

# 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.<sup>1</sup>**



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.<sup>1</sup>

**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<sup>2</sup>

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. (2020). 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

**David Baud**



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**how do i apply for a learner s licence south african government** - Mar 30 2022

web how do i apply for a learner s licence learner s licences are issued by driving licence testing centres information on how to apply for a learner s licence is available on the services section of this website in all south african official languages

*apply for learning license online rto learning license 2022* - Apr 30 2022

web aug 27 2022 learning licence apply online selecting the application look at the first button named apply learner license and simply click on this button also you there will be a menu bar on the homepage from this menu click on this learner licence application for new learner licence

**how to apply for driving licence fees online process** - Mar 10 2023

web step 1 click on the website parivahan gov step 2 select the online services tab and click on the driving licence related services option step 3 select the state from which you wish to apply step 4 click on apply for driving licence option step 5 complete the applicant details step 6 upload scanned copies of the necessary documents

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