

# 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. (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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### **Table of Contents Tips Nutrition Guide**

1. Understanding the eBook Tips Nutrition Guide
  - The Rise of Digital Reading Tips Nutrition Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Tips Nutrition Guide
  - 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 Tips Nutrition Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Tips Nutrition Guide
  - Personalized Recommendations
  - Tips Nutrition Guide User Reviews and Ratings

- Tips Nutrition Guide and Bestseller Lists
- 5. Accessing Tips Nutrition Guide Free and Paid eBooks
  - Tips Nutrition Guide Public Domain eBooks
  - Tips Nutrition Guide eBook Subscription Services
  - Tips Nutrition Guide Budget-Friendly Options
- 6. Navigating Tips Nutrition Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Tips Nutrition Guide Compatibility with Devices
  - Tips Nutrition Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Tips Nutrition Guide
  - Highlighting and Note-Taking Tips Nutrition Guide
  - Interactive Elements Tips Nutrition Guide
- 8. Staying Engaged with Tips Nutrition Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Tips Nutrition Guide
- 9. Balancing eBooks and Physical Books Tips Nutrition Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Tips Nutrition Guide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Tips Nutrition Guide
  - Setting Reading Goals Tips Nutrition Guide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Tips Nutrition Guide
  - Fact-Checking eBook Content of Tips Nutrition Guide
  - Distinguishing Credible Sources

13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
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  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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