

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 Focus**²

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/>

This infographic was made possible due to an unrestricted educational grant from:



Tips Nutrition Guide

Roberta Larson Duyff



Tips Nutrition Guide:

Unveiling the Power of Verbal Art: An Mental Sojourn through **Tips Nutrition Guide**

In some sort of inundated with screens and the cacophony of instant interaction, the profound power and psychological resonance of verbal artistry frequently diminish into obscurity, eclipsed by the constant assault of sound and distractions. Yet, located within the musical pages of **Tips Nutrition Guide**, a charming perform of literary beauty that pulses with fresh emotions, lies an unique trip waiting to be embarked upon. Published by way of a virtuoso wordsmith, that enchanting opus manuals visitors on a mental odyssey, delicately exposing the latent possible and profound impact embedded within the intricate web of language. Within the heart-wrenching expanse of the evocative examination, we will embark upon an introspective exploration of the book is main themes, dissect its charming publishing design, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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