

# 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

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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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web may 8 2021 it is common practice to check and maintain the hydraulic fluid level full with the loader and lift in the raised position this helps prevent loss of suction how

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web this engine produced 28 2 ps 20 7 kw 27 8 hp at 2 500 rpm of net output power the ford 1720 is equipped with power steering wet disc brakes open operator station with

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web lack of hydraulic fluid need to add fluid hydraulic fluid filter element clogging clean or change hydraulic filter defective hydraulic pump check pump performance and

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web aug 7 2016 my grandfather has a ford 1720 tractor that he recently acquired since i will be using it a lot i figured i would change the oil out so i have a good reference point i

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web sep 7 2019 agreed as i recall the manual also recommends checking the lifter lash too but i haven t done that yet i realize this tractor is way past due to have the

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web may 11 2017 i have a 1988 1720 ford tractor yesterday i changed the hydraulic filter and now i need to bleed the system to remove the air hydraulics not working where

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web after i drop the lift it will not lift for another 4 to 6 minutes we were trying to used a bush hog at the time we have checked the hydraulic piston under the seat and the seals on

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web oct 12 2022 how do you check hydraulic fluid on a ford tractor to check the hydraulic fluid on your ford 1710 tractor you ll need to find the dipstick located either

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web jan 20 2015 quoting my ford i t service manual fo 46 for a nonsynchromesh 12 x 4 gear transmission model 1720 the transmission housing and rear axle center housing

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web sep 6 2017 we have checked the hydraulic piston under the seat and the seals on the piston it is full of hydraulic fluid we can t see or feel any hot places on the hydraulic

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web jun 11 2021 i am working to repair the hydraulics on a 1988 ford 1720 with a front end loader the tractor had been sitting because the bucket would not raise hydraulics

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web ford 1720 technical specs dimensions and weight engine and transmission type oil type and capacity wheels and tires hydraulic system tractor attachments

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web aug 21 2019 in a ford 4610 you need to add the hydraulic fluid to the rear axle the ford 4610 is a 1989 tractor that retailed at close to 19 000 how do you know when

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web check engine oil level every 10 hours check the hydraulic transmission fluid level every 10 hours check engine air filter every 10 hours check coolant level in radiator every

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web aug 14 2021 i checked the diverter valve and it was in correct position used a hyd test gauge and its shows no pressure when checking 3 point hydraulics but has pressure

