Whole Lifecycle NUTRITION

YOUR ULTIMATE GUIDE TO FAMILY NUTRITION



TABLE OF CONTENTS

Whole Lifecycle NUTRITION

- The Importance of Family Nutrition
- Building a Healthy Eating Foundation
- Creating a Positive Meal Time Environment
- Getting the Whole Family Involved
- Practical Strategies for Busy Families
- Lifelong Healthy Habits

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Whole Lifecycle NUTRITION

INTRODUCTION

WHY NUTRITION MATTERS FOR ALL AGES

Nutrition is critical for physical growth, brain development, and emotional well-being. Healthy eating habits established in childhood are often carried into adulthood, reducing the risk of chronic diseases such as obesity, heart disease, and diabetes.

LONG-TERM BENEFITS OF HEALTHY EATING HABITS

- Improved energy and concentration
- Better mood regulation
- Stronger immune system
- Lower healthcare costs long-term
- Greater success in school and sports

COMMON CHALLENGES FAMILIES FACE

- Busy schedules and time constraints
- Picky eating behaviors
- Conflicting food preferences
- Lack of knowledge about nutrition
- Marketing of ultra-processed foods



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NUTRITION MYTHS & FACTS

Whole Lifecycle NUTRITION

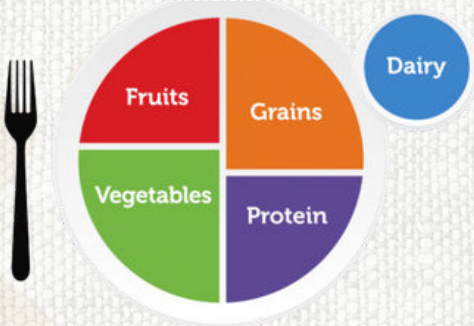
BUILDING A HEALTHY EATING FOUNDATION

THE MYPLATE FRAMEWORK

This approach ensures families get fiber, vitamins, minerals, and balanced macronutrients.

The MyPlate framework simplifies healthy eating by dividing the plate into:

- 50% Fruits and Vegetables
- 25% Whole Grains
- 25% Protein
- Include a serving of dairy or calcium-rich foods



PORTION SIZES FOR DIFFERENT AGES

Portions should be adjusted based on age and activity level.

- Toddlers: ¼ to ½ of an adult portion
- Children: Smaller meals with healthy snacks between
- Teens & Adults: Full portions based on hunger and energy needs

SMART SNACK STRATEGIES

- Fruit with nut butter
- Veggies with hummus
- Cheese and whole-grain crackers
- Greek yogurt with berries
- Avoid snacks with added sugars, dyes, or excess salt.

MANAGING SPECIAL DIETARY NEEDS

- Whether it's allergies, food intolerances, or chronic conditions like diabetes:
- Consult a registered dietitian
- Use ingredient swaps (e.g., plant-based milks, gluten-free grains)
- Keep the meal inclusive by adjusting only individual portions when possible

YOUR ULTIMATE GUIDE TO

NUTRITION MYTHS & FACTS

Whole Lifecycle NUTRITION

CREATING A POSITIVE MEAL TIME ENVIRONMENT

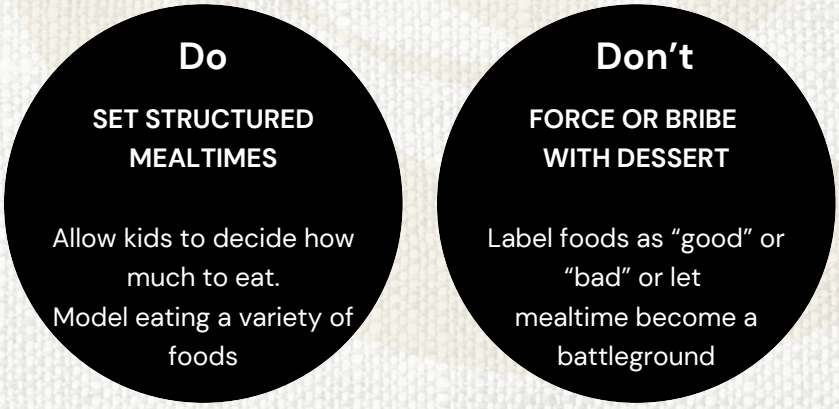
FAMILY MEALS: WHY THEY MATTER

Shared meals provide consistency, encourage healthier eating, and build stronger family bonds. Kids who eat with their families are more likely to eat fruits, vegetables, and whole foods.

TIPS FOR PICKY EATERS

- Stay calm and avoid pressure
- Offer a "safe food" with new ones
- Serve small portions of unfamiliar foods
- Reintroduce foods multiple times (10–15+ exposures may be needed)

DOS AND DON'TS OF FEEDING YOUNG CHILDREN



REDUCING MEALTIME STRESS AND SCREEN TIME

- Create a calm environment without TV or phones
- Focus on conversation and connection
- Keep meals consistent in timing and routine

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NUTRITION MYTHS & FACTS

Whole Lifecycle NUTRITION

GETTING THE WHOLE FAMILY INVOLVED

AGE-APPROPRIATE KITCHEN TASKS

- Toddlers: rinse produce, tear lettuce
- Preschoolers: stir, pour, help measure
- School-aged kids: chop soft foods (with supervision), read recipes
- Teens: plan meals, cook full recipes

GROCERY SHOPPING AS A FAMILY ACTIVITY



- Turn shopping into a teaching moment:
- Talk about nutrition labels
- Let kids pick a fruit or vegetable to try
- Discuss smart budgeting

MEAL PLANNING WITH KIDS AND TEENS



- Involving children in meal planning:
- Increases willingness to try new foods
- Helps build life skills
- Encourages balanced eating choices

PRACTICAL STRATEGIES FOR BUSY FAMILIES

TIME-SAVING MEAL PREP AND PLANNING

- Plan meals for the week on Sundays
- Batch cook grains and proteins
- Use sheet pan and slow cooker meals
- Double recipes and freeze extras



YOUR ULTIMATE GUIDE TO

NUTRITION MYTHS & FACTS

Whole Lifecycle NUTRITION

STOCKING A HEALTHY KITCHEN



- Keep staples on hand like:
- Canned beans, tomatoes, and fish
- Frozen fruits and vegetables
- Whole grains: oats, brown rice, quinoa
- Nut butters, eggs, yogurt

MAKING HEALTHIER FOOD SWAPS



- White bread → whole grain
- Soda → sparkling water
- Fried snacks → air-popped popcorn
- Ice cream → frozen banana whip or Greek yogurt

EATING HEALTHY ON A BUDGET

- Buy seasonal produce
- Cook at home more often
- Use frozen produce to reduce waste
- Compare unit prices and buy in bulk when possible

LIFELONG HEALTHY HABITS

ENCOURAGING CONSISTENCY OVER PERFECTION

- Rather than aiming for a perfect diet:
- Focus on regular meals and variety
- Celebrate small wins
- Let occasional treats be part of the plan

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Whole Lifecycle NUTRITION

PHYSICAL ACTIVITY AND SLEEP HYGIENE

- Encourage at least 60 minutes of activity for kids
- Limit screen time
- Promote a consistent bedtime routine

MODELING HEALTHY BEHAVIORS AS A PARENT

Children copy what they see. Parents who eat nutritious foods, stay active, and approach food positively help shape their child's lifelong habits.



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NUTRITION MYTHS & FACTS

Whole Lifecycle NUTRITION

RECIPES

MINI BROCCOLI FRITTATAS

PREP TIME: 15 MINUTES **COOKING TIME: 30 MINUTES** **YIELD: 2 SERVINGS**

INGREDIENTS

- 6 eggs, whisked
- 2 Tbs almond milk, unsweetened
- salt, to taste
- pepper, to taste
- 1/2 cup broccoli, finely chopped
- 1/3 cup onion, finely chopped
- 2 cloves garlic, minced

DIRECTIONS

Prep

- Preheat oven to 350°F. Spray a cupcake or muffin pan with cooking spray,
- In a medium-sized bowl, whisk together eggs, unsweetened almond milk, salt, and pepper.
- Chop broccoli, onions, and garlic.

Make

- Fill muffin wells halfway with the broccoli, onion, and garlic mixture.
- Pour whisked eggs over the veggie mixture, leaving a little space at the top. (Eggs will rise as they bake)
- Bake for about 15 minutes or until eggs are cooked through..

Nutrition Facts

Calories per serving **240**

Amount/serving	% Daily Value*
Total Fat 14.5g	22%
Saturated Fat 4.7g	23%
Trans Fat 0.0g	
Cholesterol 558mg	186%
Sodium 234mg	10%

Amount/serving	% Daily Value*
Total Carbohydrates 6g	2%
Dietary Fiber 1g	4%
Total Sugars 2g	
Protein 20g	

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vitamin D 3mcg 31% · Calcium 136mg 13% · Iron 3mg 16% · Potassium 341mg 7%

YOUR ULTIMATE GUIDE TO

NUTRITION MYTHS & FACTS

Whole Lifecycle NUTRITION

RECIPES

CHOCOLATE CHIP BLENDER OATS

PREP TIME: 5 MINUTES **COOKING TIME: 35 MINUTES** **YIELD: 1 SERVINGS**

INGREDIENTS

- 1/2 cups oatmeal, old fashioned
- 1 Tbs flax meal
- 1/2 tsp baking powder
- 1/2 banana
- 1 egg
- 1 Tbs maple syrup
- 1/4 almond milk, unsweetened (or milk of
- choice)
- 1 Tbs chocolate chips
- 1 Tbs peanut butter (optional)

DIRECTIONS

Prep

- Preheat oven to 350°F.
- Grease 8-ounce ramekin.

Make

- Add all ingredients to a blender, except the chocolate chips, and blend until smooth.
- Pour into a greased ramekin and stir in chocolate chips.
- Place ramekin on a small baking sheet and bake for 25 minutes.
- Let cool for 5-10 minutes.
- Top with peanut butter if desired.

Nutrition Facts

Calories 543
per serving

Amount/serving	% Daily Value*
Total Fat 24.4g	37%
Saturated Fat 7.0g	35%
Trans Fat 0.0g	
Cholesterol 186mg	62%
Sodium 130mg	5%

Amount/serving	% Daily Value*
Total Carbohydrates 69g	23%
Dietary Fiber 9g	37%
Total Sugars 29g	
Protein 18g	

Vitamin D 2mcg 16% · Calcium 314mg 31% · Iron 4mg 19% · Potassium 782mg 16%

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Whole Lifecycle NUTRITION

RECIPES

VEGETABLE LOADED MEATLOAF

PREP TIME: 15 MINUTES **COOKING TIME: 45 MINUTES** **YIELD: 6 SERVINGS**

INGREDIENTS

- 2/3 cups carrots, finely shredded
- 2/3 cups zucchini, finely shredded
- 1 Tbs Dijon mustard
- 1/4 cup tomato paste
- 2 tsp Worcestershire sauce (gluten-free if
- needed)
- 1 1/2 tsp apple cider vinegar
- 1 tsp maple syrup
- 1 tsp dried basil
- 1 tsp dried rosemary
- 1 tsp garlic powder
- 1 lb ground turkey
- 1 lb grass-fed beef
- 2 eggs

DIRECTIONS

Prep

- Preheat the oven to 350°F.
- Shred carrots and zucchini and squeeze dry in paper towels.
- Grease mini loaf pans.
- Whisk together glaze; mustard, tomato paste, Worcestershire, vinegar, and maple syrup.

Make

- In a large bowl, combine the carrots, zucchini, basil, rosemary, garlic powder, and meat.
- Add the eggs and, using hands or a spoon, make sure it is evenly combined.
- Place the meat mixture into loaf pans and bake for approximately 15-20 minutes. Brush on glaze and continue to cook until internal temperature reaches 160° F, about another 5-10 minutes. Cook time will depend on the size of the loaf pan. If using a full-size loaf plan, meatloaf will take a total of 60 minutes.
- Remove from the oven and let stand for 15 minutes before slicing and serving.
- Serve topped with cheese or fresh herbs if desired.

Nutrition Facts

Calories 312 per serving

Amount/serving	% Daily Value*
Total Fat 17.2g	26%
Saturated Fat 6.1g	30%
Trans Fat 0.6g	
Cholesterol 161mg	53%
Sodium 189mg	8%

Amount/serving	% Daily Value*
Total Carbohydrates 6g	1%
Dietary Fiber 1g	4%
Total Sugars 3g	
Protein 33g	

Vitamin D 1mcg 6% · Calcium 48mg 4% · Iron 3mg 17% · Potassium 645mg 13%

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Whole Lifecycle NUTRITION

RECIPES

BBQ LENTIL MUSHROOM BURGER

PREP TIME: 20 MINUTES **COOKING TIME: 50 MINUTES** **YIELD: 4 SERVINGS**

INGREDIENTS

- 1 Tbs chia seeds
- 3 Tbs water
- 1 cups onion, sweet, chopped
- 8 oz mushrooms, cremini, chopped
- 2 cloves garlic, chopped
- 1 Tbs olive oil
- 1 Tbs BBQ Seasoning Blend
- 1 1/2 cups lentils, canned, drained and rinsed
- 1/3 cups oats, quick cook (gluten-free if
- necessary) plus more if necessary
- 2 Tbs arrowroot starch (tapioca starch)
- 1 Tbs tamari
- 1 tomato, sliced
- 1 avocado, sliced

DIRECTIONS

Prep

- Prepare chia egg by whisking chia seeds and water and let sit for 10+
- minutes to gel.
- Chop onion, mushrooms, and garlic.
- Preheat oven to 375°F and line baking pan with parchment paper.

Make

- In a skillet, sauté onions, mushrooms, and garlic in olive oil until soft and fragrant. Add BBQ seasoning and cook an additional 2 minutes.
- Add chia egg and cooked vegetables to a food processor with lentils, oats, starch, and soy sauce. Process until paste forms, adding more oats if necessary.
- Form mixture into 6 equal patties and place on the parchment-lined sheet. Bake for about 30 minutes, flipping carefully after about 20 minutes. Bake more if necessary to get a firm texture.
- Serve topped with sliced tomato and avocado.

Nutrition Facts

Calories per serving **296**

Amount/serving	% Daily Value*
Total Fat 13.0g	19%
Saturated Fat 1.8g	8%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 267mg	11%

Amount/serving	% Daily Value*
Total Carbohydrates 36g	12%
Dietary Fiber 13g	52%
Total Sugars 6g	
Protein 12g	

Vitamin D 0g 1% · Calcium 65mg 6% · Iron 4mg 22% · Potassium 872mg 18%

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