

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

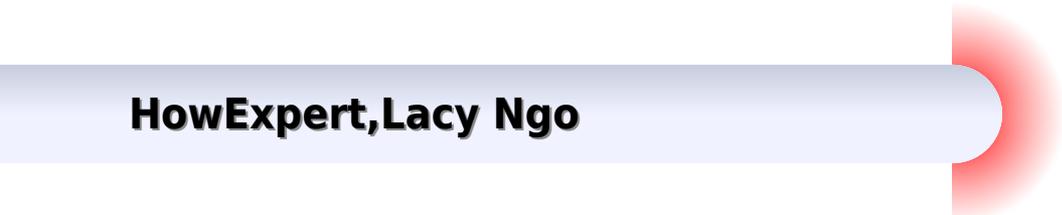
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The HELP Vegetarian Nutrition Guide Kayla Itsines,2014-12-20 The HELP Vegetarian Guide contains Kayla Itsines 107 page clean eating plan including a full 14 day meal plan with recipes Suitable for Vegetarians Vegans and Pescatarians Learn what to eat discover fat burning foods eat tasty meals and speed up your metabolism

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professionals materials for patients and clients and supplier listings Entries give bibliographical information statement of contents and format No index *The Portion Plan* Linda Gassenheimer,2007 A portion controlled approach to weight control demonstrates how much food to eat with a series of photographs that show precise portions of all key foods accompanied by a seven day eating plan to help jump start weight loss *Foods* Alice R. Vernon,1987 Discusses basic aspects of food and nutrition including the relationship between food and fitness and the major food groups *Nutrition Perspectives* ,1995 *Dynamic Nutrition for Maximum Performance* Daniel Gastelu,Frederick C. Hatfield,1997 A complete nutritional guide for peak sports performance **The Journal of the Kentucky Medical Association** Kentucky Medical Association,1990 **Journal of the American Dietetic Association** ,2002

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