

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.



Make water the drink of choice for every meal.¹



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**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

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 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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Guidebook for Nutrition Counselors Virginia Aronson, Barbara Danielson Fitzgerald, Lynn Vincent Hewes, 1990

American Dietetic Association Complete Food and Nutrition Guide Roberta Larson Duyff, 2006-09-18 Offers tips and guidelines for following a healthy diet from choosing the right food at the supermarket to eating well at every stage in life

The Tufts University Guide to Total Nutrition Stanley N. Gershoff, Catherine Whitney, 1991

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Food and Nutrition Bibliography, 1980

Personal Nutrition Marie Ann Boyle, 2001 This text covers the essentials of nutrition at a basic level with little discussion of physiology or biochemistry emphasizing the practical application of nutrition principles to everyday life The book's topics are organized in the same way as most introductory courses are organized but all of the information is presented in just eleven chapters and 600 pages making it the briefest textbook available The text's many unique and interactive features such as Nutrition Scorecard and The Savvy Diner reflect its consumer oriented approach and invite the reader to explore ways in which to make healthful nutrition choices

Consumers Index to Product Evaluations and Information Sources, 2006

Lesko's Info-power Matthew Lesko, 1994 Discover 45 000 free and low cost government resources related to thousands of topics such as hearth travel education taxes and investments All contact information has been updated in this edition including Internet addresses when available

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