



NUTRITION NEWSLETTER

WINTER 2025

MINDFUL EATING

Eating in front of a television or while swiping a screen can take your child's mind off their food—leading to mindless overeating. Encourage “mindful eating” instead with this advice.

Skip the screens.

Turn off the TV, and ask everyone to silence phones and tablets and put them in a basket during meals. Then, carry on a pleasant conversation.

Tip:

Increase mindfulness by talking about the flavors and textures you're enjoying. Stop before you're stuffed. Have your tween pay attention to hunger cues. When she feels that perhaps they could eat a few more bites but they're satisfied enough to stop, it's likely they have had the right amount of food.



BEST BITES!

It's easier than ever to find alternatives to peanut butter.

Healthy options include spreads made from cashews, sunflower seeds, soy nuts, almonds, and even chickpeas. Coconut butter, on the other hand, tends to have more saturated fat.

Tip: Look for varieties with no added sugar.

PARENT TO PARENT *

Don't Overdo It!

I was happy when my son Mason started exercising. But when he began running and lifting weights twice a day, I worried that he was becoming obsessed with it.

Together, we looked up exercise recommendations for 13-year-old boys and found out that he needs about an hour of physical activity a day. We also read that too much exercise can cause overuse injuries like muscle tears or even stress fractures. Mason didn't like the idea of getting hurt and not being able to work out. Now he has eased up and is exercising once a day most of the time. He's satisfied because he feels himself getting stronger, and I feel better, too.

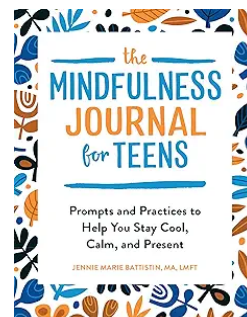
DID YOU KNOW?

Breathe Easy

When your teen works out, it's important for them to breathe correctly. Holding their breath during strength training (using free weights or her body weight) can cause dizziness and nausea. To be sure they are getting plenty of oxygen, encourage them to exhale while lifting a weight and inhale as they lower it.

The Mindfulness Journey for Teen: Prompts and Practices to help You to Stay Cool, Calm, and Present.

by Jennie Marie Battistin MA LMFT

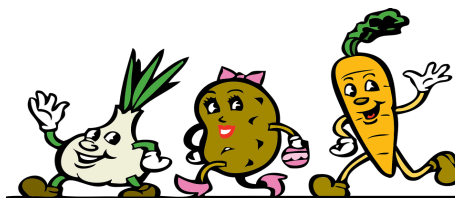


ACTIVITY CORNER!

Scarf Workouts

A scarf isn't just for keeping your neck warm in winter—your tween can use it to exercise, too! Suggest these routines to try.

- **Do figure eights.** With legs shoulder-width apart, squat, and move a scarf in a figure-eight pattern. Start with it in your right hand, move it between your legs and behind your left knee, and grab it with your left hand. Now pass it behind your right knee, and take it with your right hand. Repeat 5 times, then reverse directions.
- **Toss and touch.** Build coordination and speed as you race against yourself. Throw a lightweight scarf in the air, and see how many times you can clap your hands before it falls back down. Catch it, and try again.



RESOURCES!

[Healthy Recipes](#)

[USDA Food & Nutrition](#)



IN THE KITCHEN

Think Outside The Pizza Box

Why stick with pepperoni and mozzarella when there are so many tasty and nutritious pizza toppings out there?

Try these twists.

Barbecue chicken: Preheat the oven to 375°. Place 4 sandwich thins on a baking sheet, and brush each with 1/2 tbsp. low-sodium barbecue sauce. Top with 2 tbsp. shredded pepper-jack cheese, 1/4 cup cooked shredded chicken, and 1 tsp. chopped red onion. Bake for 10 minutes.

Mediterranean pita: Preheat the oven to 450°. Split apart 2 whole-grain pitas. Top each half with 1 tbsp. pizza sauce, 2 tbsp. crumbled feta cheese, and 1 tbsp. halved black olives. Bake for 12–15 minutes.

UMass Extension Nutrition Education Program.(2023) .Nutrition Bites. Retrieved from <https://ag.umass.edu/nutrition>
Resources for Educators A division of CCH Incorporated. Nutrition Nuggets.
Jessica Barnes. *Village Table*.Retrieved from <https://villagetable.com/category/recipes/>

