

# 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.



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.<sup>1</sup>

**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. (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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# Nutrition Guide Tips

**RD Boyd**



## **Nutrition Guide Tips:**

## Adopting the Tune of Appearance: An Psychological Symphony within **Nutrition Guide Tips**

In some sort of eaten by monitors and the ceaseless chatter of fast conversation, the melodic splendor and emotional symphony developed by the published term frequently disappear into the backdrop, eclipsed by the constant noise and interruptions that permeate our lives. However, set within the pages of **Nutrition Guide Tips** a charming fictional prize filled with natural thoughts, lies an immersive symphony waiting to be embraced. Crafted by a wonderful musician of language, this fascinating masterpiece conducts visitors on an emotional journey, well unraveling the concealed melodies and profound affect resonating within each carefully constructed phrase. Within the depths with this emotional examination, we can explore the book is key harmonies, analyze its enthralling publishing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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