

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.



Make water the drink of choice for every meal.¹



Include healthy oils from plants as well as unsaturated fats in foods like avocado, peanuts, and salmon.

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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Tips Nutrition Guide

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Whispering the Secrets of Language: An Psychological Journey through **Tips Nutrition Guide**

In a digitally-driven earth where monitors reign great and quick conversation drowns out the subtleties of language, the profound secrets and psychological nuances concealed within phrases often go unheard. However, set within the pages of **Tips Nutrition Guide** a interesting fictional prize pulsing with fresh emotions, lies an exceptional quest waiting to be undertaken. Penned by a skilled wordsmith, that marvelous opus invites readers on an introspective journey, gently unraveling the veiled truths and profound affect resonating within the material of each word. Within the mental depths with this poignant review, we can embark upon a heartfelt exploration of the book is primary subjects, dissect its interesting publishing model, and fail to the powerful resonance it evokes serious within the recesses of readers hearts.

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