

## Easy Lunch recipe: Alligator Spinach Wrap<sup>3</sup>



### Ingredients:<sup>3</sup>

- 1 (10 inch) spinach wrap
- 3 oz grilled chicken
- 1/2 cup shredded lettuce
- 1/4 avocado
- 1 slice provolone cheese
- 2 baby carrots
- 1 large black olive

### Directions:<sup>3</sup>

Cut the wrap in half and place chicken, lettuce, avocado in the middle and roll it up. Use the other half to cut out head, tail, and feet shapes as pictured above and position on plate.

Cut 2 circles from the cheese and cut olive in half to make the eyes

Cut 6 small triangles with the rest of the cheese and place on plate as teeth.

Slice baby carrots into discs and place along back and tail of alligator.

## Easy breakfast recipe: Kitty-cat oatmeal<sup>2</sup>

### Ingredients:<sup>2</sup>

- 1 cup reduced fat milk
- 1/2 cup rolled oats
- 1 tsp honey
- 1 medium strawberry
- 1/2 banana
- 3 blueberries

### Directions:<sup>2</sup>

Bring milk and oats to a boil over medium heat, then reduce heat to maintain a simmer stirring often until thick, about 5 minutes. Stir in honey and transfer to bowl. Decorate oatmeal with fruit as pictured below, and enjoy!



## Kid's Healthy Eating Plate



## HEALTHY DEFAULTS FOR CHILDREN

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## What are healthy defaults?

Healthy defaults are pre-selected choices made by you designed to produce a behavior change, like eating healthier.<sup>1</sup>

These are a few set meals in your head that you can switch between on a daily basis without having to think too much about it.<sup>1</sup>

## How to use healthy defaults to eat better

- Sit down with your child and create healthy default options for all meals and snacks.
- Be sure to have these options in the house at all times.
- Swap chips and sweets for fruit and vegetables, cut them up and put them in pre-portioned containers in the fridge so your child can reach for those when hungry.
- Make fun recipes with your child, and get creative! Try out the breakfast and lunch recipes provided here

### References:

1. Radnitz C, Loeb KL, DiMatteo J, Keller KL, Zucker N, Schwartz MB. Optimal defaults in the prevention of pediatric obesity: From platform to practice. *J Food Nutr Disord.* 2013;2(5):1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4197992/>. Accessed Mar 16, 2021. doi: 10.4172/2324-9323.1000124.
2. Casner C. Kitty-cat oatmeal bowl. EatingWell Web site. <https://www.eatingwell.com/recipe/258646/kitty-cat-oatmeal-bowl/>. Updated 2017. Accessed Mar 16, 2021.
3. Coffron B. Silly alligator spinach wrap. EatingWell Web site. <https://www.eatingwell.com/recipe/259074/silly-alligator-spinach-wrap/>. Updated 2017. Accessed Mar 16, 2021.

