

# Nutrition



# Bites

Issue 3 July-Aug-Sep 2025

By Sonia Hernandez, RD  
Registered Dietitian

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This recipe is high in protein, carbohydrates, healthy fats, iron, calcium, A, D, E vitamins and fibre.

Enjoy as breakfast or snack.

Newsletter Content is adapted from the following resources:  
Egg Farmers of Canada  
<https://www.eggfarmers.ca/>

Ellyn Satter Institute:  
<https://www.ellynsatterinstitute.org/how-to-feed/>  
  
<https://nutritionsource.hsp.harvard.edu/food-features/eggs/>

## Community Nutrition Newsletter

### Is your child a competent eater?

As parents, we all want the best for our children. If a child refuse to eat or eat certain foods or mealtimes are a struggle, then frustration and worries comes. Ellyn Satter through decades of research discovered that supporting positive eating attitudes and behaviours rather than focusing on food selection is what is need it to nurture children. Then the eating competence comes which means being capable and flexible with eating, not restrictive or rigid. This approach to eating balances hunger, pleasure and appetite.

To develop better eating habits family must share responsibility:

The parent /caregiver's job is to decide: *What* foods and drinks are served.

*When* food is served, *where* food is served.

Your child's job is to decide: *If and how much to eat.*

Here are some tips to take:

- Eat together as often as possible
- Keep mealtimes pleasant and relaxed
- Set regular meal and snack times
- Seat your child at the table securely in a high chair or booster seat
- Don't make separate meals for your child
- Let your child decide if and how much to eat form the food you serve
- Avoid pressure, praise, rewards, tricks or punishment
- Offer a variety of foods at each meal.

Throughout their growing-up years, they build on their natural ability and become eating competent. Parents let them learn and grow with eating when they follow the Division of Responsibility in Feeding.

### Recipe: PB&J crêpes

Makes: 16 crêpes

**Ingredients:** 4 eggs – 2 cups (500ml) 2% milk – ¼ cup (60ml) melted butter or oil – 2 cups (500ml) all-purpose flour – ½ (2.5 ml) salt

**Filling:** 1 cup (250ml) peanut butter – 2/3 cup (170ml) jam –fresh fruit

**Directions:**

Combine eggs, milk and melted butter in a large bowl. Beat well. Add flour and salt. Beat again until mixture is smooth. Refrigerate batter for one hour. Stir.

Heat an 8-inch (20 cm) non-stick frying pan over medium heat until water droplets sizzle when sprinkled in the pan. Spray pan lightly with cooking spray.

Pour about 1/4 cup (60 mL) of batter into pan all at once. Quickly tilt and rotate pan to coat the bottom of the pan with batter. Cook until bottom is slightly browned, about 45 seconds. Turn crêpe over with spatula and cook 15 seconds longer.

Transfer to a plate. Repeat with remaining batter. Separate crêpes with pieces of waxed paper. Add more cooking spray if needed.

**Filling:** In a small bowl, combine peanut butter and jam. Spread 2 to 3 tsp (10 to 15 mL) of peanut butter mixture on each crêpe. Top with fresh fruit. Fold crêpe into triangle or roll up into tubes. Serve warm.

## Importance of eggs

Egg, the content of the hard-shelled reproductive body produced by a bird, considered as food. While the primary role of the egg is to reproduce the species, most eggs laid by domestic fowl, except those specifically set aside for hatching, are not fertilized but are sold mainly for human consumption.

Eggs are also incredibly nutritious - they contain protein, healthy fats, and many nutrients like vitamins A, D, E, choline, iron and folate.

Eggs are a quick, easy and delicious way to help meet our protein needs:

Eggs are one of the few foods considered a complete high-quality protein source, because they contain all 9 essential amino acids. 'Essential' means that the body cannot produce these amino acids on its own, which is why we need to include them in our diet. Amino acids are considered the building blocks for the body because they help to form protein.

Protein is important for building and maintaining muscle, fighting infections, and growing strong hair and nails. Including protein at meals and snacks also helps us to feel full and satisfied throughout the day. Two eggs contain 13 grams of high quality protein.

Eggs have healthy fats: a serving of two large eggs contains 11 grams of fat, of which around 2/3 of the fat is unsaturated. All of the fat in an egg is found in the yolk. The yolk also contains important fat-soluble nutrients like vitamins A, D, and E, and the antioxidants lutein and zeaxanthin. The healthy fats in the egg yolk actually help our bodies to absorb these nutrients in the yolk too.

Eggs and cholesterol has been the subject of debate for years. New research has emerged showing that eggs can be enjoyed as part of a healthy diet with a minimal impact on blood cholesterol levels. One large egg yolk has 200 mg of cholesterol; however, eggs also contain additional nutrients that may help lower the risk for heart disease. The focus on dietary cholesterol alone was changed to more attention on the influence of saturated and Trans fat on blood cholesterol.

For most healthy individuals, eating eggs as part of a varied and balanced diet does not pose heart health risks. According to Canada's Food Guide, a healthy plate should include a variety of whole foods, with half the plate filled with fruits and vegetables, a quarter dedicated to whole grains, and a quarter reserved for protein-rich foods like eggs.

### DID YOU KNOW...? FACTS?

Even if eggs are healthy, this does not give people a green light to daily three-egg omelets. "While a 2008 report from the Physicians' Health Study supports the idea that eating an egg a day is generally safe for the heart, it also suggests that going much beyond that could increase the risk for heart failure later in life. You also need to pay attention to the "trimmings" that come with your eggs. To your cardiovascular system, scrambled eggs, salsa, and a 100% whole-wheat English muffin is a far different meal than scrambled eggs with cheese, sausages, home fries, and white toast."

<https://nutritionsource.hsp.harvard.edu/food-features/eggs/>

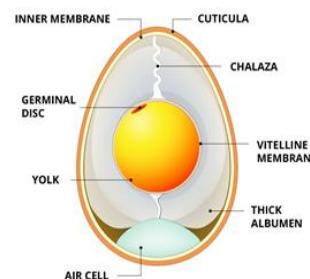
Call and book your appointment to see a Dietitian/Nutritionist today!

We cover a wide range of conditions including: Healthy Eating – Cholesterol – Low Iron – Weight Loss/Gain – Celiac Disease – Kidney Stones – Picky Eaters – Sports Nutrition – Vegetarianism – Osteoperosis and more.....

You don't need to have a Doctor's referral !

Rexdale Community Health Centre  
8 Taber Road, Toronto ON M9W 3A4  
Tel: (411) 744-6312  
Fax: (416) 744-1881, [www.rexdalechc.com](http://www.rexdalechc.com)

Egg anatomy:



that's the healthy kind

Fat content in an egg

## Upcoming Program and Events

Weekly in person  
Prenatal Nutrition Program  
Tuesday at 10 a.m.  
At 222 Dixon

Wednesday at 10 a.m.

At 21 Panorama Crt

Monthly Spanish Senior group  
teleconference

Third Thursday of the month

AGM

Annual General Meeting (AGM)  
and Community Health Fair  
September 6, 2025