

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 Make² Mealtime the Focus

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. (2013). The Nutrition Source – Kid's Healthy Eating Plate. <https://www.health.harvard.edu/nutritionsource/kids-healthy-eating-plate/>
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Nutrition Education For Young Children

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Table of Contents Nutrition Education For Young Children

1. Understanding the eBook Nutrition Education For Young Children
 - The Rise of Digital Reading Nutrition Education For Young Children
 - Advantages of eBooks Over Traditional Books
2. Identifying Nutrition Education For Young Children
 - 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 Education For Young Children
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nutrition Education For Young Children

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

- Fact-Checking eBook Content of Nutrition Education For Young Children
- 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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