

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. (2003). 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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jul 15 2011 sommer der entscheidung von nele neuhaus der zweite band der pferdebuch erfolgsserie von bestseller autorin nele neuhaus ein leben ohne pferde kann sich elena nicht vorstellen wenn sie reitet vergisst sie alles um sich herum eigentlich könnte sie glücklich sein auf dem pferdehof ihrer eltern wäre da nicht die erbitterte feindschaft

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apr 20 2017 der zweite band der pferdebuch erfolgsserie von bestseller autorin nele neuhaus ein leben ohne pferde kann sich elena nicht vorstellen wenn sie reitet vergisst sie alles um sich herum eigentlich könnte sie glücklich sein auf dem pferdehof ihrer eltern wäre da nicht die erbitterte feindschaft zwischen ihrer familie und der von tim

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elena ein leben für pferde band 2 sommer der entscheidung nele neuhaus stuttgart wien planet girl 2011 isbn 9783522502375 zustand gebraucht sehr gut

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