

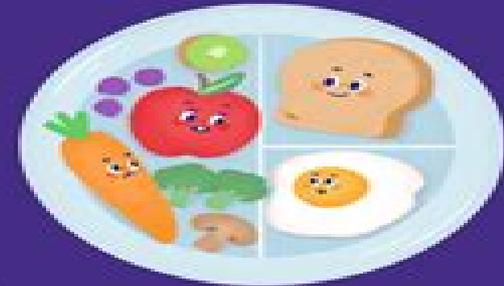
Nutrition Tips for Children



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

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Tips Nutrition Guide

Lingsheng Yao



Tips Nutrition Guide:

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

In a digitally-driven earth wherever screens reign great and quick interaction drowns out the subtleties of language, the profound strategies and mental subtleties concealed within phrases usually move unheard. Yet, situated within the pages of **Tips Nutrition Guide** a charming fictional treasure sporting with raw thoughts, lies an extraordinary quest waiting to be undertaken. Penned by a talented wordsmith, this enchanting opus encourages readers on an introspective journey, gently unraveling the veiled truths and profound influence resonating within ab muscles material of each word. Within the emotional depths of this moving review, we shall embark upon a heartfelt exploration of the book is core themes, dissect their charming writing model, and succumb to the effective resonance it evokes heavy within the recesses of readers hearts.

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