

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

Make Mealtime the Focus²

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. (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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Whispering the Strategies of Language: An Mental Journey through **Nutrition Guide Tips**

In a digitally-driven world wherever monitors reign supreme and instant connection drowns out the subtleties of language, the profound strategies and mental subtleties concealed within phrases frequently move unheard. However, nestled within the pages of **Nutrition Guide Tips** a captivating fictional value sporting with raw feelings, lies an exceptional journey waiting to be undertaken. Written by an experienced wordsmith, this charming opus encourages visitors on an introspective journey, gently unraveling the veiled truths and profound impact resonating within the fabric of each and every word. Within the mental depths of this poignant evaluation, we shall embark upon a honest exploration of the book is key subjects, dissect its interesting writing type, and succumb to the powerful resonance it evokes deep within the recesses of readers hearts.

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