

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

1. Harvard T.H. Chan School of Public Health. (2015). The Nutrition Source – Kid's Healthy Eating Plate. <https://www.health.harvard.edu/nutritionsource/kids-healthy-eating-plate/>
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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Tips Nutrition Guide:

Adopting the Beat of Phrase: An Mental Symphony within **Tips Nutrition Guide**

In a world used by monitors and the ceaseless chatter of quick connection, the melodic splendor and mental symphony produced by the prepared word usually fade in to the background, eclipsed by the constant noise and interruptions that permeate our lives. Nevertheless, nestled within the pages of **Tips Nutrition Guide** an enchanting literary treasure full of raw emotions, lies an immersive symphony waiting to be embraced. Constructed by a wonderful musician of language, this interesting masterpiece conducts visitors on a mental trip, well unraveling the hidden melodies and profound affect resonating within each cautiously constructed phrase. Within the depths of this touching review, we will examine the book is main harmonies, analyze its enthralling publishing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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