

# APRIL 2023 NUTRITION E-BITES



## world autism month

### Did You Know?



Autism occurs in all racial, ethnic and socio-economic groups.



Autism develops from a combination of genetic and nongenetic, or environmental, influences.



1 in 66 children are diagnosed with autism.

**"April is World Autism Month**, an annual opportunity for a dedicated conversation about autism spectrum disorder. Autism touches more than 70 million people globally. Approximately 1 in 66 children and youth are diagnosed with Autism Spectrum Disorder in Canada and this number continues to grow." <sup>(2)</sup>

Autism Speaks Canada works toward "building inclusive communities where autistic Canadians can reach their full potential" <sup>(3)</sup> by following their mission of...



1. Increasing global understanding and acceptance of people with autism



2. Being a catalyst for life-enhancing research breakthroughs



3. Increasing early childhood screening and timely interventions



4. Improving the transition to adulthood



5. Ensuring access to reliable information and services throughout the lifespan

**Very Excited To  
Announce That I Have  
Been Awarded The Winner  
for the category of:**

**The Best Nutritionist**

# in Vaughan

by *Quality Business Awards*



*This award means:*

Canadian businesses that have won a Quality Business Award represent less than 1% of registered businesses in Canada. This is the seal of quality that a business has achieved an overall quality score of 95% or greater.

Using an internal point scoring system, a business must have an exceptional overall quality rating to be considered for a Quality Business Award. The business must have outstanding customer reviews and reputation from more than 3 different platforms.

Businesses that respond to customers questions and concerns with continued regularity will also be highly viewed upon. Businesses with exceptional records spanning over multiple years with zero to very low amount of complaints will score highly.

Businesses that conduct their day to day efforts with the highest integrity and have shown a continuous trend of giving back to their local community and reducing their carbon footprint will be rewarded with a Quality Business Award.

**#1 BEST RATED 2023**



**INNER HEALTH NUTRITION CONSULTING**



8333 Weston Rd #405, Woodbridge,  
ON L4L 8E2

We have awarded Inner Health Nutrition Consulting as The Best Nutritionists in Vaughan for 2023. An overall quality score exceeding 95% was achieved, making them the top ranked in Vaughan

- ★★★★★ Satisfaction
- ★★★★★ Service
- ★★★★★ Reputation
- ★★★★★ Quality



**To view the award click here**

**This month's newsletter is all about nutrition topics related to autism awareness**

# Mealtime Tips for Autistic Children With Eating Challenges



"Children with autism are far more likely to be overly selective in what they will and will not eat. As a result, many of them have less nutritional variety in their diets than their typically developing siblings and friends. Fear of new foods and outright food refusal are among the most common concerns I hear from parents." <sup>(4)</sup>

This article, written by an Autism Speaks Autism Treatment Network therapist, provides 10 tips and strategies to help children and their families at mealtimes. Click [here](#) to read!

[Click here to read: Parent's Guide to Feeding Behaviour in Children with Autism](#)

## Managing Constipation in Children

"Constipation may be caused by a child's limited food choices, low physical activity levels or medications. It typically can be remedied by gradually increasing sources of dietary fiber, such as bran cereals, fruits and vegetables, along with plenty of fluids and regular physical activity." <sup>(5)</sup>



*Looking for some FUN ways to increase your child's fibre intake?* <sup>(6)</sup>

- Switch to whole grain crackers and pasta
- Try whole wheat bread and pizza crust. Many brands make whole wheat bread that looks white
- Use whole grain cereal or air popped popcorn as a crunchy snack
- Give your child snacks of dried fruit (such as prunes, raisins, dried cranberries) and nuts
- Make smoothies with frozen fruit, juice or milk, and yogurt
- Dip carrots, sweet peppers or celery in crunchy peanut butter, hummus, or salad dressing
- Add grated or pureed vegetables to favourite foods, such as pasta, pizza and tacos
- Make funny fruit faces or fruit kabobs
- Offer healthy dips such as peanut butter or flavoured yogurt with slices of fruit
- Bake with whole wheat flour when making breads, cookies, muffins and cakes.

[Click here to read: Parent's Guide to](#)

## What About a Special Diet?

It is important to know that more research is needed to support a link between autism symptoms and nutrition <sup>(7)</sup>. Before eliminating certain foods or food groups, it is always best to consult with a Registered Dietitian for guidance.



A Registered Dietitian can help you with: <sup>(7)</sup>

- **Ensuring** you are getting all the necessary nutrients
- **Practical** strategies to overcome eating challenges
- **Suggestions** to help with any digestive issues
- **Advice** about special diets and nutritional supplements

[Click here to visit Autism Speaks Canada for more information](#)

## Family Fun Recipes *By Cookspiration*

Click on the image for the recipe

*If you are interested in ingredient substitutions, ask your RD and see how to make easy modifications, without compromising on nutrition and taste!*



Romano Bean Hummus



Cranberry Oat Muffins





**French Toast**



**Mini Pizza Sandwiches**



**Potato Patties**



**Mac and "Squeese"**

**Interested in more mealtime ideas and recipes? Click [HERE](#) for a week at-a-glance menu guide and [HERE](#) for all of the recipes!**



References:

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