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The Recipe Corner

Satisfying & Sustainable Nutrition

3 Tips to Create Balanced Meals for the Whole Family

1. Serve Nutritious Sides

Are chicken nuggets and pizza the only foods that your family will eat? Add in some more nutrition with your favorite [fruit and veggie sides](#). These can be offered to picky eaters alongside favorite foods as a low-pressure option. This adds extra vitamins, minerals and fiber to your favorite meals.

2. Get Creative With Veggies

Sometimes veggies can seem off-putting. Including them in [smoothies](#), [pasta sauces](#) or even [brownies](#) can be a more accepted way of eating them.

3. Make it a Family Affair

Cooking as a family can be a great way to expand a picky eater's horizons. Especially for young kids, having some ownership of preparing a meal can help make them more inclined to try a new food. Learn about age-appropriate kitchen tasks for kids [here](#).

Mental Health Nutrition

May is mental health month! One of the best ways to fuel your brain is by incorporating healthy fats into your diet like nuts, seeds, fish, or avocados. Antioxidants also help protect brain health. Foods that are high in antioxidants include: dark chocolate, nuts, whole grains, fruits and vegetables. **Check out the recipe on the next page for a brain-healthy dessert!**

Avoiding the "All or Nothing" Mentality

We can be tempted to think of foods as either good or bad. In reality, [all foods provide varied amounts of nutrients](#) that we need. At the end of the day, making sure your family is fed and satisfied is most important. Include nutritious foods where you can by continuing to offer new foods in low-stress situations, like alongside a preferred food. And remember, taste buds change, so continue to offer new foods as you can!



Maddie Bidwell, RD, LD
Wellness Consultant
maddie.bidwell@ohiohealth.com
614-566-0183



Blueberry Crisp with Oats and Walnuts

Adapted from: [Simple Oat & Pecan Blueberry Crisp Recipe - Pinch of Yum](#)

Servings: 8

Ingredients:

- 1 cup rolled oats
- 1 cup crushed walnuts
- ½ cup oat flour (*or all-purpose flour*)
- ½ cup unsweetened flaked coconut
- ¼ t cinnamon
- ¼ cup olive oil
- 1/3 cup maple syrup
- 4 cups blueberries

Directions:

1. Preheat oven to 350F
2. In a large bowl, mix oats, walnuts, oat flour, coconut, salt and cinnamon
3. Add olive oil and maple syrup and mix
4. Grease an 8x8 baking dish and add blueberries to the bottom. Add oat mixture evenly to the top
5. Bake 25-35 minutes or until golden brown

Nutrition Facts Per Serving

- Calories: 247
- Protein: 5g
- Total Fat: 14.5g
- Saturated Fat: 3g
- Sodium: 3g
- Fiber: 6g
- Total Sugars: 9g

A Note From the Dietitian:

“ This blueberry crisp is a treat for our brain! Packed with antioxidants from the blueberries and omega-3’s from the walnuts, enjoy a delicious and nutritious dessert!”