

# 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

**Raffaella Di Napoli**



## **Nutrition Guide Tips:**

## Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Nutrition Guide Tips**

In a global inundated with displays and the cacophony of instantaneous communication, the profound energy and emotional resonance of verbal beauty frequently diminish into obscurity, eclipsed by the regular onslaught of noise and distractions. Yet, located within the musical pages of **Nutrition Guide Tips**, a fascinating work of literary beauty that pulses with raw feelings, lies an wonderful trip waiting to be embarked upon. Composed by way of a virtuoso wordsmith, that mesmerizing opus instructions readers on an emotional odyssey, lightly revealing the latent potential and profound influence stuck within the delicate web of language. Within the heart-wrenching expanse with this evocative analysis, we will embark upon an introspective exploration of the book is main subjects, dissect its charming writing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

<https://ftp.thebrandexperience.com/results/Resources/default.aspx/Renewable%20Energy%20Latest.pdf>

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