

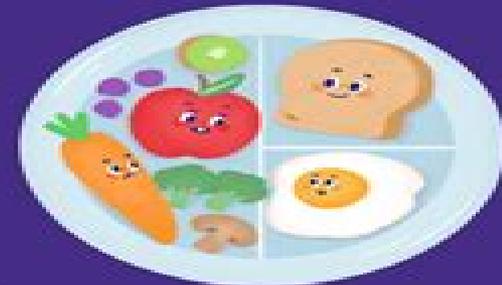
Nutrition Tips for Children



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. (2012). The Nutrition Source – Kid's Healthy Eating Plate. <https://www.health.harvard.edu/nutritionsource/kids-healthy-eating-plate/>
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Table of Contents A Parents Guide To Kids Nutrition

1. Understanding the eBook A Parents Guide To Kids Nutrition
 - The Rise of Digital Reading A Parents Guide To Kids Nutrition
 - Advantages of eBooks Over Traditional Books
2. Identifying A Parents Guide To Kids Nutrition
 - 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 A Parents Guide To Kids Nutrition
 - User-Friendly Interface
4. Exploring eBook Recommendations from A Parents Guide To Kids Nutrition

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

- Fact-Checking eBook Content of A Parents Guide To Kids Nutrition
 - 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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