

# Conseils nutritionnels pour les enfants



Une bonne alimentation fournit aux enfants l'énergie et les nutriments dont ils ont besoin croître et se développer correctement, maintenir un poids sain et soutenir leur système immunitaire!



## 1 Remplissez la moitié de votre assiette de fruits et légumes colorés, et répartissez l'autre moitié entre des céréales complètes et des protéines saines.<sup>1</sup>



En ce qui concerne les fruits et les légumes, plus ils sont variés, mieux c'est !



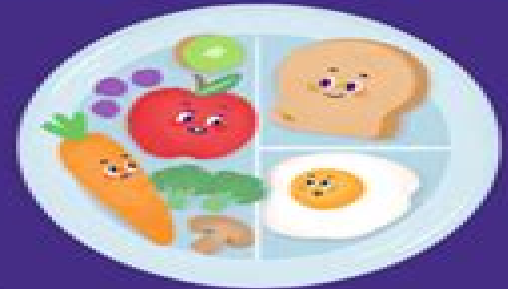
Choisissez des céréales complètes telles que le pain de blé entier, les pâtes, le riz brun et le quinoa.



Proposez des protéines saines comme les haricots, les noix, le poisson et la volaille plutôt que des viandes rouges ou transformées.



Incluez des huiles végétales saines ainsi que des graisses insaturées dans des aliments comme l'avocat, les cacahuètes et le saumon.



Faites de l'eau la boisson à chaque repas.<sup>1</sup>

## 2

### Les probiotiques

En plus d'assurer un apport adéquat en micronutriments et macronutriments sains, les probiotiques jouent un rôle important dans la construction et le maintien d'un intestin sain.

## 3

### Mettre l'accent sur l'heure des repas<sup>2</sup>

Contribuez à inculquer de bonnes valeurs nutritionnelles à votre enfant en mangeant ensemble, en encourageant la conversation et en évitant les distractions.



## 4

### Demandez à un expert

Prenez rendez-vous avec un diététicien - ce sont des experts qualifiés qui peuvent vous fournir, à vous et à votre enfant, des plans de repas personnalisés et d'autres conseils nutritionnels.



#### Références

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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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# Guide De Lhomeacuteopathie Pour Lenfant Nourrisson Enfant Adolescent

**Bernard Chemouny**



## **Guide De Lhomeacutepathie Pour Lenfant Nourrisson Enfant Adolescent:**

*Guide de l'homéopathie pour l'enfant* Bernard Chemouny, 2003-08-01 L hom opathie est de plus en plus utilis e pour soigner les enfants de la naissance la pubert Sans danger efficace dans les maladies rebelles aux traitements classiques elle vise l quilibre psychosomatique Ce guide vous propose le traitement hom opathique qui convient votre enfant chacun de ses principaux soucis de sant et chaque ge reflux constipation pouss es dentaires rhumes angines allergies maux de ventre Complet pratique ce manuel de soins vous permet de rep rer les signes des troubles environ 80 maladies class es de A Z trouver le traitement hom opathique adapt votre enfant savoir utiliser les oligo l ments mettre en place des r gles d hygi ne et de di t tique fondamentales savoir quand il faut consulter un m decin Bernard Chemouny est m decin g n raliste hom opathe et acupuncteur en r gion parisienne Il enseigne l hom opathie l h pital Saint Jacques

**Guide médical de votre enfant**

Helmut Keudel, 2000 Un guide complet pour bien surveiller la sant de votre enfant de la naissance l adolescence Tout ce qu il faut savoir pour faire face aux maladies infantiles comme aux petits bobos Ce livre a pour but de vous guider dans le d dale des sympt mes et des maladies d enfant Les maladies les plus courantes du nourrisson l adolescent y sont d crites de fa on structur e et compr hensible sympt mes typiques volution traitements traditionnels et naturels degr d urgence m dicale mesures entreprendre soi m me astuces et conseils pour les soins dispenser Enfin un guide des premiers secours et premiers soins aidera les parents r agir efficacement et s rement en cas d urgence Vous pourrez participer activement la sant de vos enfants par des soins attentifs une alimentation quilibr e une bonne pr vention la vaccination et les visites r guli res chez le m decin et quand la maladie est l en agissant avec discernement et en connaissance de cause

L'homéopathie bébé, enfant, ado Monique Quillard, 2016-04-07 Non toxique sans aucune contre indication l hom opathie agit de fa on personnalis e efficacement et en douceur dans toutes les situations et quel que soit l ge de votre enfant L id al pour prendre en charge ses petits bobos sa sant ses baisses de forme ou pr venir ses maux r currentes Pouss es dentaires allergies syndrome grippal troubles ORL hyperactivit maux de ventre Ce guide complet aide les parents soulager en toute s curit leur b b leur enfant ou leur ado Les grands principes de l hom opathie pour apprend choisir le bon m dicament et identifier le profil hom opathique de votre enfant La pharmacie id ale regroupant 30 m dicaments indispensables qui couvrent tous les bobos au quotidien et 5 troussees tout terrain petites urgences b b hiver t voyage Un glossaire de 75 bobos et maladies infantiles de A Z avec les sympt mes d crits pr cis ment les traitements personnalis s en hom opathie et des conseils compl mentaires pour agir vite et efficacement 10 dossiers complets sur les principaux maux infantiles soins au nourrisson allergies sommeil pubert troubles du comportement avec des conseils et des traitements cibl s

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