

# HEALTHY FOOD GUIDE

## FOR KIDS & PARENTS

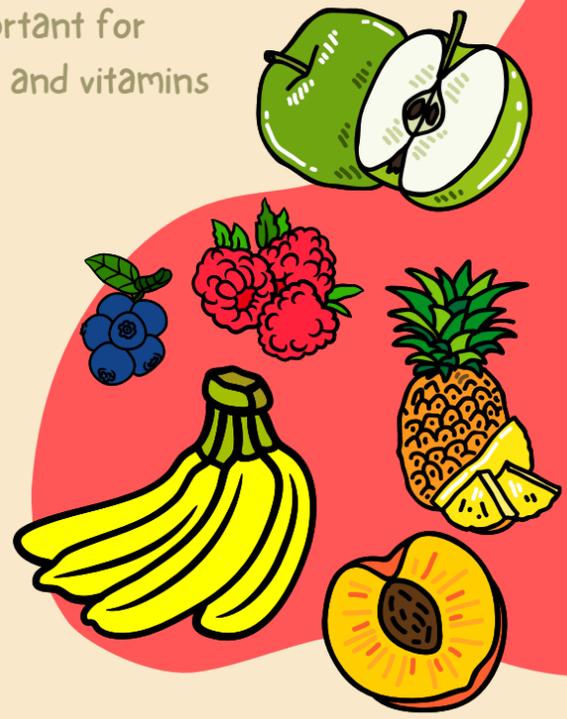


### VEGETABLES

Fill at least a quarter of your plate with vegetables. The greater variety, the better. Vegetables are important for getting all of the nutrients and vitamins to nourish your body.

### FRUITS

Try eating lots of fruits of all different colours. Fruits are like a natural dessert because of their sweetness. Choose whole fruits and sliced fruits as much as you can.



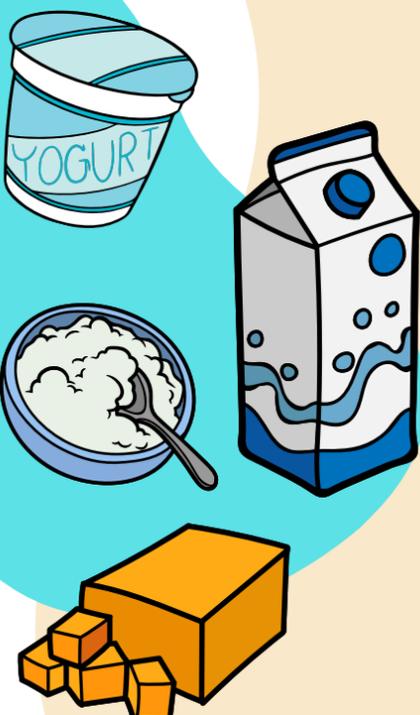
### GRAINS

Go for whole grains or food with minimally processed whole grains. The less the grains are processed, the better. Whole grains such as quinoa, brown rice, and whole wheat bread have a gentler effect on blood sugar and insulin than white rice, pizza crust, and regular pasta.



### PROTEINS

Choose nuts, beans, peas, and seeds as a plant-based option for protein. You can also have things like fish, eggs, and chicken. Limit red meat and processed meats as much as you can.



### DAIRY

Dairy can be eaten in smaller amounts than the other groups on your plate. Dairy is a great source for calcium and vitamin D. It's okay to also try plant-based options if dairy isn't your thing!

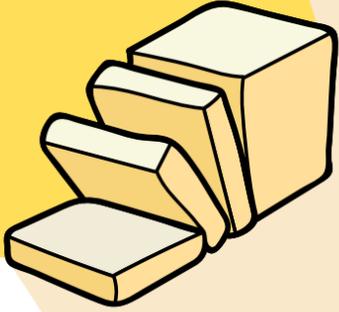
FOR MORE INFO

 [nlpsab.sfsk](https://www.instagram.com/nlpsab.sfsk)

 Successful Families-Successful Kids Project

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## CONTINUED...



### HEALTHY FATS

Fat is a necessary part of our diet. What matters most is the type of fat we eat. Try to use healthy oils such as coconut oil, olive oil, and peanut oil when cooking. Limit use of butter as much as possible.

### WATER

Water is the best drink to quench our thirst and keep us hydrated. It's also easily accessible and sugar-free so you won't crash after drinking it.



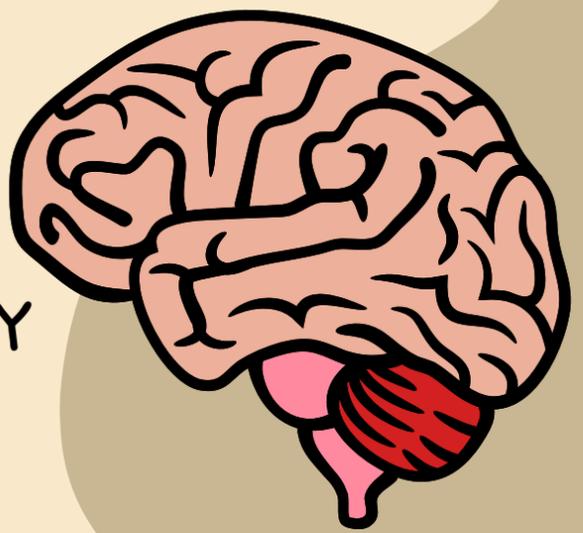
### STAYING ACTIVE

Staying active is part of the recipe for keeping a healthy lifestyle. Aim for at least 1 hour of physical activity a day! Whether it's walking the dog, playing at the park, or having a dance party; staying active can be fun and exciting!



### HOW DOES EATING HEALTHY HELP WITH YOUR MENTAL HEALTH?

Nutrition helps with a person's physical health and physical health and mental health are very much intertwined. When you take care of your physical health your mental health benefits and of course vice versa. Fueling your body with the nutrients it needs help your brain function.



### REMEMBER !

Do the best you can! It's okay to have snacks, it's okay to drink juice, and it's okay to treat yourself once in a while. The important thing to remember is that a healthy lifestyle is about balance and giving your body what it needs. Listen to your body and make sure you treat it well. It's the only body you get!

