

# 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. (2012). The Nutrition Source – Kid's Healthy Eating Plate. <https://www.health.harvard.edu/nutritionsource/kids-healthy-eating-plate/>
2. Government of Canada. (2020). 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

**KJ Lindholm-Leary**



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nurses and other health care professionals Covers the spectrum of oncology nutrition from prevention to recovery and alternative therapy to palliative care and hospice There are three appendices covering symptom management common supportive drug therapies used in oncology and resources for the professional and for the patient and family **The Tufts University Guide to Total Nutrition** Stanley N. Gershoff, Catherine Whitney, 1991 **Guidebook for Nutrition Counselors** Virginia Aronson, Barbara Danielson Fitzgerald, Lynn Vincent Hewes, 1990 **American Dietetic Association Complete Food and Nutrition Guide** Roberta Larson Duyff, 2006-09-18 Offers tips and guidelines for following a healthy diet from choosing the right food at the supermarket to eating well at every stage in life **Directory of Food and Nutrition Information for Professionals and Consumers** Robyn C. Frank, Holly Berry Irving, 1992 Emphasizes nutrition education food science food service management and related aspects of applied nutrition Part I has chapters on organizations that provide information services and or resources on food and nutrition academic programs software and databases Part II is composed of annotated bibliographic entries and lists of organizations Intended to assist nutritionists dietitians health professionals educators librarians and consumers in identifying sources of food and nutrition information

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