Good eating habits and tips for your childâ€™s safety

by Andy Brisebois

Article published on August 26th 2012 | Home

If you are a parent who is really keen to make your kid grow healthier than ever, you must ensure that he takes good diet to stay fit and healthy. Child safety must be the first thing that must throng your head when you are looking for some healthy eating tips for your child. You must do a good research on different types of diets that make a balanced diet for a child.

Each child requires an appropriate balance of vitamins, minerals and nutrients for growth and development. If you promote good eating habits in your child, your child would continue to eat a well-balanced diet throughout his life. This will be a great step in keeping child safety into consideration. To keep your child more energetic, yau must offer small amounts of food throughout the day because young children have small stomachs that fill up very quickly.

To keep your child safe Canada, you must offer nutritious food that contain fat such as 2% milk, peanut butter, and avocado. You should encourage your child to drink access of water to quench their thirst and replenish body fluids. You must educate your children about the benefits of consuming more vegetables and fruits. This would help them to enjoy vegetables and fruits more than juices. Milk is very good for bones as it is rich in Vitamin D. You should encourage your kids to drink two cups of milk daily to increase the strength of their bones. It is important that a child must be taught about the facts and recommended to have and practice a family escape plan.

For your child safety, you must not include food in your childâ€™s diet that is rich in Trans fats. Most of the Trans fats are found in crackers, cookies, margarine, cakes, pastries, muffins and breaded food. You must try to minimize Trans fats intake in your childâ€™s diet by following some tips. You must choose low fat dairy products, leaner meats, and foods with less or no fat. You must read the labels on pre-packed food products. Avoid buying food products that contain partially hydrogenated oil. You must use healthier cooking oils that have higher proportion of monounsaturated fats. These tips are a great help if you are really concerned with your childâ€™s safety.

For more information on child safe Canada and children safety, please visit http://www.safekid.org/en/

Article Source:
http://www.articleside.com/home-articles/good-eating-habits-and-tips-for-your-child-s-safety.htm - Article Side

Andy Brisebois - About Author:
Children's Safety Association of Canada (CSAC) is a non-profit organization by Andre Brisebois in Toronto, Ontario. For more information on a child safety, call us our toll free information line and free distribution of Safety Packs across Canada.

Article Keywords:
child safety, kids safety, children safety

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!