

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. (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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Nutrition Guide Tips

Y Pai



Nutrition Guide Tips:

Whispering the Secrets of Language: An Psychological Journey through **Nutrition Guide Tips**

In a digitally-driven world wherever monitors reign supreme and instant conversation drowns out the subtleties of language, the profound secrets and psychological nuances hidden within phrases often move unheard. Yet, nestled within the pages of **Nutrition Guide Tips** a fascinating fictional value pulsing with organic thoughts, lies an exceptional quest waiting to be undertaken. Written by a skilled wordsmith, that enchanting opus encourages readers on an introspective trip, lightly unraveling the veiled truths and profound impact resonating within the cloth of each word. Within the emotional depths of the moving evaluation, we shall embark upon a sincere exploration of the book is core themes, dissect their interesting writing style, and fail to the powerful resonance it evokes deep within the recesses of readers hearts.

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