

# Nutrition Tips for Children



Good nutrition provides children with the energy & nutrients they need to grow & develop properly, maintain a healthy weight, and support their immune system!



## 1 Fill half a plate with colourful fruits and veggies, and split the other half between whole grains & healthy proteins.<sup>1</sup>



When it comes to fruits and vegetables- the more variety, the better!



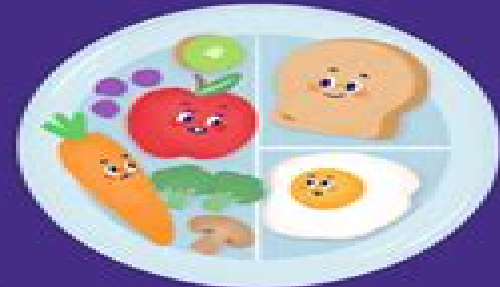
Choose whole grains such as whole wheat bread, pasta, brown rice, and quinoa.



Offer healthy proteins like beans, nuts, fish and poultry over processed or red meats.



Include healthy oils from plants as well as unsaturated fats in foods like avocado, peanuts, and salmon.



Make water the drink of choice for every meal.<sup>1</sup>

## 2

### Probiotics

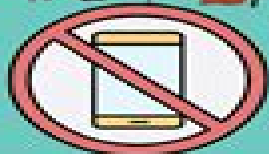
In addition to ensuring an adequate intake of healthy micronutrients and macronutrients, probiotics can play an important role in building and maintaining a healthy gut.



## 3

### Make Mealtime the Focus<sup>2</sup>

Help instill good nutritional values in your child by eating together, encouraging conversation & turning off distractions.



## 4

### Ask an Expert

Make an appointment with a Registered Dietitian – they are trained experts who can provide you and your child with custom meal plans and other nutritional advice.



#### References

1. Harvard T.H. Chan School of Public Health. (2013). The Nutrition Source – Kid's Healthy Eating Plate. <https://www.health.harvard.edu/nutritionsource/kids-healthy-eating-plate/>  
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# Nutrition Guide Tips

**Yijin Wang**



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## **Nutrition Guide Tips** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the ability of words has become more evident than ever. They have the ability to inspire, provoke, and ignite change. Such could be the essence of the book **Nutrition Guide Tips**, a literary masterpiece that delves deep in to the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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