

# 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. (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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# Nutrition Guide Tips

**RD Boyd**



## **Nutrition Guide Tips:**

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

In a global inundated with monitors and the cacophony of quick conversation, the profound energy and emotional resonance of verbal artistry frequently disappear into obscurity, eclipsed by the continuous assault of sound and distractions. However, situated within the lyrical pages of **Nutrition Guide Tips**, a captivating function of literary beauty that pulses with fresh emotions, lies an wonderful journey waiting to be embarked upon. Composed by a virtuoso wordsmith, this magical opus instructions readers on an emotional odyssey, delicately revealing the latent potential and profound influence embedded within the complex internet of language. Within the heart-wrenching expanse of this evocative evaluation, we shall embark upon an introspective exploration of the book is central subjects, dissect their fascinating publishing model, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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