

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



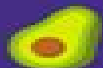
When it comes to fruits and vegetables- the more variety, the better!



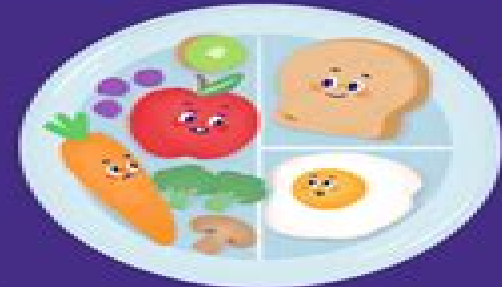
Choose whole grains such as whole wheat bread, pasta, brown rice, and quinoa.



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

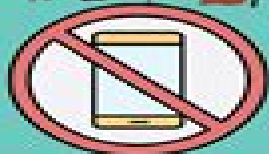
In addition to ensuring an adequate intake of healthy micronutrients and macronutrients, probiotics can play an important role in building and maintaining a healthy gut.



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. (2022). 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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Nutrition Education For Young Children

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Nutrition Education For Young Children:

This book delves into Nutrition Education For Young Children. Nutrition Education For Young Children is an essential topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Nutrition Education For Young Children, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Nutrition Education For Young Children
 - Chapter 2: Essential Elements of Nutrition Education For Young Children
 - Chapter 3: Nutrition Education For Young Children in Everyday Life
 - Chapter 4: Nutrition Education For Young Children in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Nutrition Education For Young Children. This chapter will explore what Nutrition Education For Young Children is, why Nutrition Education For Young Children is vital, and how to effectively learn about Nutrition Education For Young Children.
 3. In chapter 2, this book will delve into the foundational concepts of Nutrition Education For Young Children. This chapter will elucidate the essential principles that need to be understood to grasp Nutrition Education For Young Children in its entirety.
 4. In chapter 3, this book will examine the practical applications of Nutrition Education For Young Children in daily life. The third chapter will showcase real-world examples of how Nutrition Education For Young Children can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Nutrition Education For Young Children in specific contexts. The fourth chapter will explore how Nutrition Education For Young Children is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Nutrition Education For Young Children. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Nutrition Education For Young Children.

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Nutrition Education For Young Children Introduction

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