



FIVE SIMPLE STEPS *TO RAISING*

Healthy Eaters

WITHOUT STRESS:

A simple guide to feeding your child

DR. YAMI CAZORLA-LANCASTER
PEDIATRICIAN // AUTHOR // SPEAKER // COACH



ABOUT THE AUTHOR



DR. YAMI CAZORLA-LANCASTER DO, MPH, MS, FAAP

Pediatrician, Author, Speaker, Coach

Let me empower you on your personal path to health, wellbeing and joy! As a pediatrician, health coach and mother of two, I use my unique voice to inspire others with an important message about the power of nutrition and healthy lifestyle habits.

 @doctoryami

 doctoryami.com



INTRODUCTION

Congratulations on taking the first step to bring more health, wellbeing, and joy into your life!

This guide presents **five simple eating concepts** that you can begin to implement into your life **today**. In addition to teaching you The Five Pillars of Healthy Eating, I have included 6 simple, delicious, kid-friendly recipes and a comprehensive resource list.

Whether you are wanting to improve your personal health or the health of your entire family, this guide is all you need to get started right away.

Before you embark on a journey to change your lifestyle, it is helpful to know **why**. When I counsel patients, coach my clients, teach classes, and create materials to help others, I focus on 3 main goals:

- **Promote health and wellbeing** - Wellbeing means being in a state of health and happiness. This includes having plenty of energy, being free of illness and pain and having the ability to experience and appreciate the joy in my life.

- **Decrease the risk of chronic disease and support longevity** - Through our nutrition and lifestyle choices, we can prevent 80-90% of chronic conditions such as heart disease, diabetes, cancer, and Alzheimer’s disease. Quality of life and healthy lifespan are significantly increased with healthy habits. ***You have more control than you think over your health destiny.***
- **Foster confidence** - To sustain healthy lifestyle habits, one must have confidence. I use methods that allow you to develop confidence in your food choices and in your own body. Every body is a good body, and your body has its own inherent intelligence. ***I teach techniques that help you foster and grow that confidence in yourself and your child.***

What are **your** reasons for wanting to make a lifestyle change? The more clarity you have about your “why” the easier it will be to stick to it long term. Take a moment now to write out three reasons before you move on.

MY 3 WHYS:

1 _____

2 _____

3 _____



CONTENTS

- 2 About the Author
- 3 Introduction
- 5 Five Pillars of Healthy Eating
- 6 Pillar One: Honor Hunger and Satiety
- 7 Pillar Two: Emphasize Whole Plant Foods
- 8 Pillar Three: Establish a Positive Environment
- 9 Pillar Four: Be Flexible
- 10 Pillar Five: Relax and Have Fun
- 11 You Did It
- 12 Simple, Plant-Based Recipes
- 14 Resources for Further Learning





THE FIVE PILLARS OF HEALTHY EATING

The Five Pillars of Healthy Eating serve as a blueprint for how to approach food and eating in this modern world. It nudges us into **healthy habits and behaviors** that are both **pleasurable and sustainable**. The great thing about these pillars is that you can begin to incorporate them into your life immediately!

LET'S GET STARTED!



HONOR HUNGER AND SATIETY

Honor hunger and satiety in yourself and in your child.

Essentially this means that you eat when hungry and stop when satisfied.

This is known as **intuitive eating**.

Eating in this way has been found to support healthy metabolism and can help you maintain a healthy weight.

Hunger is the body's signal that it is time to refuel. Gentle satisfaction means that the gas tank is sufficiently full.

Children are born naturally intuitive. To support intuitive eating in children, **never force a child to eat.** Trust them when they say they are no longer hungry and allow them to eat when they are. Also, do not restrict food or use food as a reward.

When children eat when hungry and stop when full, **they will accept a greater variety of foods, won't binge or overeat for fear of scarcity, and will try new foods with less intimidation.**

As a parent, you have two jobs when it comes to feeding: you decide WHEN and WHAT you will feed your child. Your child also has two jobs: they decide IF and HOW MUCH. **Avoid crossing into their autonomy of how much they choose to eat.**

It may feel scary at first, but as you get the hang of it, it gets easier and conveys your trust in their eating intuition, allowing them to continue to strengthen these skills over time.



"CHILDREN ARE BORN NATURALLY INTUITIVE. TO SUPPORT INTUITIVE EATING IN CHILDREN, NEVER FORCE A CHILD TO EAT. TRUST THEM WHEN THEY SAY THEY ARE NO LONGER HUNGRY AND ALLOW THEM TO EAT WHEN THEY ARE. ALSO, DO NOT RESTRICT FOOD OR USE FOOD AS A REWARD."



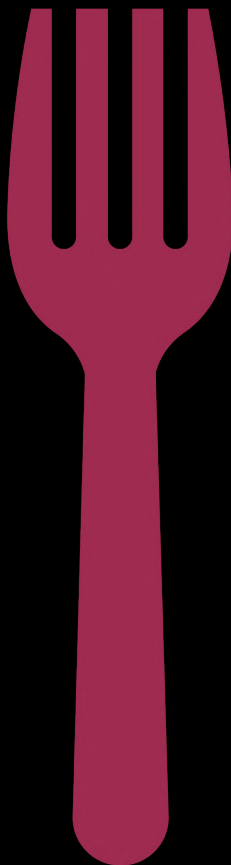
EMPHASIZE WHOLE PLANT FOODS

For maximum health benefits, **aim to load your plate with whole plant foods.**

Whole foods are found in their most complete form. Fruits, vegetables, whole grains, beans and nuts and seeds in their whole form are packed with vitamins, nutrients, antioxidants, and fiber that promote health and decrease our risk of chronic disease.

Processed foods are foods that have been refined and have had fiber removed or have additives such as sugar, salt, preservatives or artificial colors and flavors. Processed foods are often lower in fiber and antioxidants and higher in sugar, salt, and fat.

It doesn't have to be all-or-nothing, but the more whole plant foods that you include in your family's diet, the better. **Children thrive on a plant-based diet!**



EASY MEAL IDEAS INCLUDE:

- Breakfast: Oatmeal with fruit
- Lunch: Superhero veggie wraps
- Dinner: Easy bean chili with brown rice, steamed broccoli, and fruit salad
- Snacks: fresh fruit, raw veggies with hummus, roasted chickpeas, avocado toast, healthy trail mix, smoothie

(See the end of the guide for easy, yummy recipes)



ESTABLISH POSITIVE ENVIRONMENT



Your environment supports your success.

What foods, images, and messages surround you where you live, work, and play? In what ways can you make your environment match the vision you have for your healthy life?

As a parent, it's your role to be the gatekeeper of your household's food culture. Making the food decisions, planning the menus, and doing the grocery shopping fall under your control.

Keep health-promoting foods in the fridge, pantry, and counters, and simply stop filling your refrigerator and cabinets with foods that have little nutritional value.

Provide an abundance of fruits, vegetables, whole grains, beans, nuts, and seeds in easily accessible and convenient spaces. Place other, less healthful foods out of sight where they'll be more difficult to access.

Some quick and easy ideas include apples, bananas, hummus, cooked brown rice, cooked whole beans, salsa, whole grain tortillas, unsweetened apple sauce, unsweetened peanut butter, and unsalted raw nuts.

Another way to foster a positive environment is to *avoid dieting and be cautious of the language used in the house concerning body size and shape*. In their homes, children should be protected from body shaming, bullying, or teasing and should be sheltered from the influences of media and popular culture that promote the thin ideal.



BE FLEXIBLE

Employ the 80/20 rule. The 80/20 rule means that 80% of the time, strive to eat as healthfully as possible so that you have a 20% wiggle room to incorporate those foods you usually reserve for celebrations and special occasions.

Food can and should be delicious and enjoyable. Pleasure is an essential component of healthful eating.

The world of whole plant foods is enormous, and there are so many delicious recipes and cuisines to explore with our families.

However, **simple meals are just as delicious.** We can teach our children that an apple can be amazing when we are hungry, and plain beans and rice can be satisfying and nourishing comfort food. If we act as if health-promoting food is bland and uninteresting, we will pass those beliefs down to our children.

Eating can also be part of special celebrations, holidays, and treats. There is no need to become a purist.

It doesn't have to be all-or-nothing!



RELAX AND HAVE FUN

Your healthy eating journey doesn't have to be stressful. Have fun, laugh at your mistakes, and don't give up.

As parents, we do the best we can. Sometimes we make mistakes, and that's okay. You learn what works and what doesn't as you go. **Try not to focus too far into the future and have fun now**, especially since each stage of parenting comes with its own set of adventures and challenges.

Enjoy exploring new healthy recipes and strategies to integrate healthy habits into your family. And if at first, you don't succeed, then try again. Relax, smile, and enjoy the ride! The more relaxed and confident you are about it, the more comfortable and trusting your kids will be. **Focus more on the overall pattern of your family's habits and well-being** instead of focusing on a particular meal or your child's weight or size.

Respect your own body and model self-acceptance and self-compassion so that your children learn these skills as well. Don't get hung up on the little details, and please don't try to be perfect. **Be joyful and loving to yourself, and you will see how this attitude spreads to the rest of your family.**



"TRY NOT TO FOCUS TOO FAR INTO THE FUTURE AND HAVE FUN NOW, ESPECIALLY SINCE EACH STAGE OF PARENTING COMES WITH ITS OWN SET OF ADVENTURES AND CHALLENGES."

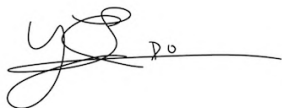


YOU DID IT!

Thank you you for learning about The Five Pillars of Healthy Eating and for taking the first step toward improved health and wellbeing for yourself and for your family.

Now that you know these simple concepts start integrating them into your lifestyle today! You will be amazed by how these will improve your health and wellbeing. I am so excited for your journey and wish you the best.

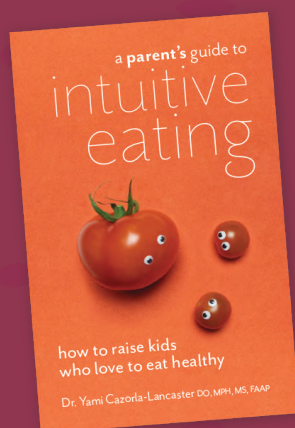
With love and gratitude,



Dr. Yami Cazorla-Lancaster
www.doctoryami.com

Five Pillars of Healthy Eating

1. HONOR HUNGER AND SATIETY
2. EMPHASIZE WHOLE PLANT FOODS
3. ESTABLISH A POSITIVE ENVIRONMENT
4. BE FLEXIBLE
5. RELAX AND HAVE FUN



Let's raise kids that love to eat healthy foods! In this book, you'll learn:

- The 5 Pillars of Healthy Eating
- How to foster a healthy body image in your children
- Ways to troubleshoot picky eating, overeating and/or dieting behaviors

[PURCHASE THE BOOK](#)



SIMPLE, PLANT-BASED RECIPES

Below are a few super simple, yummy, and kid-friendly recipes to get you started on your healthy eating journey. Try them out and adapt them to your taste preferences. Don't be afraid to experiment in the kitchen and find ways to add more fruits, vegetables, whole grains, and beans to your family's meals and snacks.

DR. YAMI'S SUPER ANTIOXIDANT SMOOTHIE

Serves: 2

Ingredients

1 can pears in juice
1 cup seedless red grapes
4 leaves mint
1/2 tsp turmeric
2 large handfuls spinach or other greens
1 frozen banana
1 1/2 cups frozen mixed berries

Directions:

Add all ingredients to a high-powered blender and blend until smooth. Enjoy!

SINGLE SERVE OVERNIGHT OATS

Serves: 1

Ingredients

1/2 Cups rolled oats
1 Cup unsweetened plant milk (such as soy, almond or rice milk)
1/4 tsp vanilla extract
1 Tbsp maple syrup (optional)
1/4 Cup walnuts, almonds or pecans
1/2 Cup of chopped fresh fruit of your choice

Directions:

Combine all ingredients and store in an airtight container. A 16oz mason jar with lid is perfect! Place in the refrigerator overnight.



SUPER HERO HUMMUS WRAPS

Serves: 6

Ingredients

Homemade or store-bought hummus
6 whole grain tortillas or gluten-free wraps
1 Cup shredded carrots
2 Cups fresh baby spinach

Directions:

Spread a generous layer of the hummus on the tortilla. Top with a layer of carrots and finally with spinach. Wrap tightly and enjoy! You can also slice in half or into pinwheels for a treat that's also fun to look at!

EASY ROASTED CHICKPEAS

Serves: 4-6

Ingredients

2 cans low-sodium chickpeas, drained and rinsed
2 Tbsp taco seasoning

Directions:

Preheat oven to 350 degrees. Combine chickpeas and taco seasoning. Lightly spray a cookie sheet with oil. Line chickpeas in one layer and place in oven. Roast for 30 minutes, turning halfway through.

THE EASIEST BLACK BEAN CHILI EVER

Serves: 4

Ingredients

2 cans black beans (low sodium if possible), undrained
1 16-oz jar of mild salsa
8 oz frozen sweet corn, thawed
Optional: guacamole and chopped cilantro for topping

Directions:

Mix all ingredients together except for optional toppings in a saucepan and gently warm over medium heat for 15 minutes. Serve over brown rice, add toppings and enjoy!

NUTTY HUMMUS

Serves: 6

Ingredients

2 cans Garbanzo Beans, drained
2-4 Tbsp, Roasted Sunflower Seeds (for a yummy nutty flavor!)
2 Tbsp, Lemon Juice
2 Tbsp, Soy Sauce, Tamari or coconut aminos
1/4-1/2 Cup Water
1 tsp Garlic Powder
1 tsp Cumin
1/2 tsp Paprika

Directions:

Add all ingredients to blender or food processor and blend until smooth. Use as a dip for fresh veggies or a spread on sandwiches or wraps.





RESOURCES FOR FURTHER LEARNING

In the following pages, I have compiled a list of **my favorite books, cookbooks, websites and blogs** that might be of help on your journey.

I hope that you will find them useful and continue your growth and learning in this area!



BOOKS BY CATEGORY

Intuitive Eating and Health at Every Size

A Parent's Guide to Intuitive Eating: How to Raise Kids who Love to Eat Healthy, by Yami Cazorla-Lancaster, DO

Intuitive Eating: A Revolutionary Program That Works, by Evelyn Tribole and Elyse Resch

The Intuitive Eating Workbook: Ten Principles for Nourishing a Healthy Relationship with Food, by Evelyn Tribole and Elyse Resch

The Intuitive Eating Workbook for Teens: A Non-Diet, Body Positive Approach to Building a Healthy Relationship with Food, by Elyse Resch

Health at Every Size: The Surprising Truth about Your Weight, by Linda Bacon

Body Respect: What Conventional Health Books Get Wrong, Leave Out, and Just Plain Fail to Understand About Weight, by Linda Bacon and Lucy Aphramor

Feeding Children

Child of Mine: Feeding with Love and Good Sense, by Ellyn Satter

Your Child's Weight: Helping Without Harming, by Ellyn Satter

Plant-based Nutrition

Disease-Proof Your Child: Feeding Kids Right, by Joel Fuhrman

The Vegan Starter Kit: Everything You Need to Know about Plant-Based Eating, by Neal D. Barnard, MD

Forks over Knives Family: Every Parent's Guide to Raising Healthy, Happy Kids on a Whole-Food, Plant-Based Diet, by Alona Pulde, MD and Matthew Lederman, MD

Eat to Live: The Amazing Nutrient-Rich Program for Fast and Sustained Weight Loss, by Joel Fuhrman

The Healthiest Diet on the Planet, by John McDougall, MD

The Happy Herbivore Guide to Plant-Based Living, by Lindsay S. Nixon

The China Study: Startling Implications for Diet, Weight Loss and Long-Term Health, by Colin T. Campbell and Thomas M. Campbell I

Your Complete Vegan Pregnancy: Your All-in-One Guide to a Healthy, Holistic, Plant-Based Pregnancy, by Reed Mangels

Vegan for Her: The Woman's Guide to Being Healthy and Fit on a Plant-Based Diet, by Virginia Messina and JL Fields

Chronic Disease Prevention and Reversal

Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure, by Caldwell B. Esselstyn



How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease, by Michael Greger and Gene Stone

The Alzheimer's Solution: A Breakthrough Program to Prevent and Reverse the Symptoms of Cognitive Decline at Every Age, by Dean Sherzai and Ayesha Sherzai

Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs, by Neal D. Barnard and Bryanna Clark Grogan.

The Vegan Heart Doctor's Guide to Reversing Heart Disease, Losing Weight and Reclaiming Your Life, by Heather Shenkman, MD

The Plant-Based Solution: America's Healthy Heart Doc's Plan to Power Your Health, by Joel Kahn

The Longevity Diet: Discover the New Science Behind Stem Cell Activation and Regeneration to Slow Aging, Fight Disease and Optimize Weight, by Valter Longo

Undo It!: How Simple Lifestyle Changes Can Reverse Most Chronic Diseases, by Dean Ornish, MD and Anne Ornish

Cookbooks

Vive Le Vegan! Simple, Delectable Recipes for the Everyday Vegan Family, by Dreena Burton

Plant-Powered Families: Over 100 Kid-Tested, Whole Foods Vegan Recipes, by Dreena Burton

The College Vegan Cookbook: 145 Affordable, Healthy & Delicious Plant-Based Recipes, by Heather Nicholds

The Vegan 8: 100 Simple, Delicious Recipes Made with 8 Ingredients or Less, by Brandi Doming

The Prevent and Reverse Heart Disease Cookbook, by Anne Crile Esselstyn and Jane Esselstyn

Unprocessed: How to Achieve Vibrant Health and Your Ideal Weight, by Chef AJ and Glen Merzer

Forks Over Knives -The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year, by Del Sroufe and Isa Chandra Moskowitz

The Happy Herbivore Cookbook: Over 175 Delicious Fat-Free and Low-Fat Vegan Recipes, by Lindsay S. Nixon

Other books of interest

Mindless Eating: Why We Eat More Than We Think, by Brian Wasink

First Bite: How We Learn to Eat, by Bee Wilson

The Blue Zones: 9 Lessons for Living Longer from the People Who've Lived the Longest (second edition), by Dan Buettner



WEBSITES

Evidence-based Nutrition videos,

www.nutritionfacts.org

Veggie Fit Kids,

www.veggiefitkids.com

Doctor Yami,

www.doctoryami.com

UK-based feeding guide for plant-based children,

“Eating well: vegan infants and under 5’s”

www.firststepsnutrition.com

Intuitive Eating,

www.intuitiveeating.org

Health at Every Size,

www.haescommunity.com

www.sizediversityandhealth.org

COOKING BLOGS

Minimalist Baker,

www.minimalistbaker.com

Dreena Burton,

www.plantpoweredkitchen.com

Vegan Richa,

www.veganricha.com

Oh She Glows,

www.ohsheglows.com

The Full Helping,

www.thefullhelping.com

Fork and Beans,

www.forkandbeans.com



