pinwheel (sushi style) rolls.
- ✓ skewered meat can be a fun way for kids to eat meat at school
- ✓ vegetarian sushi rolls are great for kids. As a family project, make the sushi rolls on the Sunday afternoon for the week ahead.
- ✓ fresh spring rolls with vegetables, rice wraps, rice noodles and optional meat
- ✓ avoid pre-packaged "Lunchable" type meals; instead, pack your own whole-grain crackers, real cheese, and high quality meats. This is a cheaper and much more nutritious option.

Earth- and Kid- Friendly Packaging:

- ✓ instead of disposable juice boxes or potentially unsafe plastic water bottles, invest in a stainless steel water bottle
- ✓ buy a good quality thermos with a stainless steel lining (steel minimizes contact of hot foods and plastic)
- ✓ try fun, reusable cloth napkins to help cut down on lunchbox litter
- ✓ consider a Bento style lunchbox rather than a typical lunch bag



For some inspiration take a look at all these delicious looking Bento style lunches: <http://www.flickr.com/groups/mrbento/pool/> or http://www.flickr.com/groups/laptop_lunches/pool/with/6124396964/



If you are looking for some delicious and healthy food recipes, visit us online at www.carriemeszarosnd.ca/resources.html.

With a little planning and some good food choices, your children can look forward to a healthful and interesting lunch that they will actually want to eat. You may find that they learn some responsibility and even have a little fun along the way. And don't be surprised to find that some of the health habits developed may rub off on Mom and Dad!

Citrus Steak Salad Recipe

(from Allergic Living Magazine Summer)

2 strip loin steaks
2 heads Boston lettuce, washed
1 large carrot, peeled, thinly sliced
1 small red onion, sliced
2 oranges, segmented, juice reserved
¼ cup (60 ml) fresh mint leaves, torn
1 clove garlic, minced
¼ cup (60 ml) olive oil
salt and pepper



Heat barbeque to medium-high.

Rub steaks with a little olive oil. Season with salt and pepper.

Cook steaks for 4 – 6 minutes on each side, or until cooked to your liking. Set aside to rest and cool.

Segment oranges over a small bowl. Reserve the juice in bowl.

Spread out lettuce on a platter. Top with carrot, red onion slices, orange segments and mint.

To make dressing, whisk together reserved orange juice, garlic, olive oil, salt and pepper.

Slice steaks thinly and place onto salad. Drizzle dressing over salad and serve. Serves 4 – 6



Sugar Free Crab-Apple Jam

Carrie's own recipe



5 quarts crab-apples
2 cups water
1/4 cup lemon juice
1 cup apple juice
1/2 cup water
1^{1/3} cups honey
Spices to taste - cinnamon, nutmeg,
allspice, cloves, etc.



Cook crab-apples in 2 cups water until they begin to pop (20-25 minutes)

Press the cooked crab-apples through a sieve or food mill

In a large saucepan, combine water, pulp, lemon and apple juice, honey

Bring to a rolling boil; boil 1 minute, stirring frequently

When the jam starts to "sheet" from the edge of the spoon, it has begun to gel. Remove from heat.

Pour into sterilized jars, seal, and process for 10 minutes in a boiling water bath.

Vitamin D for Autumn

Our bodies make vitamin D in response to sunlight. In this part of the world, our skin isn't exposed to enough sunlight. Vitamin D helps build strong bones, helps with seasonal depression, helps with healthy immunity, works to fight influenza, lowers risk of autoimmune disease and lowers cancer risk. Children should take 400-1000 IU; adults, 1000-2000 IU. If people are interested in a blood test to check vitamin D levels, the test is available at our clinic.



The Natural Flu Shot is Coming Soon!

Those of you who choose to protect yourself in natural ways will be happy to know that The Naturopathic Care Centre will soon have the 2011-2012 Influenzinum/Thymuline to help with flu prevention.

Influenzinum is a great choice for flu prevention; it is the only homeopathic flu product that is updated each year based on the flu strains predicted by the World Health Organization. It is specially formulated to stimulate the body's resistance to the onset of the flu strains. Safe, effective and natural, it helps your immune system rather than depressing it (as other methods do). Thymuline acts as a less specific immune support to help increase immunity for colds as well as the flu.

Call Marilyn at 519-271-2440 to put your name on the list. She will be sure to phone you when it comes in.

We appreciate your feedback. Call or email us to let us know what you think of our newsletter.

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