

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!



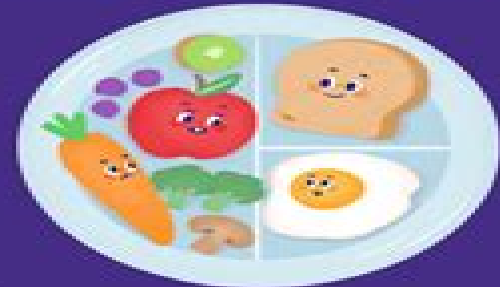
Choose whole grains such as whole wheat bread, pasta, brown rice, and quinoa.



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

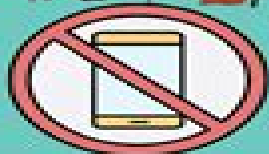
In addition to ensuring an adequate intake of healthy micronutrients and macronutrients, probiotics can play an important role in building and maintaining a healthy gut.



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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web solution 1 the two half reactions balanced as if in acidic solution $2\text{CN}^- + \text{Au} \rightarrow \text{AuCN}_2^- + 2\text{e}^-$ $2\text{H}_2\text{O}_2 \rightarrow 2\text{H}_2\text{O} + \text{O}_2$ make electrons equal convert to basic solution $4\text{CN}^- + 2\text{Au} \rightarrow 2\text{AuCN}_2^- + 2\text{e}^-$ multiplied by a factor of 2 $2\text{H}_2\text{O}_2 \rightarrow 2\text{H}_2\text{O} + \text{O}_2$ the final answer

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web aug 29 2023 the first step to balance any redox reaction is to separate the reaction into half reactions the substance being reduced will have electrons as reactants and the oxidized substance will have electrons as products usually all reactions are written as reduction reactions in half reaction tables

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web in the redox equation below that occurs in our stomach which of the following pairs identifies the reducing and oxidizing agents respectively $\text{C}_6\text{H}_8\text{O}_6$ 2H^+ 2NO_2^- $\text{C}_6\text{H}_6\text{O}_6$ $2\text{H}_2\text{O}$ 2NO choose 1 answer $\text{C}_6\text{H}_8\text{O}_6$ and NO_2^- a $\text{C}_6\text{H}_8\text{O}_6$ and NO_2 b NO_2 and $\text{C}_6\text{H}_8\text{O}_6$ c $\text{C}_6\text{H}_8\text{O}_6$ and H^+ d H^+ and $\text{C}_6\text{H}_8\text{O}_6$