



We had some spring like weather later and I have been enjoying every minute of the warmer temperatures! I have even noticed trees budding!

We are already 1/2 way through April! Summer can't get here fast enough!! In the meantime, we hope you enjoy our second installment in our April Newsletter. This month is recognized as Global Child Nutrition Month, a time to highlight the important role nutrition plays in a child's growth, development, and overall well-being. At Inner Health Nutrition Consulting, we take considerate care in helping children and their families develop healthier eating habits by applying evidence-based counselling, namely the Ellyn Satter Model of Eating.

Spring is also a perfect time to take a look at your dietary habits and see what changes can be made to better your health. What changes can you make to what you are eating, or how you are eating to feel your best? Take a read below to learn more about how you can better your health through the power of food!

Stay tuned for more updates - we are collecting gently used purses for a charitable organization called **Purse Project York Region**. We are also done revising our **2nd Edition Cookbook** - you will be able to purchase a copy next week. Check out our website to purchase your digital copy!

Have a great rest of the month!



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Your Registered Dietitian &
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April is *Global Child Nutrition Month*, a time to highlight the important role nutrition plays in a child's **growth, development, and overall well-being**. Proper nutrition during childhood supports physical growth, brain development, and a strong immune system. It also plays a key role in helping children stay focused, energized, and ready to learn both at school and at home.



Supporting healthy eating habits in children doesn't have to be complicated. Small, consistent approaches can make a big impact (2):

- **Encourage variety without pressure:** Offer a range of foods from all food groups and allow children to explore new foods at their own pace. Avoid forcing or restricting foods, as this can create negative associations with eating.
- **Model positive eating habits:** Children learn by example. Eating balanced meals and showing a positive attitude toward food can help shape their own habits.
- **Create structure and consistency:** Providing regular meals and snacks in a predictable routine helps children feel secure and better recognize their hunger and fullness cues.
- **Foster independence:** Allow children to have some control over their food choices, such as choosing between options or deciding how much to eat. This supports confidence and helps build a healthy relationship with food.

By creating a supportive and balanced food environment, we can help children develop lifelong healthy eating habits.

If you are a parent that is **interested in bettering your child's growth, development, and overall well-being** through proper nutrition, a Registered Dietitian can help you develop **a personalized plan for you and your loved ones**. At Inner Health Nutrition Consulting, we offer to help children and their families develop healthier eating habits by counselling based on the **Ellyn Satter Model of Eating**, which...



- Divides the responsibility between caregiver and child
- Encourages trust in internal hunger and fullness cues
- Avoids pressure or restriction, while supporting positive, stress-free mealtimes
- Promotes structured but flexible eating routines
- Helps prevent disordered eating patterns

Click **HERE** to **book an appointment** with one of our Registered Dietitians to discuss any concerns you may have regarding your child's or family's eating habits.

The Perfect Start - The Balanced Plate Model ⁽³⁾

The Balanced Plate Model is a simple, visual way to build a meal. It suggests filling **1/2 of your plate with vegetables, 1/4 with protein foods, and 1/4 with whole grains**. This approach helps ensure a variety of nutrients while supporting overall health.

Using a balanced plate can **promote fullness and satisfaction** by combining fibre-rich vegetables, protein, and complex carbohydrates. This combination also supports more **stable energy levels** throughout the day and can help with long-term health outcomes, including **chronic disease prevention**. The balanced plate is meant to be a **flexible guide** rather than a strict rule, allowing it to be adapted to individual preferences, cultural foods, and different eating situations.

This model is supported by Health Canada through **Canada's Food Guide**, which is based on extensive scientific evidence. Canada's Food Guide uses this plate model, along with other dietary and lifestyle guidelines to encourage balanced eating patterns and promote overall health and well-being. This might be a great place to start when considering preliminary steps to make changes to your diet.

Click [HERE](#) to learn more!



By aiming for **50% vegetables and fruit, 25% protein, and 25% whole grains**, you're naturally creating a meal that supports your body in multiple ways:

Supports nutrient intake: Filling half your plate with vegetables and fruit provides essential vitamins, minerals, antioxidants, and fiber that support immune health, digestion, and overall well-being.

Promotes fullness and satisfaction: Including protein and fiber-rich foods helps keep you full longer, reduces energy crashes, and can prevent over-eating later in the day. It also helps to feed your gut microbiome since many of these foods have undigestible fibre which is the perfect food for your gut bacteria!

Provides steady energy: Whole grains offer complex carbohydrates, which are digested more slowly than refined carbs. This helps to maintain stable blood sugar and consistent energy levels.

Supports long-term health: Balanced meals are linked to a reduced risk of chronic conditions such as Type 2 Diabetes, heart disease, and digestive issues.

Simplifies decision-making: Instead of focusing on restrictions or “perfect eating,” this model offers a flexible, realistic approach that can be adapted to any cuisine, lifestyle, or cultural preference.



If you are interested in making realistic and sustainable dietary changes, click **HERE** to make an appointment with one of our Registered Dietitians!

We focus on your individual goals...leading you one change at a time!

April's Recipes

Breakfast Hash



Quick Pickled Veggies



One Pot Beef & Veggie Pasta



Easy Homemade Marinara Sauce



References

1. Global child nutrition month <https://nationaltoday.com/global-child-nutrition-month/>
2. Ellyn Satter Institute <https://www.ellynsatterinstitute.org/childrens-eating-and-growth/>
3. Canada's Food Guide <https://food-guide.canada.ca/en/>

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