# 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!







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<sup>2</sup> Mealtime the Focus

Help instill good nutritional values in your child by eating together, encouraging conversation & turning off distractions.





Make water the drink of choice for every meal.

# 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.



## **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, (2002). Canada's food guide - Healthy eating for parents and children.
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# **Nutrition Guide Tips**

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#### **Nutrition Guide Tips:**

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