

# 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.



Make water the drink of choice for every meal.<sup>1</sup>



Include healthy oils from plants as well as unsaturated fats in foods like avocado, peanuts, and salmon.

**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. (2023). 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

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Fitzgerald, Lynn Vincent Hewes**

## **Tips Nutrition Guide:**

This book delves into Tips Nutrition Guide. Tips Nutrition Guide is an essential topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Tips Nutrition Guide, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Tips Nutrition Guide
- Chapter 2: Essential Elements of Tips Nutrition Guide
- Chapter 3: Tips Nutrition Guide in Everyday Life
- Chapter 4: Tips Nutrition Guide in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Tips Nutrition Guide. The first chapter will explore what Tips Nutrition Guide is, why Tips Nutrition Guide is vital, and how to effectively learn about Tips Nutrition Guide.

3. In chapter 2, the author will delve into the foundational concepts of Tips Nutrition Guide. This chapter will elucidate the essential principles that need to be understood to grasp Tips Nutrition Guide in its entirety.

4. In chapter 3, the author will examine the practical applications of Tips Nutrition Guide in daily life. The third chapter will showcase real-world examples of how Tips Nutrition Guide can be effectively utilized in everyday scenarios.

5. In chapter 4, this book will scrutinize the relevance of Tips Nutrition Guide in specific contexts. The fourth chapter will explore how Tips Nutrition Guide is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, the author will draw a conclusion about Tips Nutrition Guide. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Tips Nutrition Guide.

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