

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 Focus**²

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/>
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American Dietetic Association Complete Food and Nutrition Guide Roberta Larson Duyff,2006-09-18 Offers tips and guidelines for following a healthy diet from choosing the right food at the supermarket to eating well at every stage in life

The Tufts University Guide to Total Nutrition Stanley N. Gershoff,Catherine Whitney,1991 **Rowing News** ,2002-11-08 **The Portion Plan** Linda Gassenheimer,2007 A portion controlled approach to weight control demonstrates how much food to eat with a series of photographs that show precise portions of all key foods accompanied by a seven day eating plan to help jump start weight loss *Nutrition Perspectives* ,1995 1983 Guide to Health Information Resources

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Table of Contents Nutrition Guide Tips

1. Understanding the eBook Nutrition Guide Tips
 - The Rise of Digital Reading Nutrition Guide Tips
 - Advantages of eBooks Over Traditional Books
2. Identifying Nutrition Guide Tips
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Nutrition Guide Tips
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nutrition Guide Tips
 - Personalized Recommendations
 - Nutrition Guide Tips User Reviews and Ratings
 - Nutrition Guide Tips and Bestseller Lists
5. Accessing Nutrition Guide Tips Free and Paid eBooks
 - Nutrition Guide Tips Public Domain eBooks
 - Nutrition Guide Tips eBook Subscription Services
 - Nutrition Guide Tips Budget-Friendly Options

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 - ePub, PDF, MOBI, and More
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 - Nutrition Guide Tips Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Nutrition Guide Tips
 - Highlighting and Note-Taking Nutrition Guide Tips
 - Interactive Elements Nutrition Guide Tips
8. Staying Engaged with Nutrition Guide Tips
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Nutrition Guide Tips
9. Balancing eBooks and Physical Books Nutrition Guide Tips
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nutrition Guide Tips
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Nutrition Guide Tips
 - Setting Reading Goals Nutrition Guide Tips
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Nutrition Guide Tips
 - Fact-Checking eBook Content of Nutrition Guide Tips
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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