

A DIVERSIFIED AND SIMPLIFIED DIET



WHAT YOU SHOULD DO

WHY YOU SHOULD DO IT

A RAINBOW OF COLORS ON THE PLATE

It's a simple trick to vary your baby's diet, which is also fun for him. Colors often indicate the presence of different minerals or vitamins. So without worrying about what's in the food, you can simply vary the colors on the plate.

KEEP THE PEEL ON FRUITS AND VEGETABLES WHEN THEY ARE EDIBLE

Wash the peel of fruits such as apples, pears, potatoes, etc. You can then offer it to your child. Obviously, peels that are too tough will be difficult for your child to eat, but introduce them as you go along for a higher intake of fiber, minerals and vitamins.

OFFER WHOLE GRAIN PRODUCTS

They are richer in nutrients and will digest more slowly than their "white" counterpart.

VARY ANIMAL AND VEGETABLE PROTEIN SOURCES

Meat, legumes, tofu, tempeh, egg... several sources of protein are available today and each one has nutritional benefits. Vary the pleasures!

RELY ON CANADA'S NEW FOOD GUIDE

Praised by nutritionists, this trendy guide offers a simple way to diversify your diet and provide our children with the best.

BE A ROLE MODEL

As you know, your children watch you and love to imitate you. So it will be easier to get them to adopt healthy eating habits if you stick to them too.

AVOID SUPPLEMENTS UNLESS YOU HAVE DISCUSSED IT WITH YOUR DOCTOR, EXCEPT IN THE CASE OF VITAMIN D

Children's vitamin formulas are often appealing, so they should be hidden to prevent these fake "candy" from being taken in too high doses. In any case, if you follow the advice above, your child will have a varied enough diet that he or she won't need them, EXCEPT if he or she is in a special situation.

CULTIVATE THE PLEASURE OF EATING

Eating must remain a source of enjoyment. Even if you limit less nutritious foods in the house, don't feel guilty when your child eats them. Instead, encourage your child's desire to try new things and have fun while eating.