

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.¹



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.¹

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 Make² Mealtime the Focus

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/>
2. Government of Canada. (2003). Canada's food guide – Healthy eating for parents and children. <https://food-guide.canada.ca/en/tips-for-healthy-eating/parents-and-children/>

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Tips Nutrition Guide

Shelly James



Tips Nutrition Guide:

Whispering the Techniques of Language: An Emotional Journey through **Tips Nutrition Guide**

In a digitally-driven world wherever screens reign supreme and immediate connection drowns out the subtleties of language, the profound techniques and psychological nuances hidden within words often move unheard. Yet, set within the pages of **Tips Nutrition Guide** a captivating literary treasure pulsing with fresh thoughts, lies an exceptional journey waiting to be undertaken. Composed by an experienced wordsmith, this wonderful opus encourages visitors on an introspective journey, softly unraveling the veiled truths and profound influence resonating within the cloth of each and every word. Within the emotional depths of the moving review, we can embark upon a honest exploration of the book is primary subjects, dissect their fascinating writing style, and succumb to the strong resonance it evokes serious within the recesses of readers hearts.

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