

# 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/>
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spectrum of oncology nutrition from prevention to recovery and alternative therapy to palliative care and hospice There are three appendices covering symptom management common supportive drug therapies used in oncology and resources for the professional and for the patient and family The Tufts University Guide to Total Nutrition Stanley N. Gershoff, Catherine Whitney, 1991 **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 *Directory of Food and Nutrition Information for Professionals and Consumers* Robyn C. Frank, Holly Berry Irving, 1992 Emphasizes nutrition education food science food service management and related aspects of applied nutrition Part I has chapters on organizations that provide information services and or resources on food and nutrition academic programs software and databases Part II is composed of annotated bibliographic entries and lists of organizations Intended to assist nutritionists dietitians health professionals educators librarians and consumers in identifying sources of food and nutrition information **Access Guide to the Web** Stephanie Chang, Kaesmene Harrison, Karin Kaneps, Stephanie Rottenberg, Lauren Wiley, 2000-09 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 *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 **I Need to Get in Shape, Now What?!** Carol Leonetti Dannhauser, Sandra Michaelson Warren, 2001 You want to be fit but you ve had it you ve been on 17 different diets and you ve spent enough to feed a small town on packaged meals that look like food but taste like floor sweepings So now what How about a straightforward easy to understand up to the minute primer on fitness exercise and eating well It s all here whether you yearn to bike around the block or run a marathon What s in it for you A nutrition and fitness program geared specifically to your likes and dislikes your body lifestyle budget and goals How can you lose **Lesko's Info-Power II Sourcebook** Matthew Lesko, 1994-09 **10,001 Food Facts, Chefs' Secrets & Household Hints** Myles Bader, 2000 More usable food facts and household hints than any single book ever published

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