

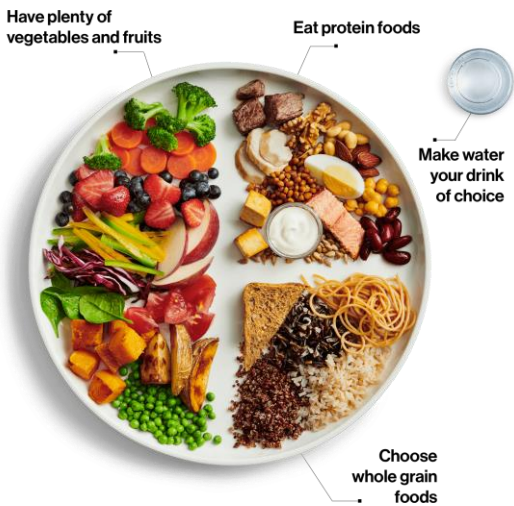


Healthy Eating and Nutrition Tips For Children Aged 2-5

Did you know?

Nutrition and healthy eating are important for children's growth and development. Did you know that kids who eat breakfast regularly perform better in school? Parents and caregivers play an important role in this. Children will choose healthier options if their caregivers do, too.

What does the Canada Food Guide say?



The 2019 [Canada Food Guide](#)® recommends:

- Divide the plate into portions:
1/2 = Vegetables and fruits
1/4 = Whole grains
1/4 = Protein
- Drink more water. Juices (even 100% fruit juice) and sodas contain high amounts of sugar

Add flavour to water with fruits

Slice fruits and place in 1 L of water. Let sit for at least 4 hours. Store in the fridge for 3-4 days.

- 2 apples + 1 cinnamon stick
- 1 lemon + 1 cucumber
- 1 lime + 1 cup (250 mL) raspberries
- Try your own mix

Food Ideas

Mix and match ingredients from at least 3 food groups for breakfast, lunch and dinner, and 2 for a healthy snack. For meal ideas, have a look at the daily planner.



Fruits

- ❖ Peaches
- ❖ Apples
- ❖ Cantaloupe
- ❖ Pears
- ❖ Berries
- ❖ Bananas
- ❖ Mangoes
- ❖ Persimmons



Grains

- ❖ Popcorn
- ❖ Whole wheat:
 - ❖ Crackers
 - ❖ Pasta
 - ❖ Bread
- ❖ Oatmeal
- ❖ Quinoa
- ❖ Couscous



Veggies

- ❖ Lettuce
- ❖ Tomatoes
- ❖ Carrots
- ❖ Peppers
- ❖ Celery
- ❖ Spinach
- ❖ Broccoli
- ❖ Mushrooms



Protein

- ❖ Fish
- ❖ Beans
- ❖ Chicken
- ❖ Eggs
- ❖ Meat
- ❖ Milk
- ❖ Nuts
- ❖ Tofu





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Helpful Tips for Families

Encouraging healthy eating

- Offer children a variety of flavours and textures of food early and often to get them used to trying unfamiliar foods.
- Set the time for meals, but let children take the lead on what to pick from the table and how much to eat.
- Involve children in meal planning and shopping for ingredients, or even start a garden.



Easy switches

- Look out for whole grain options for pasta, bread, crackers, and for brown rice.
- When buying meat, look for the lean options and when buying chicken opt for no skin.
- Choose beans as nutritious, plant-based protein alternatives.

Shopping on a budget

- Frozen or canned fruits and vegetables are economic alternatives.
- Frozen chicken, meat and fish tend to be cheaper and last longer.
- Look for in-season fruits and vegetables.
- Try the app [Flipp](#) for the latest deals and to compare prices.
- Write a grocery list and stick to it.



Time savers for on-the-go families

- Buy extra fruits and vegetables, slice them and store them in the freezer for ready-made ingredients or in the fridge for extra snacks.
- Plan ahead: Many free apps like [Mealime](#) and [Tasty](#) are available to help with planning meals for the week.

Resources

Click for more recipe ideas and nutrition information

- [Canada's Food Guide](#)
- [Healthy Beginnings](#)
- [Healthy Eating](#)
- [Decoda Food Flair](#)

Starting a garden

- [Vancouver Community Gardens](#)
- [UBC Botanical Gardens gardening resource](#)

Books for kids about food

- *Your Body Is Brilliant* By Sigrún Daníelsdóttir
- *Yummy! Good Food Makes Me Strong!* By Shelley Rotner and Sheila M. Kelly
- *Are You What You Eat?* Published by DK Children
- *The Imperfect Garden* By Melissa Assaly
- *The Greatest Table* By Michael J. Rosen

