

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!



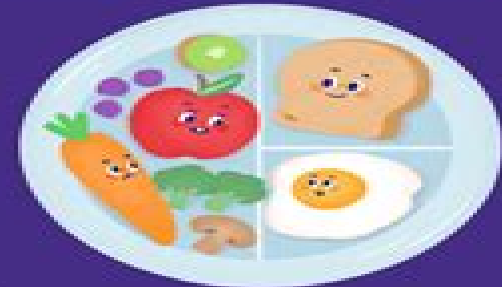
Choose whole grains such as whole wheat bread, pasta, brown rice, and quinoa.



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

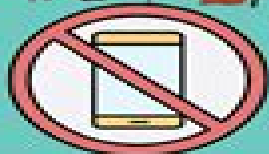
Probiotics

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/>
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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The New Runners Marathon Manual Training Tips and Nutritional Guide J. Todd Jennings, 2024-08-01 The joy of running is often described as a unique blend of physical exhilaration and mental clarity For those embarking on the journey to complete their first marathon this joy is not just a fleeting moment it becomes a profound part of the training and race experience As you lace up your shoes and hit the pavement each stride brings you closer to the Finish line both literally and metaphorically Embracing the joy of running helps you cultivate a passion for the sport that will sustain you through the challenges and triumphs of marathon training

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