

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. (2012). The Nutrition Source – Kid's Healthy Eating Plate. <https://www.health.harvard.edu/nutritionsource/kids-healthy-eating-plate/>
2. Government of Canada. (2023). 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

Lingsheng Yao



Nutrition Guide Tips:

Enjoying the Song of Appearance: An Psychological Symphony within **Nutrition Guide Tips**

In a global taken by screens and the ceaseless chatter of quick conversation, the melodic elegance and emotional symphony created by the prepared word usually diminish in to the back ground, eclipsed by the constant sound and disruptions that permeate our lives. However, located within the pages of **Nutrition Guide Tips** a wonderful fictional value full of organic feelings, lies an immersive symphony waiting to be embraced. Constructed by an outstanding composer of language, this fascinating masterpiece conducts visitors on a psychological trip, skillfully unraveling the hidden melodies and profound impact resonating within each cautiously crafted phrase. Within the depths of the moving examination, we can examine the book is main harmonies, analyze their enthralling writing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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